

"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."

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

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"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.***

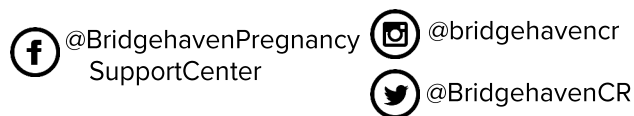
## UPCOMING RETREAT

- **November 12-14, 2021**

Retreat will be held at Maranatha Church in Cedar Rapids with off-site accommodations.



4250 Glass Rd. NE, Suite 100  
Cedar Rapids, IA 52402  
(319) 364-8967  
[bridgehavencr.org](http://bridgehavencr.org)



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:** Participants will be staying at a large bungalow near the NewBo district in Cedar Rapids. You will have your own bed with shared common spaces and bathrooms. We will also have COVID-19 precautions in place. More information will be given after registration.

**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](mailto:haley@bridgehavencr.org).

You can also find more information at the following websites:

**[bridgehavencr.org](http://bridgehavencr.org)**  
**[rachelsvineyard.org](http://rachelsvineyard.org)**

## RETREAT REGISTRATION

Yes, please register me for Take Courage:

\_\_\_\_\_ November 12-14, 2021

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 our mailing address:

Bridgehaven Pregnancy Support Center  
4250 Glass Road NE, Suite 100  
Cedar Rapids, IA 52402