



Living in Color

the goal of post-abortion recovery

SECOND EDITION

Jenny McDermid

LIVING IN COLOR is a post-abortion recovery and healing program designed for use by a small, facilitator-led support group. It is also suitable for a person making her recovery journey alone or in the company of a mentor, pastor or counselor. A Living in Color facilitator guide is available for those leading groups.

Dr Theresa Burke coined the phrase “forbidden grief” to describe the sadness and distress felt by many women following abortion. This pain is seldom confined to the loss of a child. Many also lose relationships, self-worth and hope for the future— losses that must be healed as well.

Emotional responses such as denial, isolation, guilt, shame, depression and anger are common following abortion. Once these are grieved well the healing power of forgiveness can be embraced. And then the final step: getting to “know” ones child in order to say “goodbye for now.”

Having processed her grief it is important to pay attention to what comes next. The final chapter of the program celebrates the process of emerging from the “grey zone” of unresolved grief into a life of color, freedom and joy. Many women find that their recovery journeys teach them valuable life lessons that contribute to increased strength of character, wisdom, resilience and hope for the future.

If you are experiencing post-abortion grief or need any further information, please go to www.pregcare.com.

Jenny McDermid has been active in the post-abortion recovery and healing wing of the Calgary Pregnancy Care Centre in Calgary, Canada, for over two decades. Her greatest reward is found in seeing women wounded by abortion restored to vibrant life. Jenny has two grown children and lives with her husband in Calgary.

