



Forgiven & Set Free

A 10-WEEK SUPPORT GROUP AND BIBLE STUDY FOR
WOMEN SEEKING HEALING AFTER AN ABORTION

FEBRUARY 5 - APRIL 9, 2025

WEDNESDAYS, 6 - 7:30 P.M.

720 W. Association Dr., Appleton, WI 54914

Vida

About Forgiven & Set Free

No matter what influences a woman to end a pregnancy, the physical, psychological, and spiritual side effects are real and not always anticipated. Feelings of guilt, shame, and grief become a heavy burden, and many women feel that they will never be free, that no one understands, and that God will never forgive them. There is hope.

After finding freedom in Christ by going through the study *Forgiven & Set Free*, Deb and Cindy now co-facilitate the study at Vida as a step in the healing process God has for every woman affected by their abortion decision.

The study guides hurting women to bring their emotional scars "out of the dark past and into His holy light" where true and lasting healing can take place. Delving into Scripture, help is offered to process and deal with relief, denial, anger, forgiveness, depression, letting go, and acceptance. For every woman yearning for the peace of God's forgiveness, this study can be the first step to healing and wholeness.

At Vida, we are committed to helping women affected by abortion find freedom from the pain that is often denied because they are not given permission to grieve the loss of their child(ren). Studies show that nearly half a million women per year in the U.S. will struggle with post-abortion PTSD. Most do not realize seemingly unrelated daily struggles are connected to trauma from the reproductive loss of past abortion(s). We are here to help you heal and find freedom.

Spring 2025 Schedule

Spring 2025 | February 5 – April 9, 2025 | Wednesday Evenings, 6 p.m.

February 5	Orientation
February 12	How Do I Know I Need Healing?
February 19	Character of God
February 26	Relief and Denial
March 5	Anger
March 12	Depression
March 19	The Need to Forgive
March 26	Steps to Freedom
* Monday March 31	Child of My Heart
(same time)		
April 2	Memorial Service
April 9	Acceptance

Learn More & Register

Visit www.vidasupportservices.org/forgiven-set-free, or call Vida at 920-731-4354. If you prefer to speak one-on-one with Deb, email deb@vidacares.org. All inquiries are confidential.

For additional post-abortion support and resource available at Vida, visit www.vidasupportservices.org/post-abortion-support.

