



Forgiven & Set Free

A 10-WEEK SUPPORT GROUP AND BIBLE STUDY FOR
WOMEN SEEKING HEALING AFTER AN ABORTION

FEBRUARY 14 - APRIL 17, 2024

WEDNESDAYS, 6 - 7:30 P.M.

Vida, 720 W. Association Dr., Appleton

Vida

About Forgiven & Set Free

No matter what influences a woman to end a pregnancy, the physical, psychological, and spiritual side effects are real and not always anticipated. Feelings of guilt, shame, and grief become a heavy burden, and many women feel that they will never be free, that no one understands, and that God will never forgive them. There is hope.

After finding freedom in Christ by going through the study *Forgiven & Set Free*, Deb and Cindy now co-facilitate the study at Vida as a step in the healing process God has for every woman affected by their abortion decision.

The study guides hurting women to bring their emotional scars "out of the dark past and into His holy light" where true and lasting healing can take place. Delving into Scripture, help is offered to process and deal with relief, denial, anger, forgiveness, depression, letting go, and acceptance. For every woman yearning for the peace of God's forgiveness, this study can be the first step to healing and wholeness.

At Vida, we are committed to helping women affected by abortion find freedom from the pain that is often denied because they are not given permission to grieve the loss of their child(ren). Studies show that nearly half a million women per year in the U.S. will struggle with post-abortion PTSD. Most do not realize seemingly unrelated daily struggles are connected to trauma from the reproductive loss of past abortion(s). We are here to help you heal and find freedom.

Spring 2024 Schedule

Spring 2024 | February 14 – April 17, 2024 | Wednesday Evenings, 6 p.m.

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| February 14 | | Orientation |
| February 21 | | How Do I Know I Need Healing? |
| February 28 | | Character of God |
| March 6 | | Relief and Denial |
| March 13 | | Anger |
| March 20 | | Depression |
| March 27 | | The Need to Forgive |
| April 3 | | Steps to Freedom |
| * Monday April 8 | | Child of My Heart |
| (same time) | | |
| April 10 | | Memorial Service |
| April 17 | | Acceptance |

Learn More & Register

Visit www.vidamedicalclinic.org/forgiven-set-free, or call Vida at 920-731-4354. If you prefer to speak one-on-one with Deb, email dodonnell@vidasupportservices.org. All inquiries are confidential.

For additional post-abortion support and resource available at Vida, visit www.vidamedicalclinic.org/post-abortion-support.