



ORTHODOX
CHRISTIANS FOR LIFE
ST. ALEXANDER NEVSKY

RESOURCES FOR THOSE IN NEED (2023)

POST-ABORTION TRAUMA

Source: [Need Support? | Orthodox Christians For Life \(oclif.org\)](https://www.oclif.org/need-support)

Hurting After Abortion?

Have you had an abortion(s)? If so, you are not alone. Millions of women in the United States- some estimates say 1 in 4- have been through the same experience, whether out of choice or coercion. These women are abortion's secondary victims.

In addition to the myriad physical risks of abortion, the link between abortion and mental health problems is well-documented.

These include depression, anxiety disorders, substance abuse, suicide, and Post-Abortion Syndrome, a variant of Post-Traumatic Stress Disorder (PTSD). While post-abortive women suffer the greatest, men involved in an abortion can also suffer intense grief, guilt, and symptoms of trauma.

But the harm of abortion goes beyond the physical or psychological realm; it is also spiritually destructive.

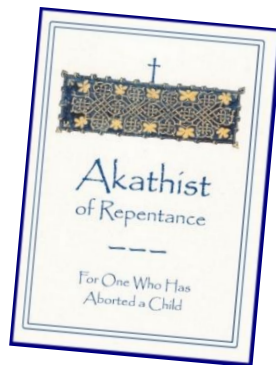
In the Orthodox Church, we have the incredibly precious opportunity for forgiveness and restoration to communion with God and the Church through the Sacrament of Holy Confession. We read in 1 John that “If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness.”

St. John Chrysostom reminds us: “God loves us more than a father, mother, friend, or anyone else could, and even more than we are able to love ourselves.”

God is a fountain overflowing: His mercy is a deep well, His forgiveness is a healing balm, His redemption is plenteous. If you have not done so already, bring your abortion before God in Confession. Your spiritual father will be able to help you begin the process of healing. It may be helpful for you to pray the *Akathist of Repentance for One Who Has Aborted a Child*.

In addition, if you think you would benefit from further support, your priest may bless your participation in a post-abortion recovery program or post-abortion counseling. While there is no Orthodox-based post-abortion healing program in existence at this time, hundreds of such opportunities are offered by Catholic and Protestant groups around the country.

Find post-abortion support near you:



SUPPORT

»» AFTER ABORTION

[Support After Abortion](#) | 844.289.HOPE

Phone and text helpline offering referrals through a network of local post-abortion recovery programs.

abortion changes you®

[After Abortion Emotional Healing & Care - Abortion Changes You](#)

Resources to help you process and reflect on abortion's impact in your life, and a directory of post-abortion recovery programs.



[Project Rachel - HopeAfterAbortion.org](#) | 888.456.HOPE

A wealth of information about post-abortion trauma and related research, and a directory of Catholic diocesan post-abortion healing programs.

BREATHE

after abortion care

A Program of Women's Choice Network:

[Broken Vessels \(breatheaftercare.com\)](http://breatheaftercare.com)

YOU ARE NOT ALONE: Offering hope & healing to those who have been impacted by abortion.

ADDICTION HELP IN PITTSBURGH, PA

Drug Addiction:

Detox to Rehab Hotline: [\(866\) 578-7471](tel:8665787471)

[Detox To Rehab - Drug & Alcohol Rehabilitation Resources](#)

Club Drug Information and Hotline: [Club Drug \(rehabcenters.com\)](http://rehabcenters.com)

Ketamine Addiction Pgh:

[KETAMINE Drug Rehabs In PITTSBURGH PENNSYLVANIA \(rehabnear.me\)](http://rehabnear.me)

(Ketamine is a club drug. It is used as a date rape drug as well as for recreational use.)

