

Pro-Choice and Post Abortion Resources

Books

Sacred choices: The right to contraception and abortion in ten world religions. (c2003) Edited by Daniel Maguire. Keywords: religious aspects of – birth control, contraception, and abortion. *

Not an easy choice. (c2003) By Kathleen McDonnell. Keywords: abortion, moral and ethical aspects, and post abortion support and coping. *

Borrowed light. (2000) By Anna Fienberg. Keywords: fiction, teenage pregnancy, abortion, family, and pro-choice. *

The abortion myth: Feminism, morality, and the hard choices women make. (2000) By Leslie Cannold. Keywords: abortion – moral and ethical aspects and public opinion, women, and feminism. *

Unspeakable losses: Understanding the experience of pregnancy loss, miscarriage and abortion. (1998) By Kim Kluger-Bell. Keywords: coping aspects of - miscarriage, stillbirth, abortion, and bereavement. *

No choice: Canadian women tell their stories of illegal abortion. (1998) Edited by Childbirth by Choice Trust. Keywords: Canada and abortion - personal stories, law, history, and legislation. *

The healing choice: Your guide to emotional recovery after an abortion. (1997) By Candace De Puy & Dana Dovich. Keywords: abortion and – coping, counseling, and religion. *

Peace after abortion. (1997) By Ava Torre-Bueno. Keywords: abortion – coping and support. *

Why am I an abortion doctor? (1996) By Suzanne P. Poppema. Keywords: abortion services and feminism. *

Morgentaler: A difficult hero. A biography. (1996) By Catherine Dunphy. Keywords: Henry Morgentaler, pro-choice movement, history of abortion, and Canada. *

Experiencing abortion: A weaving of women's words. (1997) Edited by Eva Kushner. Keywords: abortion, post abortion support and coping, and personal stories.

Taking charge of your fertility: The definitive guide to natural birth control, pregnancy achievement, and reproductive health. (2002) By Toni Weschler. Keywords: natural fertility awareness, natural contraceptives, and reproduction. *

* Indicates the resource is available at the Edmonton Public Library

The garden of fertility: Reading your fertility signals for natural birth control, pregnancy achievement, and to gauge gynecological health. (2004) By K. Singer. Keywords: natural fertility awareness, natural contraceptives, and reproduction.

Helping women recover from abortion. (1988) By Nancy Michels. Keywords: abortion and post abortion support/coping. *

Our choices, our lives: Unapologetic writings on abortion. (2002) Edited by Krista Jacob. Keywords: abortion and personal stories.

Abortion: A positive decision. (1992) By Patricia Lunneborg. Keywords: abortion, coping, and pre/post abortion support. *

The choices we made: Twenty-five women and men speak out about abortion. (1991) Edited by Angela Bonavoglia. Keywords: women, men, abortion, personal stories, and feminism. *

Websites

Woman's Health Options Clinic – www.womanshealthoptions.ca The clinic website offers information about all aspects of the clinic, including decision-making and post abortion support. Patients can also book appointments online.

Options Sexual Health Association – www.optionssexualhealth.ca A description of their services and programs in a variety of areas related to sexuality, sexual decision-making, and pregnancy options.

The National Abortion Federation (NAF) - www.prochoice.org An organization that provides information and research about abortion as well as advocates for abortion rights in the U.S.

The Hope Clinic – www.hopeclinic.com This website offers pamphlets, for order, to assist women and their partners through abortion. It also hosts an online post-abortion support group the first Tuesday of every month – 6pm to 7pm.

The Abortion Conversation Project – www.abortionconversation.com The Abortion Conversation Project is committed to eliminating the stigma of abortion by creating new ways and opportunities to talk about abortion honestly and publicly.

Catholics for a Free Choice (CFFC) – www.catholicsforchoice.org CFFC shapes and advances sexual and reproductive ethics that are based on justice, reflect a commitment to women's well being and respect and affirm the moral capacity of women and men to make sound decisions about their lives.

Exhale - www.4exhale.org Exhale addresses women's after-abortion needs, provides an alternative to politically motivated counseling agencies and creates awareness that

* Indicates the resource is available at the Edmonton Public Library

abortion, and having feelings afterward, is normal in the reproductive lives of women and girls. Information is also available in

I'm Not Sorry – www.imnotsorry.net I'mNotSorry.net is a site where women can share their experiences with abortion. The stories posted on this site may contain graphic descriptions of medical procedures, as well as attitudes that are pro-choice.

Our Truths - www.ourtruths.org Our Truths is a bi-annual print and on-line magazine dedicated to bringing to light the diversity of abortion experiences while creating a safe space for people of all genders to speak their truths.

The Religious Coalition for Reproductive Choice – www.rcrc.org This organization offers religious/spiritual information relating to abortion, sexuality, and contraception. The website offers pro-choice support from all major world religions.

The Abortion Diaries – www.theabortiondiaries.com A website dedicated to a documentary titled *The Abortion Diaries*. *The Abortion Diaries* is a documentary featuring 12 women who speak candidly about their experiences with abortion.

Pregnancy Options - www.pregnancyoptions.info This website offers a comprehensive pregnancy decision making workbook that could be downloaded and printed. It offers information related to all pregnancy choices: abortion, adoption, parenting, before, during, and after.

Emotional and Spiritual Resolution - www.pregnancyoptions.info/emotional&spiritual.htm This website offers a workbook that guides the individual in emotional and spiritual resolution after abortion.

Men and Abortion – www.menandabortion.com This website offers support for men who are affected by abortion.

45 Million Voices - www.45millionvoices.org 45 Million Voices is a nonprofit organization dedicated to eliminating the stigma, shame, and silence surrounding abortion through education, empowerment, and sisterhood.

Arts 4 Choice - www.arts4choice.com An art project that portrays the real faces of women who have experienced abortion. Arts 4 Choice works to destigmatize abortion and support women that make this decision.

The Abortion Chronicles - www.abortionchronicles.com Women tell their stories of abortion.

Project Voice – www.theabortionproject.org Voices of women that have had abortions. Project Voice hopes to show that women need not feel alone, as abortion is a choice many women have made, and continue to make, for their own reasons.

* Indicates the resource is available at the Edmonton Public Library

Canadians for Choice - www.canadiansforchoice.ca Canadians for Choice supports and works towards preventing unwanted pregnancies, promoting contraception, educating women, men and youth, and ensuring that families have the necessary resources to raise healthy, happy children.

Post Abortion Counseling

Woman's Health Options Ltd.

Clinic counselors can provide post abortion counseling when requested. Appointments are necessary.

Phone: (780) 484-1124

Options Sexual Health Association (OSHA) - Edmonton

OSHA offers counseling from a pro-choice perspective. OSHA believes in dignity of the individual and respects all people in their choices. Counselors are trained to work with women and support people that are affected by abortion and pregnancy. Appointments can be made but walk ins are accepted.

Address: #50 9912-106 St.

Phone: (780) 423-3737

Website: www.optionssexualhealth.ca

Pro-choice Networking

Abortion Rights Coalition of Canada The Abortion Rights Coalition of Canada is the only nation-wide political pro-choice group devoted to ensuring abortion rights and access for women. It was formed in October 2005 to carry out political and educational work to support reproductive rights and health. **To join or learn more about the group refer to their website - www.arcc-cdac.ca**