"There truly was healing to be had, walls to come down, and all of the guilt and shame to be released. A tender heart was uncovered that had been buried for so long."

"This retreat allowed me to gain peace and understand about my grief and the joy of motherhood."

"The environment was completely free of condemnation and judgment... I have never felt such acceptance, understanding, and grace. It was incredibly powerful to be accepted and, for once, be unashamed of who I am."

You are not alone.

UPCOMING RETREATS

- **March 27-29, 2020**
- **November 6-8, 2020**

Sisters of the Presentation Motherhouse
2360 Carter Road
Dubuque, IA 52001

Bridgehaven
pregnancy support center

MON | THURS: 10AM - 7PM
TUES | WED | FRI: 10AM - 5PM
SAT | SUN: Closed

701 Center Point Rd. NE
Cedar Rapids, IA 52402
(319) 364-8967
bridgehavencr.org

@BridgehavenPregnancy SupportCenter

@bridgehavencr

@BridgehavenCR

A Member of CARE NET

take
COURAGE

Bridgehaven's Abortion Recovery Retreat

A Rachel's Vineyard Retreat

Take Courage offers an opportunity for healing to any woman, man, or couple who has struggled with the emotional or spiritual pain of an abortion.

The retreat is a chance to get away from the daily pressures of work and family, to focus on a painful time in life, and to begin healing through a supportive and non-judgmental process using Rachel's Vineyard curriculum.

Spiritual exercises focus on God's mercy, forgiveness, and compassion. Psychological exercises help you work through repressed grief and anger that might exist.

Many preconceived fears of condemnation are transformed into blessings; memories of abandonment, pain, and confusion are replaced by peace and reconciliation.

GENERAL INFORMATION

Registration: Your completed registration form and payment must be received at least two weeks prior to the scheduled retreat. If you would like to attend with your spouse, please contact us before sending in your registration.

Schedule: The weekend begins on Friday evening, with arrivals starting at 6PM, and concludes on Sunday, around noon.

Cost: The $125 registration fee includes lodging for two nights, three meals on Saturday and one meal on Sunday, and materials.

Accommodations: We will be at the Sisters of the Presentation Motherhouse in Dubuque. You will have an individual room with its own lavatory and shower. If you wish to share a room with a support person or family member, please let us know and we will make the accommodations.

Confidentiality: Bridgehaven strictly respects confidentiality and privacy. If you or someone you know is hurting, please call today.

More Information: Contact Haley Brimmer, Bridgehaven Pregnancy Support Center, Director of Client Advocacy by phone at 319-364- 8967 or via email at haley@bridgehavencr.org.

You can also find more information at the following websites:

bridgehavencr.org
rachelsvineyard.org

RETREAT REGISTRATION

Yes, please register me for Take Courage:

_____March 27-29, 2020 at the Sisters of the Presentation Motherhouse in Dubuque, IA

_____November 6-8, 2020 at the Sisters of the Presentation Motherhouse in Dubuque, IA

Name _____

Street _____

_____
City State Zip

Phone: ( ) _____

Email: _____

Best way to contact you (check all that apply):

_____Phone _____Email _____Mail

take
COURAGE

Bridgehaven's Abortion Recovery Retreat

Retreat Cost: $125.00

Financial assistance available for those who qualify.

Make check payable to and mail completed form with payment to:

Bridgehaven Pregnancy Support Center
701 Center Point Road NE
Cedar Rapids, IA 52402