

# Call Us

Call Connect & Breathe to talk freely about your experience with abortion.

1-866-647-1764

## Talkline Hours

Mon: 7:00 pm - 10:00 pm ET  
Tues: 6:00 pm - 9:00 pm ET  
Thurs: 6:00 pm - 9:00 pm ET  
Sat: 12:00 pm - 3:00 pm ET

Connect & Breathe serves people who have had abortions, and their partners, friends and family. We respect the cultural, social and religious beliefs of all our callers.

All calls are confidential.

# Resources

Additional resources you may find useful:

*The Healing Choice:*

*Your Guide to Emotional Recovery after an Abortion*

by Candace De Puy and Dana Dovitch

*Experiencing Abortion: A Weaving of Women's Words*

by Eve Kushner

*Peace after Abortion* by Ava Torre-Bueno

[www.peaceafterabortion.com](http://www.peaceafterabortion.com)

# Volunteer

Volunteer at **Connect & Breathe**

Thanks for your interest in volunteering.

Visit our web site to download the volunteer application at [www.connectandbreathe.org](http://www.connectandbreathe.org).

Connect & Breathe is an equal opportunity employer and supports workforce diversity. We do not discriminate on the basis of race, creed, color, national origin, religion, sexual orientation, age, marital status, handicap, disability or status as a disabled veteran or veteran of the Vietnam Era.

# Contact

PO Box 10824

Rochester, NY 14610

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**connect & breathe**  
an after-abortion nonjudgmental talkline

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# What We Do

## We understand.

If you have had an abortion, you are not alone.

One third of all women in the United States will have an abortion in their lifetime. Women of all ages, income brackets, education levels, sexual orientation, religious preferences and family situations make the decision to have an abortion every day. The reasons may be similar in some respects, but each situation is as unique as the individual.

The feelings you have after your abortion may be varied; sadness, relief, anxiety, happiness, grief and guilt. These feelings may change in type and intensity over time. These feelings are normal.

At Connect & Breathe we know finding the right person to talk to after having had an abortion may be difficult. We are here to listen.

## We listen.

Connect & Breathe provides a confidential talkline staffed by people trained to listen and support you. Whether your abortion occurred yesterday or years ago, our goal is to provide a safe, nonjudgmental space to talk about your abortion and help you breathe easier.

## We trust you.

We can help by simply listening or providing you with other resources in your area – both religious and non-religious – who can also provide nonjudgmental, caring support.

connect & breathe

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# Our Mission

Connect & Breathe creates safe space to talk about abortion experiences by offering a talkline providing unbiased support and encouragement of self-care.

# Our Vision

Connect & Breathe envisions a world free of abortion stigma.

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