

After Project Rachel...

"I was expecting CBT (Cognitive Behavioural Therapy) with a spiritual twist but Project Rachel was so much more. It led me to deeper healing through a personal encounter with God's amazing love."

~ Nelly's mom

"Journeying through Project Rachel helped me to open up to God's grace, mercy, healing and love that I didn't know I had closed my heart to receiving."

~ Kyle's mom

"I now have a much needed relationship with my children. I love them and they love me. They are always with me."

~Timothy, Anna, Andrew, Anthony, Christine, Johnathon, Mariam, James, and Thomas's mom

"Claiming and naming my son has begun a deep healing in my heart and soul, and it's restored my relationship with God."

~ Lucas's dad

Contact Us



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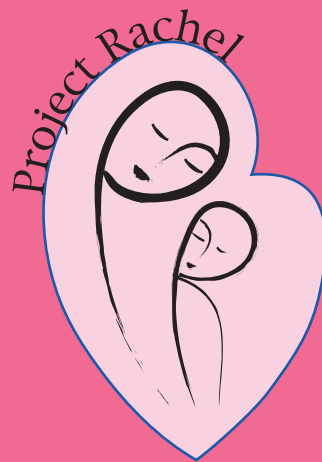
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Post-Abortion Healing

Project Rachel



Project Rachel offers free, confidential, non-judgmental support to women, men and couples seeking post-abortion healing with in-person and virtual options.

"Rachel is weeping for her children; she refuses to be comforted because they are no more. Thus says the Lord: keep your voice from weeping, and your eyes from tears; for there is a reward for your work, says the Lord: they shall come back from the land of the enemy; there is hope for your future, says the Lord..."

~Jeremiah 31:15-17 NRSV-CI

Before Project Rachel...

"I grieved but did not know what was wrong."
~ Grace Roberta's mom

"I spent years in denial about the harm abortion caused, disconnected within myself and in my relationships."
~ Andrew, Stephen and Maurice's mom

"I spent a long time being angry and feeling sorry for myself."
~ Elizabeth's mom

"I lived with a deep sadness and a hole in my soul."
~ Ashley Victoria's mom

"I did not realize how much my inner struggles and relationship issues were related to abortion and the impact that this was having on my family."
~ Laughlin's Dad

Post-Abortion Syndrome (PAS)

After abortion, some women (and men) may suffer from post-abortion syndrome (PAS). Some notable symptoms of PAS may include anger, depression, guilt, shame, anxiety, flashbacks, nightmares, increased substance use/dependency, eating disorders, emotional and/or social disconnection, decreased self-esteem, and/or sense of loss and separation from God.

PAS may develop soon after the abortion or it may lie dormant through avoidance/denial mechanisms and not surface for many years, even decades.