For Hope & Healing After Abortion

Confidential, compassionate help.
Call: 802-658-4118 to speak to someone who will listen and help.
Or email: projectrachel@vermontcatholic.org

Abortion Pill Reversal
abortionpillreversal.com
If you’ve taken the abortion pill, it may not be too late.
Call the 24/7 Hotline (877) 558-0333

Be joyful in hope,
Patient in affliction,
Faithful in prayer.
— Romans 12:12

A Prayer for Hope
Lord help me to hear you saying, “I am your hope” over all the other voices. I’m running to you with both hands stretched out and grabbing on to you. Fill me up with hope and give me a tangible reminder today that hope is an unbreakable spiritual lifeline. In Jesus’ Name. Amen.

Other Sites
vermontcatholic.org/ministries-programs/catholic-charities
enteringcanaan.com
helpafterabortion.org
hopeafterabortion.com
sistersoflife.org/healing-after-abortion

Pregnant? Or a parenting mother?
Need someone to talk to?
Call or visit:
1-800-712-4357 optionline.org

Roman Catholic Diocese of Burlington
For additional copies please contact:
projectrachel@vermontcatholic.org
The following are life-affirming pregnancy resource centers around the Diocese of Burlington. Inclusion on this list DOES NOT indicate an official endorsement or vetting status by the Diocese. Please consult your pastor to learn which center(s) your parish supports.

<table>
<thead>
<tr>
<th>Location</th>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Text</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barre</td>
<td>Central Vermont Pregnancy Services</td>
<td>105 North Main St. Ste. 101, Barre, VT 05641</td>
<td>Call: 802-479-9215</td>
<td>Text: 802-661-4021</td>
<td>carenetcv.org</td>
</tr>
<tr>
<td>Bennington</td>
<td>Alpha Pregnancy Care Center</td>
<td>128 North St., Bennington, VT 05201</td>
<td>Call: 802-442-2002</td>
<td>Text: 518-462-2188</td>
<td>alphacare.org</td>
</tr>
<tr>
<td>Brattleboro</td>
<td>Branches Pregnancy Resource Center</td>
<td>26 Birge St., Brattleboro, VT 05301</td>
<td>Call: 802-254-6734</td>
<td></td>
<td>branchesprc.com</td>
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<tr>
<td></td>
<td>Birthright</td>
<td>Burlington, VT 05401</td>
<td>Call: 802-865-0056</td>
<td></td>
<td>birthright.org/Burlington</td>
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<tr>
<td></td>
<td>Futures Pregnancy Care</td>
<td>70 Church St., Lyndonville, VT 05851</td>
<td>Call: (802) 427-4199</td>
<td>24/7 Hotline: 1-800-712-HELP (4357)</td>
<td>futurespregnancy.org</td>
</tr>
<tr>
<td>Middlebury</td>
<td>The Women’s Center</td>
<td>102 Court St. #B, Middlebury, VT 05753</td>
<td>Call: 802-388-7272</td>
<td>Text: 802-222-0858</td>
<td>yourwomenscenter.org</td>
</tr>
<tr>
<td>Rutland</td>
<td>First Step Pregnancy Clinic</td>
<td>20 Washington St., Rutland, VT 05701</td>
<td>Call: 802-775-5611</td>
<td></td>
<td>firststeprutland.com</td>
</tr>
<tr>
<td>West Lebanon, NH</td>
<td>Pregnancy Center of the Upper Valley</td>
<td>One Main St. Unit 2, West Lebanon, NH 03784</td>
<td>Call or Text: 603-298-6123</td>
<td></td>
<td>pc-uv.com</td>
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</tbody>
</table>

Dear God, I come before You to lay my panic and anxiety at Your feet. When I’m crushed by my fears and worries, remind me of Your power and Your grace. Fill me with Your peace as I trust in You and You alone. I know I can’t do this on my own, but I also know that I have You, Lord, and You have already paid the ultimate price to carry my burdens. For this I thank you, Amen.

Finally, be strong in the Lord and in his mighty power.
— Ephesians 6:10

God doesn’t require us to succeed. He only requires that we try.
— St. Mother Teresa

All it takes is one good person to restore hope.
— Pope Francis