

# ACORN

## PREGNANCY COUNSELLING CENTRE

Acorn offers free, confidential counselling and support to those facing an unplanned pregnancy and those who have experienced pregnancy loss.

### Why?

For some women, an unplanned pregnancy is a crisis. They may be in shock, overwhelmed at the news and in a state of panic. Acorn counsellors are here to help in these situations, to help the woman think through her options and make a considered decision about the future.

### Alice told us her story:

“Some years ago I visited Acorn when I was faced with an unplanned pregnancy while I was still at university. I decided to go ahead with the pregnancy and now my child is 8 years old and I have never looked back. Although I had already decided that I wanted to continue with the pregnancy, it was really helpful to be able to speak to someone outside of my family about my situation. I was able to finish my university course with lots of help from my family. I am now married with a 6 month old baby. I have also been through an abortion which was very traumatic and probably one of the loneliest times of my life. I wish at that time I had contacted Acorn.”

(Names and some details have been changed)



Free ~ Caring ~ Confidential

01903 823893

## Through times of loss...

Many women experience the loss of a baby. This may be through miscarriage, stillbirth or abortion. The emotional scars can remain for years, even decades.

Acorn counsellors are here to help and support women as they work through their thoughts and feelings, explore the pain of loss and appropriately express any unresolved grief and experience healing of emotional hurts.



“My time in counselling has been emotional, surprising and tiring but overall brilliant. I feel me again and can go away with some tools to cope in the future.”

### Jodie and Mike

Jodie and Mike were desperate to start a family but after three miscarriages they were starting to give up hope. Jodie felt a sense of shame that her body had let her down and couldn't move on with her life following her last miscarriage.

She cried a lot of the time, felt low and wasn't able to work. She went to see her GP who suggested counselling and referred her to Acorn. Jodie hadn't had any counselling before but found the counsellor friendly and easy to talk to. It helped so much to pour her heart out and she felt heard and understood. She really liked the programme as she felt there was purpose and structure to the sessions and the material was all relevant to her.

It wasn't easy as she had to talk about and face some painful things and there were times when she cried but she felt safe and that she could let go. Jodie found the session on grieving the most helpful and she and Mike were able to grieve for their three children by releasing three balloons.

After her counselling, she felt more able to move on although she knew her three lost children would always be a part of her life.

(Names and some details have been changed)



## Martine's story

Martine hadn't been in Worthing very long before she discovered she was pregnant following a one night stand. She was devastated as she knew no-one in Worthing and her family were in another country. She lived in a bed-sit and needed to keep earning to support herself. She thought that abortion was the only option for her.

When she saw the midwife and broke down in tears, the midwife gave her an Acorn leaflet and suggested she go and see them. Martine felt dubious but was desperate, so went and talked openly about her situation for the first time. She felt the counsellor really understood how she felt and her concerns and in talking things through, she realised that she didn't want an abortion. The counsellor was able to give her information about other sources of help.

(Names and some details have been changed)



## We're here for men, too.

Men are also affected by their partner's pregnancy or loss. As Jodie discovered in the story opposite, having her partner walk with her through the experience brought great comfort and support. We are happy to see men separately from their partner.

## What other clients have said...

"Words cannot express enough the gratitude I feel for helping me along the painful road to recovery. I am no longer lost in sadness but filled with happiness and hope for the future."

"Thank you! I am so grateful that my GP had heard of you and recommended you."

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PREGNANCY  
COUNSELLING  
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Find out more...

Visit our website: [acornworthing.org.uk](http://acornworthing.org.uk)

E-mail us: [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)

Call us on **01903 823893**



Acorn Pregnancy Counselling Centre is a Company Limited by Guarantee. Number 04407431  
Charity Number 1094389 BACP No.178016

(As an organisational member of the BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to the professional conduct procedure for the time being in force).

We are not able to refer directly for termination. We offer clients information on all the options, directing to other agencies as appropriate.

(All pictures in this leaflet are of models and representative only)

“Thank you for listening and supporting me. I am very grateful and will always remember your kind help.”

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