



Freedom to Exhale

The quarterly e-newsletter of Exhale

Issue #8, Spring 2006

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1. **New Release:** Exhale's 2005 Annual Report

"I hope that, soon, every woman and man can count on having a place like Exhale." Rosa Catañeda, Directora, Asociación Familia Sana, Peru

"Exhale's ... brilliant model of supporting women and their loved ones outside of the constraints of a divisive abortion debate redirects attention and energy to the true needs of pregnant women, children and families." Lynn M. Paltrow, Executive Director, National Advocates for Pregnant Women

"I have been a volunteer for three years because I am drawn to the direct connection we make with a person who may have nowhere else to turn for support." Kristen Schultz Oliver, Volunteer Counselor

Do you want to know what else people are saying about Exhale? Download Exhale's Annual Report for 2005 and find out:

<http://www.4exhale.org/publications/Exhale2005AnnualReport.pdf>

- Exhale received more than 2,000 talkline calls and provided training and education to more than 3,000 people throughout the world.
- The media wrote about our work and supporters contributed time and money.
- We developed important new allies and strengthened existing partnerships.

As a result of these and other accomplishments, each one of us is transforming the social climate around abortion - from one of judgment and shame to one of support and respect. Join Exhale's pro-voice movement today!

2. **Exhale News:**

* Recruiting Volunteers for Talkline Training

Are you committed to women's health and well-being? Are you looking for ways to serve your community and learn new skills? Do you speak Vietnamese or Cantonese? Do you know someone who does?

Exhale is recruiting bilingual volunteers for our next training for volunteer peer counselors, scheduled to begin May 2, 2006. Child care stipends may be available. If you live in the SF Bay Area and are interested, please contact Exhale's Program Director, Jessica Meyer, for more information. You can reach her at Jessica@4exhale.org or by calling 510-446-7900.

*** Regional Training Dates Announced: May 22 & 23, 2006, New York City**

To increase access to post-abortion support, Exhale conducts trainings for health professionals and advocates that increase their skills and comfort in providing culturally-competent post-abortion counseling. To date, Exhale has trained more than 200 people - from 15 states and 11 nations - representing dozens of organizations. More than clients, each participant is now a partner working to increase access to post-abortion support.

"The Exhale training was remarkable. Diverse participants: reproductive health counselors, social workers, clinicians, physicians and clergy. Counseling skills were enhanced and issues of values, culture and faith explored. As a 20-year Planned Parenthood veteran with a passion for counseling, the experience was inspiring!" Lorie Spear, Director of Abortion Services, Planned Parenthood Chicago Area

Exhale is honored to partner with Planned Parenthood New York City to host Exhale's next regional training on May 22 & 23, 2006.

To register, download forms here: <http://www.4exhale.org/publications/ExhaleRegFormNYCTrain06.pdf>

For more information, contact Jessica Meyer, Exhale Program Director, jessica@4exhale.org.

*** In the News**

Exhale is continuing to impact the nation's dialogue about abortion. Exhale, and our work to promote support and respect for people's unique experiences with abortion, has been featured in papers serving America's Heartland and in major mainstream news sources.

- Columnist Stephanie Salter wrote about Exhale's pro-choice vision in Indiana's *Tribune-Star*.
- Martha Brant covered Exhale's role in the changing politics of choice for *Newsweek*.
- Julie Rovner featured Exhale's Aspen Baker in her segment on the changing tone of the abortion -rights movement for *National Public Radio's Morning Edition*.

You can find everything here: <http://www.4exhale.org/news.php>

6. Comings and Goings

* Welcome Program Associate, Javy Luu

Exhale is thrilled to welcome a new member to our staff, Program Associate Javy Luu. Javy is currently studying for her Master's degree in Asian American Studies at San Francisco State University. She comes to Exhale with a background in community health and domestic violence services and has extensive experience doing outreach and education in a wide range of cultural and linguistic communities. Javy grew up in Sacramento, California, received her undergraduate degree from the University of California, Davis and speaks Vietnamese. You can reach her at javy@4exhale.org.

* Transition for Lisa Lepson, Exhale's Founding Board Chair

Lisa Lepson came to Exhale as volunteer in 2001. After completing the first training for Exhale peer counselors, Lisa had the proud distinction of taking the first ever call to the Exhale talkline. Not long after that, her commitment, vision and sheer smarts established her as an important leader within the organization. Lisa not only became a founding board member, but served as Exhale's founding Board Chair for four years. Lisa has played a critical role in Exhale's growth and visibility, and our success is a result of her tireless leadership. Lisa left her position as board chair to pursue her professional goals in New York City. Lisa remains a committed volunteer and we are excited to have her serve as a key member of our National Advisory Council.

4. Donate to Exhale

"Calling Exhale was the first step in my reclamation of the parts of myself that have gone unacknowledged for six years." Anonymous Caller

Over 1.3 million abortions occur in the U.S. each year. Exhale is the **only** organization dedicated to meeting the post-abortion needs of women and men - without judgment and with respect for reproductive freedom. With your support, Exhale can provide thousands of women and men with the opportunity to speak freely about their personal experience with abortion.

Please make a donation today. Visit: <http://www.4exhale.org/donations.php>

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.