

# ADDITIONAL RESOURCES

## RACHEL'S VINEYARD

Rachel's Vineyard - [www.rachelsvineyard.org](http://www.rachelsvineyard.org)

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing.

## ABORTION RECOVERY

Abortion Recovery - [www.abortionrecovery.org](http://www.abortionrecovery.org)

This site is helpful for both women and men. To see if you might be suffering from after-abortion trauma, there is a 'trauma checklist' that you can print and take. If you find your marks range in the moderate to severe range, you may the help of a therapist and an after abortion recovery group.

## BOOKS TO READ

*Forbidden Grief: The Unspoken Pain of Abortion* by Theresa Burke

## DR. CAROLYN ROWLEY

Dr. Rowley, founder and executive director of Cayenne Wellness Center, is a clinical psychologist specializing in nutritional therapy (well known for her 3-4-4 nutritional program) and the treatment of depression, anxiety, and pain management. She also began another non-profit organization as a result of her missionary experience to Kenya, East Africa (The Machao Orphanage Foundation - <http://www.machaoorphanage.org>). She is a speaker and advocate on issues of sickle cell disease,

cayenne wellness center &  
children's foundation  
208 south louise street  
glendale, ca 91205  
[www.cayennewellness.com](http://www.cayennewellness.com)

Inside: Information on our Miscarriage Support Group



**cayenne**

wellness center and children's foundation

Abortion Recovery and Healing

*Nutritional Counseling*

**Holistic  
Psychotherapy**

Career Counseling

Support Groups

# MISSION STATEMENT

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.



## Our office hours:

By appointment only :: Sunday through Friday  
Closed Saturday

## Contact us:

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208 south louise street • glendale, ca 91205  
(corner of Louise and Harvard)

# ABORTION RECOVERY AND HEALING FOR WOMEN

We, at Cayenne Wellness Center, are here to reach out to women that might be hurting psychologically, physically, or spiritually due to having had an abortion. We acknowledge that this pain may not be recognized by other family members, friends or by society. We acknowledge that the emotions exist. At Cayenne Wellness Center, we will help you find peace for your heart, mind, soul and spirit following the loss of a pregnancy by choice.



## ABORTION RECOVERY AND HEALING

**Introduction:** Abortion, without a doubt, can be one of the most traumatic experiences in a person's life. The loss of pregnancy though abortion may be far in your past, but the memories remain. You may feel guilty, anxious, numb, depressed, suicidal, or even developed addictive behaviors like an eating disorder or using drugs and alcohol. You are not alone. 1 in 3 women have undergone an abortion. It may have been 3 months ago or 33 years ago. Talking about it, addressing your pain and getting on the road to recovering from the trauma is what will be addressed in therapy. You need someone to talk to - we have a listening ear.



**WOMAN IN GRIEF** by Animesh Roy

## What is Post Abortion Stress Syndrome?

Post Abortion Stress Syndrome (PASS) is the name for a condition that can affect women after an abortion. Just like any other condition, PASS does not affect every woman who has an abortion. Some women who have abortions feel peaceful about their decision beforehand, have a pain-free and physically easy experience, feel relieved afterwards, and then live the rest of their lives with no problems or regrets. Other women may have a different experience, and may have a more difficult time with the physical procedure itself, and the emotional and physical recovery process. Those who are affected can find themselves having problems with a common set of physical or emotional issues. After an abortion it's possible that a woman will have some normal feelings of grief, guilt, sadness, crying and loss. If the feelings become severe, interfere with her daily activities, persist for a long period of time, or lead to other more serious problems, she may be suffering from PASS.



**Please feel free to contact us if you have already had an abortion and need someone to talk to.**

You can contact us via email or telephone at:  
[carolyn@gilderfluke.com](mailto:carolyn@gilderfluke.com) or 818.377.5120.