



Freedom to Exhale

The quarterly e-newsletter of Exhale
Issue #9, Summer 2006

CELEBRATE Exhale's One-Year Anniversary as a National, Multi-lingual Service!

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WELCOME Monica Lois, new Program Associate

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CELEBRATE Exhale's One-Year Anniversary as a National, Multi-lingual Service!

June 1 marked the one-year anniversary of Exhale's expanded talkline service. Because of your support, the talkline is now available for free, nationwide, in five languages, seven days a week.

We couldn't have made it this far without you and we hope that you will help keep the momentum going!

Here are three ways you can help Exhale celebrate this milestone:

- [Make a contribution to Exhale](#) by following the directions [here](#).
- [Forward this e-news](#) to friends and family and invite them to sign up to receive Exhale's e-news by filling out the online form found [here](#).
- [Download Exhale materials](#) from our website and post them in the places you frequent - your favorite coffee shop, work, libraries, synagogues, bookstores, child-care centers, local schools, universities, churches, community or spiritual centers, gyms, and yoga studios - and take them to your next clinic visit or give them to your doctor. Find downloadable posters and brochures [here](#). Free materials are always available by calling Exhale at 510-446-7900 or by emailing info@4exhale.org.

With your support, Exhale can continue to offer people the opportunity to talk freely about their personal experience with abortion, including folks like Marcus in St. Louis who emailed that *"calling Exhale helped me more than I can describe."*

EXHALE NEWS

- **New Project! Our Truths/Nuestras Verdades Abortion Zine**

*I awaken to dreams of you
Though you do not exist
Real enough in my mind
My heart
With me you stay
Always*

"Still" by Pamela is featured in the latest issue of [Our Truths/Nuestras Verdades](#), Exhale's new public education project!

OT/NV is a bilingual - English and Spanish - abortion zine that gives voice to abortion stories, prioritizing the experiences of young people and people of color. The zine was created by Emily Barcklow in 2004 and has been supported by a grassroots network of advocates and activists throughout the United States and Mexico, including Exhale's Executive Director, Aspen Baker. To date, OT/NV has published two issues, in print and online, with themes on the stigma of abortion and abortion in pop culture.

On June 1, 2006 Exhale took over the zine and it is now a public education project of Exhale. We are honored for the opportunity to offer the zine a permanent home and to continue the insightful and transformative work they started. We plan on publishing two issues a year, beginning in 2007. Emily will continue to bring her vision to the zine as a member of the editorial board.

Stay tuned for an upcoming call for submissions and for information on sponsorship and subscription opportunities. To get the latest issue in print, please email info@4exhale.org with your full contact information and we will be happy to send you one free copy.

- **In the News**

The Philadelphia Inquirer published commentary by Exhale's Executive Director, Aspen Baker, on May 22, 2006, titled: [Providing support after an abortion](#).

The commentary was written in response to The Guttmacher Institute's latest report, "Abortion in Women's Lives." Baker wrote, "What the report lacks, however, is something commonly overlooked in the debate about abortion: an understanding of the emotional needs and coping strategies of women after they undergo an abortion." Baker advocates that more "Research and information [on women's post-abortion coping strategies] could guide us in providing support. It would challenge the barriers that currently prevent women and men from seeking help after an abortion, and would provide new opportunities for them to achieve emotional well-being." Read the entire commentary [here](#).

- **Regional Trainings on Post-Abortion Counseling**

Exhale and Planned Parenthood New York City offered a two-day regional training on post-abortion counseling May 22-23, 2006. The participants 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.

Here is some feedback from the NYC training last month:

"It was such a pleasure to both host and attend the Exhale training on post-abortion counseling. I was very impressed with the curriculum, which was introspective and informative. I also thought the trainer was excellent, knew the material and was respectful both of the clients we serve and of the workshop participants. Overall it was a great experience." Leslie Rottenberg, LCSW, Senior Director of Social Services, Planned Parenthood New York City.

"The workshop gave insight into the post-abortion world. Learning about the concerns that women and men voice enable the development of more supportive and informative pre and post-abortion counseling. Knowing there is a source of non-judgmental care a phone call away for anyone in need relieves the anxiety of the woman, those who care for her and her providers. Thank you for opening the doors for women's voices." Ellen Raphael, CRNP Abortion Services Coordinator at Planned Parenthood of Bucks County in Warminster Pennsylvania.

Exhale has been overwhelmed with interest in hosting and attending regional trainings. We are honored that health professionals and advocates have found the trainings both relevant to their work and integral to their continuing education and skill-building. Exhale has heard your requests and we are actively working to select dates and locations in 2006 and 2007 that meet the needs of the most people. Thank you for your patience.

WELCOME Monica Lois, new Program Associate

Exhale is thrilled to welcome a new member to our staff, Program Associate Monica Lois. Monica Lois first came to Exhale as a caller to the after-abortion talkline. Inspired to give back and help others in similar situations, Monica began volunteering at Exhale in 2004 and she has been serving as a counselor on the talkline since November 2005. Monica brings to Exhale her passion for healing in the world, inspired by her enthusiasm for women's issues, social change, human rights and environmental well-being. In addition to work at Exhale, Monica is finishing an Art degree at California State University East Bay and is planning to get a Master's degree in Holistic Counseling, and practice Art Therapy. You can reach her at monica@4exhale.org.

CONTACT EXHALE

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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.