

SaveOne

SaveOne offers an effective healing process to women, men, and couples as well as family members and friends who are carrying the burden and the pain of an abortion in their life.

Abortion has a deep ripple effect. You may have chosen abortion personally, or your life has been profoundly affected by abortion. SaveOne can help you through the healing process.

SaveOne is a 10-step program based on Biblical principles. The following topics are addressed:

1. Your Source of Courage
2. What happened to me?
3. Dealing With Stray Emotions, Pt. 1
4. Dealing With Stray Emotions, Pt. 2
5. Forgiving Others
6. God's Grace
7. Can I Forgive Myself?
8. Renewing Your Mind
9. Who Is This Child?
10. A Woman/Man of Courage

A SaveOne course consists of 12 two-hour-long units which take place weekly in small groups with a max. of 5 members. Skype courses are available as well.

Founder and President of SaveOne is **Sheila Harper**, who lives with her family in Nashville, TN. Sheila herself suffered from depression after an abortion: "I had already pointed the gun at my head when my roommate unexpectedly came home and kept me last-minute from pulling the trigger", she describes.

Sonja Horswell has been the **Director of SaveOne Europe** since 2010. She trains new chapter leaders and coordinates the Europe-wide ministry. Upon request she is glad to speak and train new leaders all over Europe.

Post Abortion Syndrome (PAS)

An abortion can lead to significant physical, psychological, or psychosomatic symptoms:

- Sleep disorders, nightmares
- Feelings of guilt, filthiness, condemnation and/or shame
- Emotional numbness
- Alcohol, drug or substance abuse
- Uncontrolled desire for a new pregnancy
- Flashbacks to the abortion
- Avoidance of places or people associated with the abortion
- Loss of interest in things which used to be fun
- Emotional low on the anniversary of the abortion, the due date of the aborted child, or on mother's / father's day
- Negative feelings when seeing babies, pregnant women, or when the issue is raised in conversations or the media
- Relationship difficulties
- Suppression of memories of the abortion
- Self-harm, anger, rage

The **SaveOne team** consists of SaveOne graduates, experienced counselors and therapists. They will guide you gently through the healing process.

We are dedicated to helping men and women recover after the choice of abortion, spiritually, mentally, and emotionally through the healing power of Jesus Christ.

Contact

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saveone
europe

Heilung
der seelischen Wunden
nach einer Abtreibung

Healing
the wounded soul
after an abortion