



Freedom to Exhale

The quarterly e-newsletter of Exhale
Issue #10, Autumn 2006

SUBMIT YOUR STORY! Exhale Abortion Zine Needs Your Voice! EXHALE NEWS

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COMINGS AND GOINGS

DONATE TO EXHALE

SUBMIT YOUR STORY! Exhale Abortion Zine Needs Your Voice!

*Are you looking for a way to make your voice heard?
Do you want to help others learn from your experience?
Is it time to share your story with abortion?*

Exhale is looking for daring and reflective submissions in the form of poetry, essays, illustrations and photographs in Spanish and English for the next issue of our abortion zine, [Our Truths-Nuestras Verdades](#).

Our Truths/Nuestras Verdades is a bilingual abortion zine that gives voice to abortion stories, prioritizing the experiences of young people and people of color.

The upcoming issue of the zine, due in Spring 2007, will focus on "feelings about the fetus." The deadline for submissions is **October 30th, 2006**. Please send submissions with a cover letter including your name (or pseudonym), mailing address and email address to truths_verdades@4exhale.org or Exhale, 484 Lake Park Ave. #63, Oakland, CA 94610. Click [here](#) to download a pdf with more information.

...and introducing the new Editorial Board for OT-NV. Welcome!

- Emily Barcklow, Founder of Our Truths-Nuestras Verdades
- Aimee Thorne-Thomsen, Executive Director of the Pro-Choice Public Education Project
- Jennifer Baumgardner, Writer
- Patty Tumang, editor of the anthology [Homelands: Women's Journeys Across Race, Place, and Time](#).
- Katina Peron, Co-founder and editorial and program director of Children's PressLine
- Andi Zeisler, founder and publisher of Bitch Magazine

EXHALE NEWS

· Regional Trainings 2006-2007

Exhale is excited to announce training dates and locations for 2006-2007. Regional trainings are two-day professional, skill-building trainings on after-abortion counseling that are for experienced counselors who work in a variety of health care settings. Past participants have included nurses, social workers, abortion counselors and grassroots advocates. Together, we are working to increase access to post-abortion support, strengthening support networks and transforming the social climate.

[REGISTER TODAY!](#)

October 27-28, 2006

Los Angeles, California

Hosted by Planned Parenthood Los Angeles

Registration is now open!

February 25-26, 2007

Seattle, Washington

Hosted by Seattle Medical and Wellness Clinic

Registration opens November 6, 2006

October 2007 (dates TBA)

Miami, Florida

Hosted by A Choice for Women

Registration opens March 1, 2007

Please contact [Exhale](#) for registration information.

· In the News

[SavvyMiss.com](#) published an article about Exhale featuring our Executive Director, Aspen Baker and volunteer Ragnar Anderson.

"[Exhale is] not pro-choice and they're not pro-life. They're pro-voice." Anderson explains. "It's not like you have to sacrifice your political [or] personal beliefs about abortion, [but] you need to come to a place where you can let go of your prejudices. You must understand that there's this huge need out there for women to speak about a difficult and emotional experience." Read more [here](#).

· Welcome 2006 Outreach Partners!

Exhale's Outreach Partners share a common goal of promoting the emotional well-being of women who have abortions, make annual contributions to Exhale and recommend the after-abortion talkline as a resource for their clients and members.

Exhale would like to extend a warm welcome to our 2006 Outreach Partners:

A Jacksonville Women's Health Center, Aradia Women's Health Center, Aurora Medical Services, Birth Control Care Center, Bread and Roses, CAPS Project - Planned

Parenthood, Cedar River Clinics, Choice Medical Group, Emma Goldman Clinic, Family Planning Associates Medical Group, Hope Clinic for Women, Mabel Wadsworth Women's Health Center, Madison Abortion Clinic, Memphis Center for Reproductive Health, Memphis Regional Planned Parenthood, North Florida Women's Health and Counseling Services, Inc., Planned Parenthood Association of the Mercer Area, Planned Parenthood Golden Gate, Planned Parenthood of Buffalo and Erie County, Planned Parenthood of Central and Northern Arizona, Planned Parenthood of Central Washington - Yakima, Planned Parenthood of Connecticut, Planned Parenthood of Hawaii, Planned Parenthood of New York City, Planned Parenthood of Rhode Island, Planned Parenthood of Southwest and Central Florida, Planned Parenthood of West Texas, Planned Parenthood Trust of San Antonio and South Central Texas, Pro-Choice Resources, Red River Women's Clinic, Seattle Medical and Wellness Clinic, Women's Health Center of West Virginia, and Women's Health Specialists.

If your organization is interested in becoming an Outreach Partner, please contact Exhale by email at info@4exhale.org for more information.

COMINGS AND GOINGS

- **Welcome Martha De La Pena, Program Associate & Talia Walsmith, Administrative Associate**

Exhale would like to extend a warm welcome to two new staff members:

Martha De La Peña, Program Associate, started at Exhale as a volunteer counselor and has been serving on the talkline since spring 2005. Her own personal experience with abortion has made her committed to creating a safe, friendly place for women to express themselves after an abortion. Originally from Mexico City, Mexico, Martha is bilingual and plans on becoming a dentist. She has been a tutor for Latino elementary students and involved in promoting the rights of immigrant workers. She also loves to travel, read Spanish and Persian poetry, watch foreign movies and wants to support Latina's in achieving health and well-being. Martha coordinates Exhale's talkline and trainings and can be reached at Martha@4exhale.org.

Talia Walsmith, Administrative Associate, started at Exhale in 2002 as a volunteer counselor and served on Exhale's Board of Directors from 2004-2006. Talia brings to Exhale her passion for women's health and well-being and social and environmental justice; her experience in health education, office management, and peer counseling; and her deep dedication to Exhale's mission. Previously, Talia served as an AmeriCorps member and Associate Clinic Manager at the Women's Community Clinic, a free, sexual and reproductive healthcare clinic for underserved women in San Francisco. She is currently getting her Masters in Women's Spirituality at New College of California. She also loves to write, paint and eat great vegan food. Talia coordinates Exhale's day-to-day operations and can be reached at taliala@4exhale.org.

- **Thank you and best wishes to Tulin Acikalin, board member and Jessica Meyer, Program Director, who have recently moved on from their positions at Exhale. We greatly appreciate their passion and commitment to women's health and for their incredible service to Exhale.**

DONATE TO EXHALE

Your donation contributes to a growing pro-voice movement, a movement where each person's unique experience with abortion is heard and respected.

Please make a donation today.

Make a secure, online donation through our [website](#).

Exhale
484 Lake Park Avenue #63
Oakland, CA 94610
Bus: 510-446-7900
Fax: 309-410-1127
www.4exhale.org
info@4exhale.org

After-Abortion Talkline: 1-866-4 EXHALE
Monday - Friday, 5 p.m. - 10 p.m. Pacific
Saturday - Sunday, 12 p.m. - 10 p.m. Pacific
Counseling available in English, Spanish, Vietnamese, Cantonese and Tagalog.