MDMA Pgh: [Mdma Addiction Treatment in Pittsburgh, PA](#)

(AKA: Molly/Ecstasy/Sunshine and many more names)

Food addiction: [GPIOA](#)

Marijuana addiction: [Marijuana Treatment And Rehab - Recovering From Marijuana Addiction \(addictioncenter.com\)](#)

Monroeville addiction center:

[Recovery Centers of America at Monroeville, PA \(addictioncenter.com\)](http://addictioncenter.com)

Liberation Way Pittsburgh, PA:

[Marijuana Addiction Treatment Pittsburgh PA - Liberation Way](#)

Cocaine Anonymous:

[CAOFPA.ORG | Cocaine Anonymous | Western Pennsylvania District](http://CAOFPA.ORG)

Narcotic addiction: [Find Pittsburgh, Pennsylvania NA Meetings Near You | Narcotics.com](#)

Alcohol Addiction:

Alcohol Addiction: [Pittsburgh Area Central Office Web Site \(pghaa.org\)](http://pghaa.org)

During pregnancy:

[Effects of Drinking while Pregnant on Baby and Mom | Detox To Rehab](#)

Support for Family Members or Friends of Alcoholics:

Alanon Pgh. PA: [Pittsburgh Area Al-Anon Information Services \(alanonpgh.org\)](http://alanonpgh.org)

Alanon (for adults) and Alateen (for teens) general information: [Al-Anon Family Groups](#)

MENTAL HEALTH SUPPORT

Details about different perinatal mood disorders that can be developed after childbirth:
[Perinatal Mood Disorders | Alexis Joy Foundation](#)

Center available at West Penn Hospital for treatment of the above perinatal mood disorders:

[Alexis Joy D'Achille Center for Perinatal Mental Health | Allegheny Health Network \(ahn.org\)](#)

Different behavioral health services that can be provided through UPMC:

[Mental Health Outpatient | Postpartum Pittsburgh | Online Counseling \(postpartumpgh.com\)](#)

Information specific to Magee-Womens Hospital for their perinatal mood disorders:

[Behavioral Health Services for Women | UPMC Magee-Womens Hospital](#)

General counseling and wellness center in Pittsburgh that provides different mental health services:

[Therapy in Pittsburgh, Counseling Pittsburgh \(counselingwellnesspgh.com\)](#)

INFORMATION ABOUT ADOPTION

[Pennsylvania Adoption Exchange \(adoptpakids.org\)](http://adoptpakids.org)

[Are You Pregnant? We Can Help! - AdoptHelp](#)

HOW TO FIND HOUSING

HOW TO FIND HOUSING FOR SINGLE MOTHERS

KidSaversNetwork.com

Salvation Army aids people in lots of ways. They help with housing and food. To see if you qualify, visit their website.

RENTAL HELP: PENNSYLVANIA

[Rental Help: Pennsylvania | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#)

HUD helps apartment owners offer reduced rents to low-income tenants. To apply, contact or visit the management office of each apartment building that interests you.
QUESTIONS: TOLL-FREE 1-800-955-2232

YWCA PITTSBURGH HOUSING RESOURCE

[Housing - YWCA of Greater Pittsburgh \(ywcapgh.org\)](#)

Please note: All requests for supportive housing must go through Allegheny Link. YWCA Greater Pittsburgh is not able to accept direct housing requests. Allegheny Link provides information on services to help individuals and families who are homeless or at risk of homelessness to maintain their independence, dignity, and quality of life.

Contact Allegheny Link: M – F, 8 a.m. to 7 p.m., by phone 1-866-730-2368.

HOUSING RESOURCES

[Housing \(pa.gov\)](#)

The US Department of Agriculture's web-based rural housing tool allows you to click on your county to find information about housing in your area.

EMERGENCY HOUSING SERVICES HOUSING AUTHORITY OF THE CITY OF PITTSBURGH

[Emergency Housing Services - Housing Authority of the City of Pittsburgh \(hacp.org\)](#)

For families, men, women, and victims of domestic violence who are homeless or at risk of homelessness.

Phone: 412-456-5000 M – F, 8 a.m. to 5 p.m.

HOW TO FIND BABYSITTING/CHILDCARE

PITTSBURGH BABYSITTERS REGISTRY – EXPERIENCED LOCAL BABYSITTERS

[Find a Babysitter Online | Search Babysitters Registry](#)

Helps parents hire the best possible babysitter. Enter your zip code and browse extensive listings of babysitters or caregivers.

CHILD CARE WORKS SUBSIDIZED CHILD CARE PROGRAM

[Child Care Works Program \(pa.gov\)](#)

The subsidized child care program helps low-income families pay their child care fees. The state and federal governments fund this program, which is managed by the Early Learning Resource Center (ELRC) office located in your county. For information, call the Child Care works helpline at (877) 472-5437, or find the appropriate ELRC for your county.

