



# Support Groups

(<https://exhalepro>

[voice.org/](https://exhaleprovoice.org/))

In collaboration with [Postpartum Support International \(https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-21\)](https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-21) (PSI), Exhale Pro-Voice is proud to offer free, virtual Post-Abortion Support Groups. Trained peer facilitators provide a space for community support through Exhale's Pro-Voice approach. This is a confidential space for speaking openly about abortion experiences, free from shame and stigma, outside the political and religious debate. Feelings of happiness, sadness, empowerment, anxiety, grief, relief, and guilt are all common after an abortion. These support groups are an opportunity to talk about all of these emotions and experiences in a safe and confidential environment. You are not alone.

**These free, virtual support groups are for people who have had abortions themselves, in their own bodies; families, partners, or other support people are not eligible at this time.**

If you are interested in attending one of these support groups, [text Exhale Pro-Voice \(https://exhaleprovoice.org/after-abortion-talkline/\)](https://exhaleprovoice.org/after-abortion-talkline/)! An Exhale Pro-Voice textline counselor will ask you a couple of questions to ensure the group is a good fit for you. If the Post-Abortion Support Group is a good fit, you will be given a referral code to sign up for the next group here.

## How to register:

1. [Text Exhale Pro-Voice \(https://exhaleprovoice.org/after-abortion-talkline/\)](https://exhaleprovoice.org/after-abortion-talkline/) at 617-749-2948 to go through a brief screening to make sure this is the best group for you.
2. Register for the group at the [Postpartum Support International \(https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-21\)](https://www.postpartum.net/get-help/psi-online-support-meetings/#toggle-id-21) website.

3. Attend the free, virtual Post-Abortion Support Group!

**Safety Exit**

If a different PSI group or another resource seems more useful, the Exhale Pro-Voice textline counselor will facilitate that referral, and offer emotional support, information, and additional resources as needed.

Post-Abortion Support Groups meet on the 1st and 3rd Sunday of each month at 3pm U.S. Eastern Time for 90 minutes.

## **Contact**

✉ *P.O. Box 14562 San Francisco, CA 94114*

**Safety Exit**

f @ d t  
 (h (h (h (h  
 tt tt tt tt  
 ps ps ps ps  
 :/ :/ :/ :/  
 / / / /t  
 w w w w  
 w w w itt  
 w. w. w. er  
 fa in ti .c  
 ce st kt o  
 b a o m  
 o gr k. /E  
 o a c x  
 k. m. o h  
 c c m al  
 o o / e  
 m m @ Pr  
 /E /e ex o  
 x x h V  
 h h al oi  
 al al e ce  
 e e \_ )  
 Pr \_ pr  
 o pr o  
 V o v  
 oi v oi  
 ce oi ce  
 ) ce )  
 /)

## Navigation

Privacy Policy ([https://Exhaleprovoice.Org/Privacy-Give Now](https://Exhaleprovoice.Org/Privacy-Give-Now)

Policy/)

(<https://Www.Classy.Org/Give/112621/#!/Donation/Check>

Terms Of Use ([https://Exhaleprovoice.Org/Terms-](https://Exhaleprovoice.Org/Terms-Of-Use/)

Of-Use/)

## Join our Mailing List

\* indicates required

Email Address \*

Safety Exit

First Name

Last Name

Copyright © 2023 · Exhale

Exhale is a 501(c)3 organization (EIN/tax ID: 94-3393719)

Safety Exit