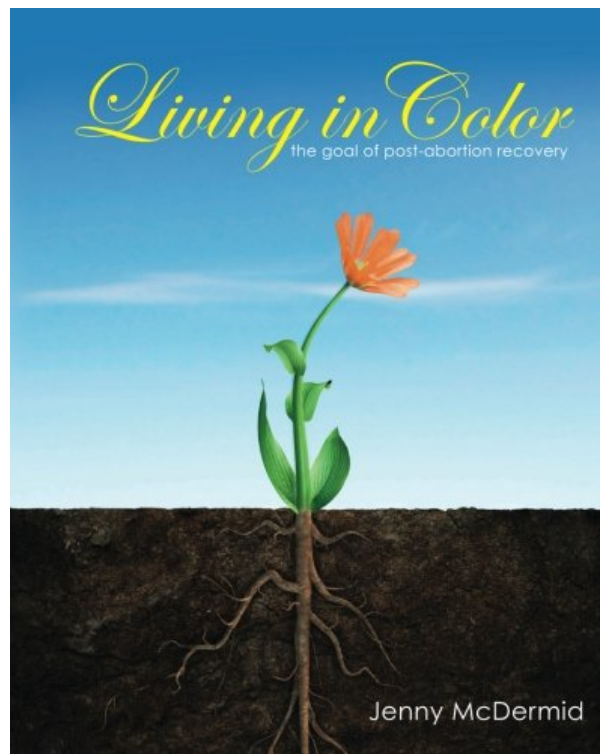
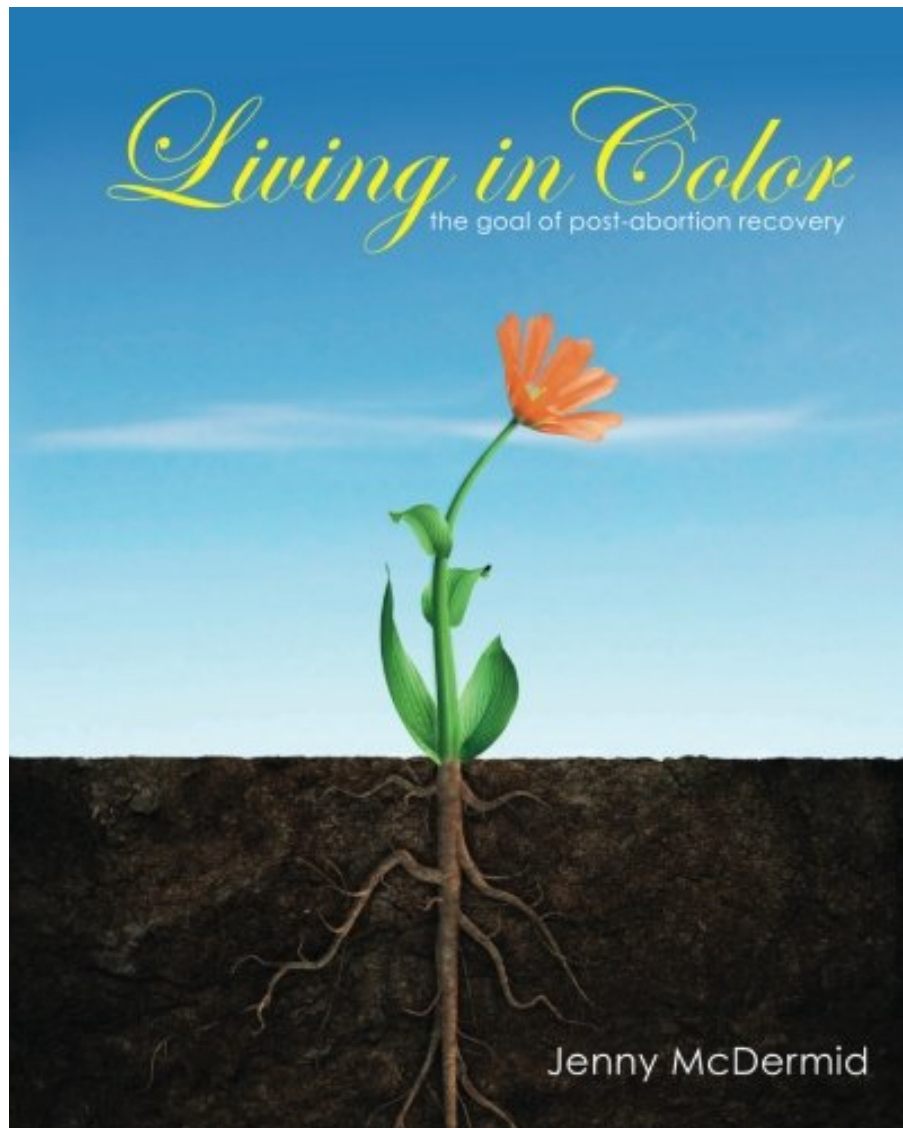


# LIVING IN COLOR: THE GOAL OF POST-ABORTION RECOVERY BY JENNY MCDERMID



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## About the Author

Jenny McDermid has been active in the post-abortion recovery and healing wing of the Calgary Pregnancy Care Centre in Calgary, Canada, for the past 14 years. Although her interests include cycling, gardening, and travel, her greatest reward is in seeing wounded post-abortive women restored to vibrant life. Jenny has two grown children and lives with her husband in Calgary.

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Living in Color is a post-abortion recovery and healing program designed for use by a small, facilitator-led support group. However, it is equally suitable for a person making her recovery journey alone, or in the company of a mentor, pastor or counselor. A Living in Color Facilitator's Guide is available for those leading support groups from [www.pregcare.com](http://www.pregcare.com). Dr Theresa Burke coined the phrase "forbidden grief" to describe the sadness and pain felt by many women following their abortion decision. This pain is seldom confined to the loss of a child: many also lose relationships, self-worth, and hope for the future. These losses must be grieved and, as with all grieving journeys, this involves processing emotional responses such as relief, denial, guilt, shame, depression, anger, and forgiveness. The post-abortive woman also needs to allow herself to "know" her child in order to say "goodbye for now." Having processed her grief, it is important to pay attention to what comes next. Many women discover that their healing journeys teach them many life lessons that contribute to increased strength of character, wisdom, vision, and hope. The final chapter of the program celebrates the process of emerging from the "grey zone" of unresolved loss into a life of color, freedom, and joy. If you are wondering whether you are suffering from post-abortion stress (PAS), please go to [www.pregcare.com](http://www.pregcare.com) for a helpful questionnaire. This website can also connect you to post-abortion recovery resources in your vicinity.

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