CARE

[Care.com: Find Child Care, Babysitters, Senior Care, Pet Care and Housekeeping](#)

Hire what suits your needs or budget. Browse rates, experiences, and more.

Reviews and references.

ALLEGHENY COUNTY CHILD CARE

[Allegheny Child Care for Families](#)

See real-time availability for child care programs based on your location and child's age. View availability at all early learning, after school, summer camp, and virtual learning programs.

JOVIE: CHILDCARE REIMAGINED

[Jovie | Childcare Reimagined for Home and Business](#)

Meet the Jovie Childcare Squad--sitter in Pittsburgh. Brings a team of outstanding, well-trained caregivers who love what they do. Ready to reimagine childcare. Locally owned and operated. 412-837-2353

ASSISTANCE FOR SEXUAL EXPLOITATION



[Living in Liberty | Combat Human Trafficking – Supporting Survivors on the Streets & in our Safe Home](#)

Liberty Safe Home for survivors of sexual exploitation
Street Outreach in Homewood, North Side, Strip District, New Kensington, Butler

Repurposed Store provides clothing and housewares while teaching job skills
Awareness and prevention

ASSISTANCE TO WOMEN IN THE WORK FORCE



thfashions.org

The shop offers clothing in sizes 0 through 4X and serves as the “closet” for over 65 agencies that serve women. They have suits/interview attire as well as sportswear, etc. All fashions are deeply discounted. When working with the partner agencies, clothing is provided at no cost to the client or their agency. These agency partners address needs such as homelessness, addiction recovery, former incarceration, unwed mothers, domestic violence, poverty, divorce care, health problems (cancer and mental health), unemployment, and natural disasters (flood and fire).

Client Services

Shopping options:

In Store: 7607 McKnight Road
Pittsburgh, PA 15237
412-364-3256
Hours: Tues – Sat. 11am to 4pm

On-line: eBay [Treasure House Fashions | eBay for Charity](#)

PoshMark [Treasure house fashions' Closet \(@treasurehouse4u\) | Poshmark](#)



[Pittsburgh | Dress for Success Pittsburgh](#)

Contact Information:

ALLEGHENY COUNTY BRANCH

305 34th Street

Pittsburgh, PA 15201

Phone: 412-201-4204

Hours: Monday through Friday, 8:30am-4:30pm

WASHINGTON COUNTY BRANCH

Washington Crown Center

1500 West Chestnut St., Suite 668 | Washington, PA 15301

Phone: 724-228-8327

Hours: Monday through Friday, 8:30am-4:30pm

Dress for Success provides each client with professional attire to secure employment. Besides physically equipping each person with apparel and accessories, their programs furnish her with confidence that she carries forever and the knowledge that she can actively define her life, the direction she takes and what success means to her. They envision a world where women do not live in poverty; are treated with dignity and respect; and are strengthening their families and shaping their communities.

DFS works with over 150 organizations including job training programs, women's shelters, homeless shelters and rehabilitation programs. Program referrals can come from places such as Bidwell Training Center, New Choices/New Options, Renewal, Inc., City of Pittsburgh and Allegheny County. They also provide services to the Department of Human Service's PA WORKWEAR Program. Services are offered five days a week in Allegheny, Butler, Fayette, Greene and Washington counties.

Client Services

NOTE – mobile services are available (see flyer on next page)

1. Suiting (professional clothing)
2. Employment Retention
3. Connections Resource Center [CONNECTIONS RESOURCE CENTER \(dfspghvirtual.org\)](https://dfspghvirtual.org)

DID YOU KNOW?

CLIENT SERVICES

Any 501(c)3 nonprofit organization can refer women ages 15+ for services. Women can visit Dress for Success Pittsburgh for job search, interview, employment, job training, rebuild (major life change) or court appearance attire. In addition to professional, business casual or industry specific clothing, women receive 3 personal care items and 3 accessories.



SUPPORT OUR MISSION

With your support, we can continue providing services that empower women who are entering and returning to the workforce across Southwestern PA. You can contribute by:

- Financial Donations
 - One time donation
 - Join our Monthly Giving Club



MOBILE SERVICES

Mobile services events provide a solution to a common barrier faced by many women across our region-lack of access to adequate transportation.

