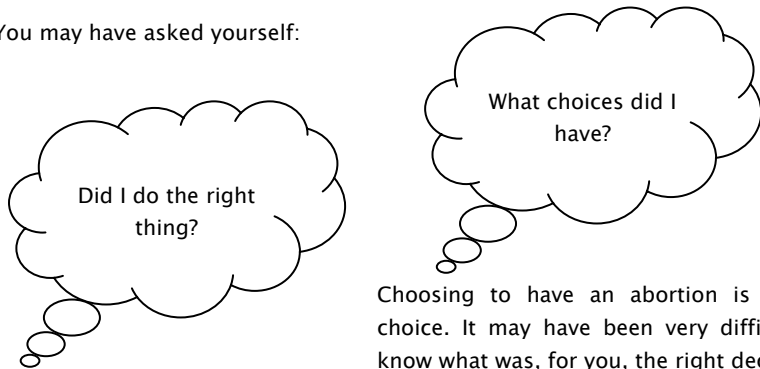


At the Acorn centre we receive requests on a regular basis for counselling following a termination. Each of our clients whatever their counselling needs are treated as unique individuals

The things spoken about can include many areas, sometimes just the whole experience needs to be listened to, and with others there can be bereavement issues and more.

There can be many different aspects to each person's story and experience; there can be some things in common. Very often you were asked to make a decision when it felt as if your whole world has been tipped upside down.

You may have asked yourself:



Everyone you spoke to about your pregnancy may have had a different view about what you should do. There could have been lots of pressure put on you to act in a particular way.

The pressure of circumstances could have been overwhelming. Afterwards there is often a sense of relief.

But for some, straight away or within months or even years later, feelings can emerge, that can be difficult to understand.

Because abortion can be a secretive decision not many women or men feel they can talk about it.

The emotions you might experience may surprise you.

Choosing to have an abortion is never an easy choice; previous clients have mentioned some of the emotions described next:

- ◆ Feeling depressed
- ◆ Having dreams about the abortion
- ◆ Flashbacks about events leading up to the abortion (things people said to you)
- ◆ Feelings of guilt and remorse (did I make the right decision and if I did why am I feeling like this)
- ◆ A sense of emptiness and loss
- ◆ Relationship difficulties
- ◆ Anger / panic
- ◆ Feelings of helplessness
- ◆ Low self worth
- ◆ Emotional numbness

You may feel a mixture of the emotions mentioned or just one. You may not be sure whether to talk about this. It can be really difficult to take that first step and seek someone to hear your story.

You may not be sure where to find help or where to go. You could be thinking will I be understood?

At the Acorn Centre we can provide fully trained and qualified counsellors to listen to your experience, they will create a safe space where you can talk about your journey and the impact on you.

In the past we have offered our services free of charge, however we have had to now alter this although we have tried to make our services still accessible, the donation scheme works in the following ways. If you are employed we ask that you give the hourly rate you earn, so if you earn £6.50 an hour this would be your donation, if you are un-employed we ask you donate between £3.00 –£5.00 per session. However please do not let this stop you from contacting us as we are able to sometimes access funding which allows us to offer within defined remits free counselling.

You may come once or more – this can be agreed on your first visit.

You do not have to be referred; you can call in on one of our drop in sessions, or telephone for an appointment.

You can phone for more information if you would like. Our phone number is.....

Services offered

- ◆ Pregnancy testing
- ◆ Counselling around the results of tests
 - Adoption
 - Abortion
 - Parenting
 - Family support and counselling following all of the above
 - Access to contraception (where)
 - Sexual Infections (where to access to help)
 - Support and counselling around a negative test

- ◆ Post abortion counselling
- ◆ Miscarriage counselling
- ◆ Still birth counselling
- ◆ Traumatic birth counselling
- ◆ Termination for foetal abnormality
- ◆ Post natal depression counselling
- ◆ Infertility counselling
- ◆ Parenting skills (young parents)
- ◆ Adoption support both for birth mother
- ◆ Couples going through adoption process
- ◆ Relationship work for couples affected by either baby loss or infertility
- ◆ Counselling services for young people

Where are we?

We are at

The Acorn Centre

Riverside

1 Bond Street

Nuneaton

CV11 4DA

Tel no: 02476381878

We are open on

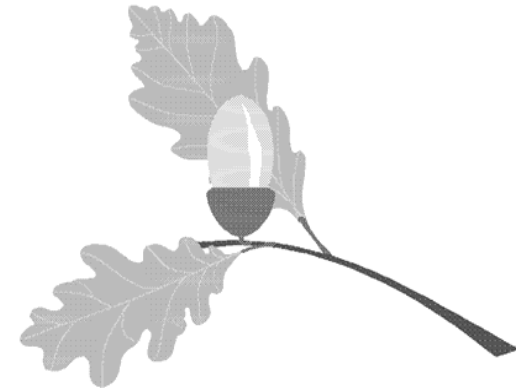
Monday 10 am – 2 p.m.

Wednesday 10 am – 2 p.m.

Friday 10 am – 2 p.m.

Other times can be arranged by appointment

ACORN CENTRE



POST ABORTION

e-mail acorncentrenun@btconnect.com

www.acorncentrenuneaton.co.uk

*The Acorn Centre
Registered Charity Number 1136087*