

www.connectandbreathe.org

Rochester NY 14610

PO Box 10824



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.

Our Vision

Connect & Breathe envisions a world free of abortion stigma.

Talkline Hours

Tues: 6:00 pm - 9:00 pm EST
Wed: 6:00 pm - 9:00 pm EST
Thurs: 6:00 pm - 9:00 pm EST
Sat: 10:00 am - 2:00 pm EST

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