

The After-Effects of Abortion

Post-Abortion Syndrome (PAS)
Post-Abortion Syndrome can reveal itself in obvious or subtle ways. Its symptoms may not appear until months or years after your abortion. The following is a sample list of PAS symptoms:

Flashbacks
Shame and Guilt
Aggressive Behavior
Related Nightmares or Dreams
Interrupted Sleep
Self-Destructive Behaviors
Repeated Abortions
Anxiety Attacks
Numbing of Emotions
Outbursts of Anger or Rage
Drug and/or Alcohol Abuse
Sexual Promiscuity
Withdrawal from Relationships
Replacement Pregnancies
Irritability
Eating disorders
Short or Long Term Depression
Thoughts of Suicide

Alive Again Ministries

A Non Profit Ministry

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The Path to Freedom & Healing
John 8:12

For help and information,
please contact:

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A Journey to Grace



Help After Abortion

Alive Again Ministries
A Non Profit Ministry

Why take “A Journey to Grace”?

- ❖ *Do your thoughts about your past cause you to feel shame and guilt?*
- ❖ *Do you struggle with feelings of sorrow, anger and depression?*
- ❖ *Do you feel depressed, at times, without reason?*
- ❖ *Do you have destructive behavior?*
- ❖ *Do you live a lifestyle full of activity and busy work trying to fulfill a nagging emptiness?*
- ❖ *Do you ask yourself what your life would have been like if you had not had an abortion?*
- ❖ *Do you ever wonder if you would have had a boy or a girl?*
- ❖ *Do you have difficulty bonding with your children?*
- ❖ *Do you smother or hover over your children?*
- ❖ *Do you avoid babies and children?*
- ❖ *Do you avoid discussing the subject of “abortion?”*

“*A Journey to Grace*” will help you discover how devastating the effects of abortion are in your life. You will truly understand the need to heal from the pain of your abortion as you go through this journey.

“*A Journey to Grace*” is for you!



What is “A Journey to Grace”?

“*A Journey to Grace*” is a life changing Post-Abortion Bible Study. Through this study, you will learn how to work through your emotional struggles and post abortion symptoms.

How can you take this journey?

“*A Journey to Grace*” is offered through face to face groups, by telephone, or through Skype.



For more information, you can e-mail us at sherry@aliveagainministries.net or call us at (334) 233-5968.



Comments from women who have taken this journey:

“...I discovered more about myself and how God loves me and has a purpose for me. It was overwhelming.” *Martha*

“I began the journey seeking post-abortive healing; however, I found healing in other areas: forgiveness, fear and doubt.” *Heather*

“[This study] is the best thing that ever happened to me.” *Cindy*

From the Leaders of A Journey to Grace

“*And you shall know the truth, and the truth shall make you free.*”
John 8:32

The leaders of “*A Journey to Grace*” can understand and relate to you as post abortive women, men and teenagers. We have experienced feelings of guilt, shame and pain from our own abortions.

During our healing journeys, God gave us new lives full of freedom, peace and absolute joy!

We realize, around the world, there are millions of post abortive people. Many of you recognize the after effects of your abortions while many of you do not. ***Alive Again Ministries*** was created to touch your lives and bring you help and healing using “*A Journey to Grace*”.

Our Mission

Alive Again ministry exists to follow Jesus Christ.

Our aim is to help people who desire healing from wounds resulting from abortion, sexual abuse and numerous addictions that separate them from the love of God and His freedom.

The afflictions and behaviors that result from these wounds enslave them. Jesus came to make them Alive Again.

Luke 15:11-24