

# “THE TIME AFTERWARDS...”

A guided group program for women after an abortion



Every Tuesday 4:00 – 6:00 PM at  
Familienplanungszentrum BALANCE

People process abortion in very different ways. Some report conflicting emotional reactions that they find distressing. The social taboo surrounding the topic also can make them feel alone. We want to provide a safe space that gives people the opportunity to voice what has gone unsaid. The focus of the group is on mutual exchange.

This group is aimed at women who have had an abortion and would like to talk about their experiences. It doesn't matter whether the abortion occurred just a few days, weeks, or years ago.

The group will be accompanied by psychologists/therapists from the Family Planning Center Balance.

The group session takes place every Tuesday from 4:00 to 6:00 PM at the Family Planning Center Balance. Prior registration via email to [guitana@fpz-berlin.de](mailto:guitana@fpz-berlin.de) is required.

This service is free of charge. We welcome donations.

### Familienplanungszentrum BALANCE

Konrad-Wolf-Straße 12/12A, 1. Etage

13055 Berlin-Lichtenberg

Telefon 030 236 236 80

[balance@fpz-berlin.de](mailto:balance@fpz-berlin.de)

[www.fpz-berlin.de](http://www.fpz-berlin.de)

 [fpz-balance.berlin](https://www.instagram.com/fpz-balance.berlin)

