

## *Free and confidential Post Abortion Support Groups*

### **About Alternatives' Post Abortion Groups:**

At Alternatives, we invite women who have experienced abortion to consider being part of a confidential support group where stories and feelings can be shared in a safe and trusted environment.

The book groups utilize is *A Season to Heal – Help and Hope for Those Working Through Post-Abortion Stress*, by Luci Freed and Penny Y. Salazar, LCSW.

For current group meeting schedules and locations, please contact Kimberly Wise.



### **About Kimberly Wise, MA, LPC:**

Kimberly has always been passionate about coming alongside women and men at times of crisis, transition and loss. That is why, after graduating from the University of Colorado and working for a brand consulting firm, she chose to return to school to pursue her Masters in Counseling. Since completing her degree at Denver Seminary in 2009, she has worked in a variety of settings, including an addictions recovery non-profit organization, a transitional living facility for young women and an at-risk youth mentoring organization.

In 2012 Kimberly joined Alternatives Pregnancy Center as the Director of Client Services at the East Metro office and transitioned to her role as Director of Post Abortion Counseling in 2013. She is registered with the state of Colorado as a Licensed Professional Counselor (LPC).

Kimberly has a special passion for journeying with women as they explore the unresolved issues and feelings from their abortion experiences. She has witnessed how grieving the losses associated with an abortion can lead to personal growth and promote healing and reconciliation. She is constantly inspired by women's courage as they reach out for help and choose to invest in their healing.

Won't you consider taking that first step to reach out for support today? You do not have to walk this journey alone.

**For more information on individual counseling or support groups, please contact:**

**Kimberly Wise, MA, LPC**

*Director of Post Abortion Counseling*

**Alternatives Pregnancy Center**

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