



pregnancy medical center. education. support. healing.



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## ABOUT US

Life Choices has served communities in Northern Colorado for 40 years. We are primarily funded by the generosity of compassionate individuals, businesses, and churches in our communities. Each of our centers provide the following services at no charge to our clients.

**Pregnancy Tests**

**Ultrasounds**

**Information Regarding:**

Abortion

Adoption

Parenting

Birth control

STIs and STDs

**Post-Abortion Support and Healing**

**Education Outreach**

**Maternity and Baby Supplies**

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## GET INVOLVED

We need you! Volunteers are the heartbeat of Life Choices and the reason we are able to operate every day. All you need is a servant's heart to work as a volunteer. Visit [lifechoices.org](http://lifechoices.org) for more information.

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## LOCATIONS

### LOVELAND

902 Redwood Dr.

Loveland, CO 80538

[loveland@lifechoices.org](mailto:loveland@lifechoices.org)

970-461-5050

### LONGMONT

20 West Mountain View Ave

Longmont, CO 80501

[longmont@lifechoices.org](mailto:longmont@lifechoices.org)

303-651-2050

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# POST-ABORTION HEALING

Post-abortion stress can manifest itself in many ways. Often people do not realize that the stress and emotions they are dealing with are related to their past abortion experience.

There are four main emotional side effects of post-abortion stress for both women and men:

- Shame** - Not telling people about your abortion because you fear judgement. You keep this experience a secret because you are afraid you will lose friends and acquaintances.
- Guilt** - Feelings of guilt that come up unexpectedly about your abortion and the choices that were made surrounding that experience.
- Unforgiveness** - Towards key players and yourself regarding your abortion experience; not truly believing that God has or will forgive you if you asked.
- Anger** - Anger is a secondary emotion often displayed to cover up a more vulnerable emotion. You may be explosive, critical, impatient, passive-aggressive, or give others the silent treatment.

Life Choices wants to help you heal by giving you confidential, non-judgmental support. We offer Bible studies for men, women, and teens. Please contact us if we can help facilitate post-abortion healing for you or someone you know.

## WOMEN AND TEENS

### *Forgiven and Set Free Bible Study*

Women - Individual or small group (2-4) study

Teens - Individual

Contact us at [healingchoices@lifechoices.org](mailto:healingchoices@lifechoices.org)

## MEN

### *Broken Arrows Bible Study*

Men - Individual or small group (2-4) study

Contact us at [glen.c@lifechoices.org](mailto:glen.c@lifechoices.org)



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