

# NEWSLETTER

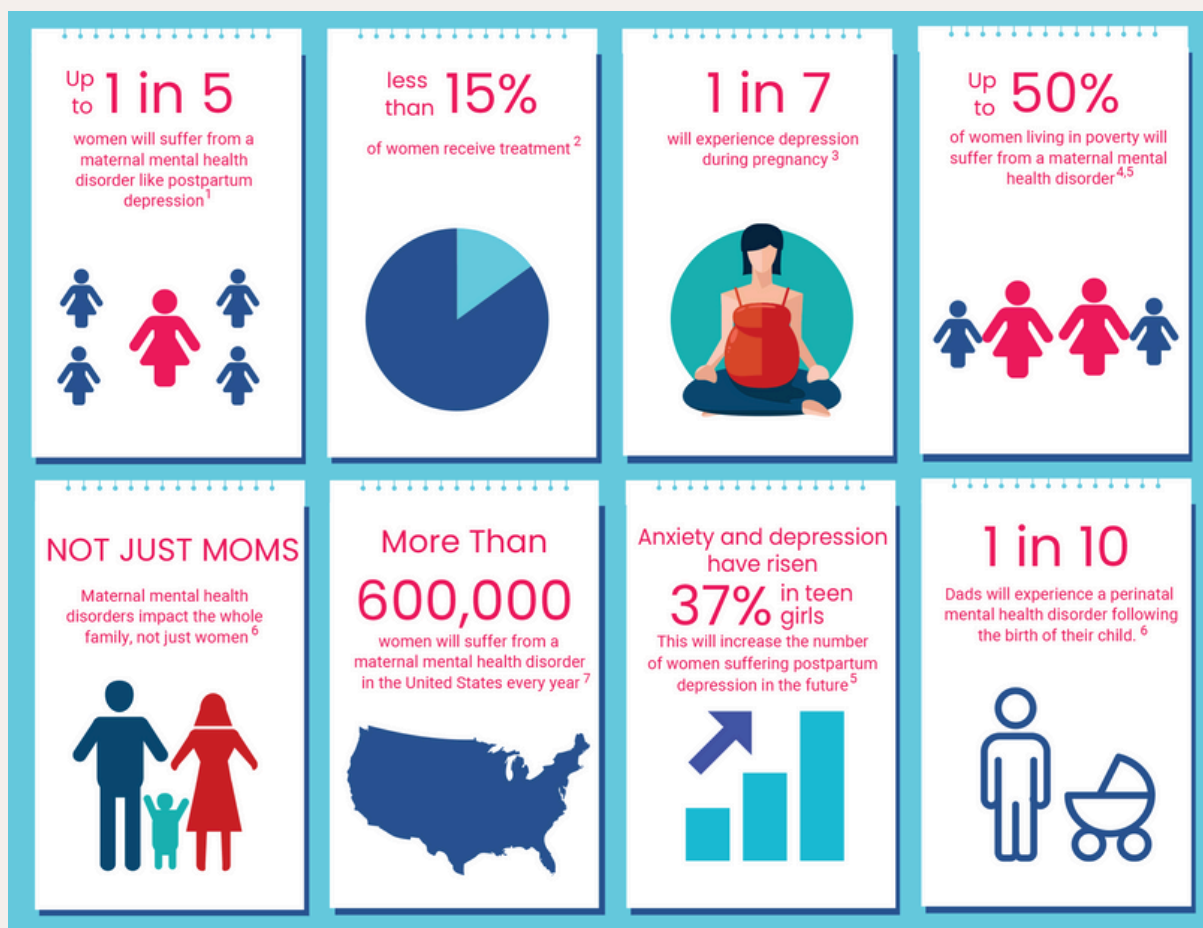
## NATIONAL TEEN PREGNANCY PREVENTION MONTH

Teen Pregnancy Prevention Month is observed in May, a time to help youths fully understand pregnancy so they can make informed decisions about their future. The U.S. has one of the highest teen pregnancy rates in the world. This month seeks to educate teens about the dangers of unsafe sex and the risk of unwanted teen pregnancy.

### 5 Facts about teenage pregnancy in the U.S.

- **About 750,000 teenage pregnancies occur every year**  
3 out of 10 get pregnant before they're 20.
- **More than 50% drop out of school.**  
Parenthood is the most common reason more than 50% drop out.
- **Within 24 months**  
Approximately 25% of teen mothers have a second child within 24 months of the birth of their first.
- **A few finish college by 30.**  
Less than 2% of teen mothers are able to earn a college degree by the age of 30
- **Most teen mothers live on welfare.**  
Two-thirds of all families started by young, unmarried mothers are impoverished and dependent on government assistance.

# Maternal Mental Health Month



Advocates hope to reduce stigma, create supportive environments for mothers and families, and increase access to screening and treatment services by raising awareness about maternal mental health.



---

## *Staff Member Spotlight*

---

### **Terry Shafer**

A coworker of Terry's was on the board at Options and asked her to volunteer doing ultrasound. This was the first time she had heard of Options, and decided to check it out. She retired from Southeast Hospital in 2017 and the Options director asked her to work for Options a few days a week.

Terry now assists with ultrasound and teaches classes. One of the weekly classes she teaches is a court ordered program for people who have lost their children to foster care. This is usually due to drugs or alcohol. She attests that this class can be very rewarding when you see reunification of the families.

Terry feels blessed to be given the chance to serve God through Options. She says she gets to work with amazing people and has the opportunity to share Jesus with the families that walk through the door.

---

## *Volunteer Spotlight*

---

### **Mary Meier**

Mary first learned about Options for Women when she visited the Options booth at her church on a mission Sunday. A friend, working the booth, then told her all about it.

She assists with classes, packs blessing bags and anything else that helps.

Helping at Options has made her more aware of the need that is in our society and the blessings she has received from Jesus.



# Father Kelly Band



## Benefit Concert

No cost. Donations are appreciated and all proceeds will support *Options for Women!*

*May 31, 2025 6:30pm - 9pm*

*K C Hall 318 S Spanish St. Cape Girardeau,*

There will be food and drink available for purchase.

(Water, Tea, and Lemonade provided)

Please no coolers or outside food or drinks.

*Bring your lawn chairs and come  
enjoy this family friendly event.  
Rain or Shine!*



<https://sevenweekscoffee.com/?ref=affirmlifecape>

All coffee drinkers!  
By purchasing coffee through the link above  
you'll also support Options for Women.

