



Abortion and Pregnancy Losses

Abortion

Abortion takes a physical toll on us, a mental toll, an emotional toll, and a spiritual toll. It may not surface right away, maybe not for years. But eventually it does surface for most women. But it not only affects women, but it can also devastatingly affect men, fathers, as well.

The good news is that there are a lot of resources for men and women to access for healing after abortion. Below are some resources.

San Diego Catholic Diocese Post Abortion Healing:

<https://sdcatholic.org/life-peace-and-justice/culture-of-life/post-abortion-healing/>

Rachael's Hope – Effects of abortion

<https://rachelshope.org/effects-of-abortion/>

[Rachel's Hope](#) is a ministry of the Church that offers after-abortion healing and reconciliation for Catholic women (or Catholic-friendly women). Trained lay leaders provide care in English and Spanish for those suffering in the aftermath of abortion. In addition to referring for Sacramental Reconciliation, the ministry provides services, including support groups, retreats and referrals to licensed mental health professionals. Call [\(858\) 581-3022](tel:8585813022) or email rachels_hope@juno.com.

A good read

Grief & Abortion: Creating a Safe Place to Heal by Michaelene Fredenburg

Miscarriage

Miscarriage grief is a profound, valid, and often isolating experience that combines the loss of a pregnancy with the loss of future hopes. It encompasses a complex mix of sadness, anger, guilt, and emptiness that can persist long after the physical recovery is complete. The grief is not determined by the length of the pregnancy, but by the depth of the attachment and the dreams you held for your baby. Be gentle with yourself. Your body and heart have been through a significant trauma. Prioritize rest, allow yourself to feel your emotions without judgment, and set boundaries with people or situations that feel overwhelming. Grief affects both partners, though they may process it differently. Open communication helps prevent feelings of isolation and misunderstanding. Many find comfort in creating a small ritual, naming the baby, or simply allowing a dedicated time each day to process the emotions.

After Miscarriage – Surviving Emotionally

<https://americanpregnancy.org/pregnancy/miscarriage-surviving-emotionally/>



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Ectopic Pregnancy Loss

An ectopic pregnancy happens when a fertilized egg implants in the wrong place (usually the fallopian tube). It happens at the very start of pregnancy. It is sometimes called a 'tubal pregnancy'.

Ectopic pregnancy is often a difficult and painful experience. As well as grieving the loss of your baby, you may have had to cope with emergency surgery and perhaps the loss of a fallopian tube. We hope the information on this page helps you make sense of what has happened and the support available.

Stillbirth

Although a stillbirth is legally defined as losing a baby after 24 weeks of pregnancy, this information may also be helpful for people who have experienced a late miscarriage.

If you would like to talk to one of our Tommy's midwives about any aspect of stillbirth, they are experienced in talking about baby loss and bereavement. You can call them for free on 0800 0147 800 or email them at midwife@tommys.org (Monday to Friday, 9am to 5pm).

Pregnancy Loss Resources:

Empty Cradle

A San Diego-based, non-profit volunteer organization dedicated to supporting families through miscarriage, stillbirth, and infant death. They offer an in-person meeting on the 3rd Monday of each month at Fletcher Hills Presbyterian Church (460 Hillsdale Dr, El Cajon) as well as regular Empty Cradle Virtual Support Meetings via Zoom.

<https://www.emptycradle.org/support-meetings>

Elizabeth Hospice

They provide free grief care for individuals and couples experiencing miscarriage, stillbirth, or neonatal death. They regularly host guided grief groups (often via Zoom). You can check their events calendar or call 833-349-2054 to find their next perinatal support group.

<https://elizabethhospice.org/event/perinatal-support-group/2024-07-03/>

Post Partum International (PPI)

PSI provides a dedicated, free online space for parents grieving the loss of a baby. You can find schedules and contact information on the PPI website.

<https://postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>



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Bereaved Parents of the USA. (BPUSA)

BPUSA offers support and healing for parents, siblings, and grandparents.

<https://bereavedparentsusa.org/>

Compassionate Friends

<https://www.compassionatefriends.org/grief/>

Share Pregnancy and Infant Loss Support

<https://www.nationalshare.org/>

Share resources

<https://www.nationalshare.org/26368-2>

Pregnancy Loss Support for Men

Sad Dad's Club

<https://www.nationalshare.org/26368-2>

Grieving Dads

<https://www.grievingdads.com/>

Baby Loss for Dads, Partners, and Non-birthing parents

<https://www.tommys.org/baby-loss-support/dads-and-partners>

Guys and Grief Podcast

<https://guysandgrief.com/>

Click on the below for specific SHARE Pregnancy Loss brochures below

[Early Pregnancy Loss](#)

[Ectopic Pregnancy Loss](#)

Stillborn Pregnancy Loss

Loss of a Newborn

Understanding the Grieving Process

[Grieving together as a Couple](#)

[A Father's Grief](#)



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[Grandparent's Grief](#)

[Children's Grief](#)

[Teenager's Grief](#)

[Creating Keepsakes](#)

Special Days

How to Support a Parent When a Baby dies

For more resources, support and Catholic therapists contact Rich at hello@thechurchofstluke.org