



### ***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.

**National Abortion Federation Pregnancy Options**

(<https://prochoice.org/patients/pregnancy-options/>)

Includes a decision-making workbook and resources for parenting, adoption, and abortion.

### ***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*.

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

is an American organization addressing the emotional health and well-being of people of all genders after abortion. Founded by and for people who have had abortions, they provide and promote community-led 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.

## ***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.

### **Action Canada** ([actioncanadashr.org](http://actioncanadashr.org))

An amalgamation of Planned Parenthood Canada and Canadians for Choice. 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 Canadians.

### **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 people who have had one.

### **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 people in need of abortion care.