



***This news has hit a lot of us hard.***  
*If you are having a difficult time coping or have questions about what this means for abortion access, we've put together some resources.*

**FIND RESOURCES**

**I'll be honest with you, {{FirstName or 'friend'}} – this news from the Supreme Court really, really sucks.**

You're allowed to feel whatever you feel about this – anger, sadness, despair, exhaustion, hopelessness, maybe even numbness.

**But, no matter how much it may feel like it, we are not powerless.**

Not only do we have each other, we have the majority of Iowans and Americans on our side. We have a well-trodden path from the generations of fighters and activists who came before us to walk along and we have future generations to fight for.

**Today is not the end of access to abortion.**

This fight is the continuation of a centuries-old movement for every single one of us to decide our individual futures. And while we may not get to see the end of this fight, that doesn't mean we should give up hope.

The late Harvey Milk once said, "I know that you can't live on hope alone. But without hope, life is not worth living."

If nothing else, we need to dig deep to find the hope and strength to carry on. Drink some water, get some sunlight, cuddle with a pet, and take care of yourself – we need you with us in this fight.

– Erin Davison-Rippey, Executive Director