To meet women where they are, Dress for Success Pittsburgh provides mobile services at program centers, faith based institutions, and colleges with many first-generation students.

Visit "*Client Services*" on our website for additional information on mobile services events!



IN-KIND DONATIONS

Donate your gently used business professional and business casual attire. Visit "*Get Involved*" on our website for additional donation information!



CONNECTIONS RESOURCE CENTER

The Connections Resource Center (CRC) delivers our vital services and a network of resources to empower women everywhere in their holistic development through an online platform.

Women can utilize these services by visiting:
<https://www.dfspghvirtual.org/>



VOLUNTEER WITH US

Dress for Success Pittsburgh could not operate without the support of volunteers who generously donate their time and talent.

Time commitment is flexible to the availability of the volunteer unless otherwise noted. Visit "*Get Involved*" on our website for additional information on volunteer positions!

OUR LOCATIONS

Allegheny
305 34th St. | Pittsburgh, PA 15201
412-201-4204

Butler
Holly Pointe Building
220 South Main St., Suite 301 | Butler, PA 16001
724-431-0260

Fayette
82 W South St. | Uniontown, PA 15401
724-437-1341

Washington
Washington Crown Center
1500 West Chestnut St., Suite 668 | Washington, PA 15301
724-228-8327



CONNECT WITH US

<https://pittsburgh.dressforsuccess.org/>



@dfspgh

Clothing, connections, confidence!

The mission of Dress for Success Pittsburgh is to empower women who are entering and returning to the workforce across Southwestern PA.





[Pennsylvania Women Work - Home \(pawomenwork.org\)](http://pawomenwork.org)

Pennsylvania Women Work
Centre City Tower
650 Smithfield Street, Suite 520
Pittsburgh, PA 15222
Tel: 412-742-4362
Fax: 412-904-4739

Pennsylvania Women Work provides career advancement through programs, support, and mentorship. Programs help women – and men – with job search and interview skills, opportunities to build their confidence, and help setting and achieving both professional and personal goals.

Programs

1. Individualized support and training to help them overcome obstacles and achieve success both personally and professionally
2. Short-term mentoring program
3. Communication and professional skills transferable to any job.
4. Professional development
5. Assistance for immigrants/refugees developing a resume, support in transferring professional skills and credentials, introductions to employers, and advice for adjusting to the American workplace
6. Life and job skills Instruction for young parents

Client services and Workshops

1. Virtual Mock Interviews – 1-hour individual appointments
2. On-line Chat sessions – extra support with program facilitators and peers
3. Workshops to address specific questions. Upcoming one is on how to use LinkedIn.
4. Workshops on financial skills – budgeting, finance management, building credit, and investing

Support Services

1. Transportation assistance
2. Childcare
3. Scholarships (for eligible participants)
4. Professional clothing
5. Referrals to additional supports
6. Employment opportunities



[PA CareerLink® Pittsburgh \(careerlinkpittsburgh.org\)](http://careerlinkpittsburgh.org)

PA CareerLink® Pittsburgh
Hours: Monday – Friday 8:30 am to 4:00 pm
Phone: (412) 248-JOBS (5627)

Provides employment and training services to Pittsburgh and Allegheny County residents.

Services offered include career counseling and job placement services for individuals who are unemployed, underemployed, or looking to change careers.



[Resume Help & Career Guidance - Carnegie Library of Pittsburgh](#)

Resume and Interview Preparation

Get the personalized resume help you need by scheduling a one-on-one appointment, available at several library locations. Call 412-622-3114 to make a free appointment. Interview preparation is also available through our mock interview service at CLP – Main’s Job & Career Education Center. Schedule an in-person, phone or virtual mock interview.



**COMMUNITY COLLEGE OF
ALLEGHENY COUNTY**

[Workforce & Job Readiness \(ccac.edu\)](http://ccac.edu)

Email the Workforce & Job Readiness Department at jobready@ccac.edu or contact by phone at 724-325-6771

The Workforce & Job Readiness department provides a variety of resources, services and tools to support students while they prepare to graduate and launch their careers.