



**ABOUT Us**

*Emerge* was created to fill the gap in after-abortion care – providing non-judgmental, emotional support for anyone who has had an abortion.

*Thank you for all that you have done for me. You have opened my heart to the possibilities of hope and change.*

– Emerge Participant



**Pro-Choice Resources**

*Emerge* is a program of Pro-Choice Resources (PCR). Since 1967, PCR has worked to ensure that all people and communities have the power and resources to make sexual and reproductive health decisions with self-determination and dignity. To learn more about all of our programs, visit our website at [www.prochoiceresources.org](http://www.prochoiceresources.org).

**Pro-Choice Resources**  
 528 Hennepin Ave S | Suite 600  
 Minneapolis, MN 55403  
 612.825.2000  
[WWW.PROCHOICERESOURCES.ORG](http://WWW.PROCHOICERESOURCES.ORG)



**Want to talk about your abortion?**

**emerge.**

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**a support group for people who have had abortions**



Emerge is a secular (non-religious) discussion and support group for anyone who has had an abortion. People who participate in this group will meet weekly to discuss their individual experiences in a safe, respectful and supportive environment with other people who have had an abortion. We invite you to join whether you had an abortion years ago or today.

After an abortion, people may experience a range of feelings such as:

// Sadness // Relief // Guilt // Anger // Happiness // Grief

**All of these feelings are completely normal.**

If you have had an abortion, you are not alone in your experience. It is estimated that one in three women will have an abortion. Although it may be a common life experience, some people feel uncomfortable talking about their

abortion with family and friends. Emerge was created to be a place where people who have had abortions can share their experiences and feelings with one another in a non-judgmental, supportive and engaging atmosphere.

“ The amount of peace I feel, not just with the abortion, but with myself and my decisions in general is something I never could have expected. I was able to access a healthier version of myself through the activities and discussion that served me as I sort through the aftermath of the abortion and, I believe, will serve me as I run into future difficult situations. ”

– Emerge Participant

## DETAILS

Emerge is held from 6pm to 8pm once per week for six weeks. You will begin and end the group with the same people. This allows you to develop relationships so you can receive and provide support to one another.

The group takes place in Minneapolis or Saint Paul at locations conveniently located to both light-rail and bus stops. The majority of registered participants choose the group’s location.

To learn more about Emerge or to register to participate, contact us at 612-825-2000 or [emerge@prochoiceresources.org](mailto:emerge@prochoiceresources.org)

**Emerge is open and welcoming to all people who have had an abortion ages 18 or older, regardless of:**

- ▲ Race, religion or age
- ▲ Economic circumstances
- ▲ Sexual Orientation, Gender Identity or Gender Expression
- ▲ Marital status
- ▲ Political or philosophical perspective

**1 in 3 women will have an abortion**

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## Emerge PROVIDES:

- ▲ Support and Confidentiality
- ▲ A Safe & Respectful Environment
- ▲ Open and Honest Discussion
- ▲ Experienced Facilitators
- ▲ Secular (non-religious) Setting