

## **FIFTH: There is Help**

### **Help for the Pregnant Young Person**

<http://care-net.org> Care Net - 44180 Riverside Parkway Suite 200, Lansdowne, VA 20176 - 703-554-8734 fax703-554-8735 - sponsors hundreds of Pregnancy Help Centers - 24 hour national hotline connecting to local **prolife help centers**.  
[info@care-net.org](mailto:info@care-net.org)

<http://heartbeatservices.org/> Heartbeat International [heartbeatinternational.org](http://heartbeatinternational.org) - 665 E. Dublin-Granville Rd Suite 440, Columbus, OH 43229 - 888-550-7577 fax614-885-8746  
Heartbeat International® is the first network of pro-life pregnancy resource centers in the U.S. and the most expansive in the world. Since 1971, Heartbeat has supported, strengthened and started more than 1,500 pregnancy centers. **Help for pregnant woman** [support@heartbeatinternational.org](mailto:support@heartbeatinternational.org)

<http://hisnestingplace.org> \*His Nesting Place 401 E. Market Street Long Beach, CA 90805 (562) 984-5034 - a positive answer to abortion. His Nesting Place has a **home for pregnant woman and their children**, a pregnancy help center to help woman choose life, a thrift store and sidewalk counseling training. [hnp@hisnestingplacer.org](mailto:hnp@hisnestingplacer.org)

<http://www.landcresources.org/my-baby---me-series-for-girls.html> Loving & Caring 1905 Olde Homestead Lane, Lancaster, PA 17601 717/293-3230 **Workbooks for counseling pregnant teenagers - My Baby and Me** Series by Anne and Jimmy Pierson  
[sales@lovingandcaring.org](mailto:sales@lovingandcaring.org)

[International Life Services](#) Sponsors Pregnancy Help Centers

<http://www.focusonthefamily.com/> Focus on the Family P.O. Box 35500, Colorado Springs, CO 80935-3550 1-800-A-FAMILY (232-6459)  
Pregnancy Resource Center <http://www.heartlink.org/> 1-800-395-HELP

### **If it is Too Late: Help for the Post-Abortive Person**

<http://abortionrecovery.org/home/tabid/295/Default.aspx> [abortionrecovery.org](http://abortionrecovery.org) Abortion Recovery International <http://abortionrecoveryinternational.org/> - 5319 University Dr. #252, Irvine, CA 92612 949-679-9276 fax949-551-9771 cell 949-378-5149 Excellent resources on **healing from abortion for men and women**. Care Line: 1-866-469-7326 1-800-395-4357 [info@abortionrecovery.org](mailto:info@abortionrecovery.org)

<http://afterabortion.org> Elliot Institute [afterabortion.org](http://afterabortion.org) PO Box 7348, Springfield, IL 62791 217-525-8202 The web's most complete source of information on the aftereffects of abortion and **post-abortion healing**.

[Baker Books](#) *Forgiven and Set Free* by Linda Cochrane **Healing from abortion**. Enter book title in search box.

<http://bookschristian.com> bookchristian.com - Carries many pro-life books:  
*Forgive and Set Free* by Linda Cochrane - highly recommended program for **healing from abortion for women.**

<http://missingpieces.org> Missing Pieces - Trudy Johnson trains pastors on post abortion counseling as well as counseling those suffering post abortion problems.  
[trudy@crossroadscounseling](mailto:trudy@crossroadscounseling)

<http://priestsforlife.org> Priests for Life/Gospel of Life - PO Box 141172, Staten Island, NY 10314 - 888-735-3448, 718-980-4400 fax718-980-6515 Catholic material covering all aspects of pro-life.

Post abortion: Rachel's Vineyard <http://silentnomoreawareness.org> Welcome to the Silent No More Awareness Campaign website! If you are visiting this site because you or someone you know is hurting after an abortion, please [click here](#) for a special message and helpful information. Silent No More

<http://standupgirl.com> Stand-up Girl - an exciting web site where post abortive women and men can express their feelings and get help. 800-672-2296  
Pregnant? Call option line 800-395-HELP

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Please send any comments and suggestions on this curriculum to:

[prolife@crusadeforlife.org](mailto:prolife@crusadeforlife.org)

**Thanks for your participation!**