



## ***Pregnancy Decision Making***

### **Pregnancy Option Info** ([www.pregnancyoptions.info/](http://www.pregnancyoptions.info/))

Includes a workbook with unbiased and accurate information about abortion, adoption, and parenting to help with pregnancy decision-making. Information and resources are American-based.

## ***After an Abortion***

### **A Guide to Emotional and Spiritual Resolution after an Abortion**

([www.pregnancyoptions.info/emotional&spiritual.htm](http://www.pregnancyoptions.info/emotional&spiritual.htm))

Accurate, non-biased information on pregnancy options, including a guide to support after abortion.

### **Peace after Abortion** ([www.peaceafterabortion.com](http://www.peaceafterabortion.com))

Information about post-abortion experiences and healing, based on the book Peace after Abortion.

### **I'm Not Sorry** ([www.imnotsorry.net](http://www.imnotsorry.net))

A safe online space for women to share positive experiences of abortion.

### **Abortion Care Network** ([www.abortioncarenetwork.org](http://www.abortioncarenetwork.org))

Resources for pregnancy decision-making and support for women and men after an abortion. Includes the booklet, Healthy Coping after an Abortion.

### **Exhale** ([www.exhaleprovoice.org/](http://www.exhaleprovoice.org/))

is an American organization addressing the emotional health and well-being of women and men after abortion. Founded by and for women who have had abortions, they provide and promote community-lead emotional support online and offline.

### **Project Voice** ([www.projectvoice.org/](http://www.projectvoice.org/))

Brings together personal stories of women of all ages, races, religions, backgrounds, and circumstances who have had abortions to create a resource of sharing and support.

## ***Faith-Based Support***

### **Faith Aloud** ([www.faithaloud.org](http://www.faithaloud.org))

People of faith support reproductive choice and believe that God can be a source of strength, not shame, for all of life's complex decisions, including abortion. Offers support before and after abortion, including a phone number to speak to clergy of different faiths.

### **Religious Coalition for Reproductive Choice** ([www.rcrc.org](http://www.rcrc.org))

A community of religious and spiritual people and organizations from all faith traditions dedicated to reproductive justice since 1973. Includes articles and various faith perspectives of abortion.

**Catholics for Choice** ([www.cath4choice.org](http://www.cath4choice.org))

Since 1973, a voice for those who believe the Catholic tradition supports a woman's moral and legal right to follow her conscience in matters of sexuality and reproductive health. Includes articles and information.

**General Interest**

**Abortion Rights Coalition of Canada** ([www.arcc-cdac.ca](http://www.arcc-cdac.ca))

A nation-wide pro-choice group dedicated to ensuring abortion rights and access for women.

**The Pro-Choice Action Network** ([www.prochoiceactionnetwork-canada.org](http://www.prochoiceactionnetwork-canada.org))

A political and educational advocacy group in Vancouver BC. Includes various articles on abortion and abortion advocacy.

**Canadians for Choice** ([www.canadiansforchoice.ca](http://www.canadiansforchoice.ca))

A national pro-choice organization that views sexual and reproductive rights as part of health and wellbeing for all. Includes decision-making resources for unplanned pregnancy, a newsletter, and resources and information about abortion for Canadian women.

**The Abortion Conversation Project** ([www.abortionconversation.com](http://www.abortionconversation.com))

Founded in 2000 to reduce abortion stigma, includes essays and personal stories about abortion by women.

**National Abortion Federation** ([www.prochoice.org](http://www.prochoice.org))

The professional association of abortion providers in North America. Includes papers and resources for abortion providers and women in need of abortion care.

**4000 Years for Choice** ([www.4000yearsforchoice.myshopify.com](http://www.4000yearsforchoice.myshopify.com))

Presents abortion and contraception as part of our grand human history. Created by a visual artist who creates positive, empowering visual images.

**Voice of Choice** ([www.vochoice.org](http://www.vochoice.org))

A response to anti-abortion activists who engage in protest tactics that are often ill-informed.

**For Men**

**Men and Abortion** ([www.menandabortion.com](http://www.menandabortion.com))

Information for men about how to deal with an abortion experience and support women.