

www.connectandbreathe.org

PO Box 10824  
Rochester, NY 14610



**connect & breathe**

an after-abortion nonjudgmental talkline

1-866-647-1764

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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.

Connect & Breathe envisions a world free of abortion stigma.

*Our Vision*

## Talkline Hours

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

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