

NEWSLETTER

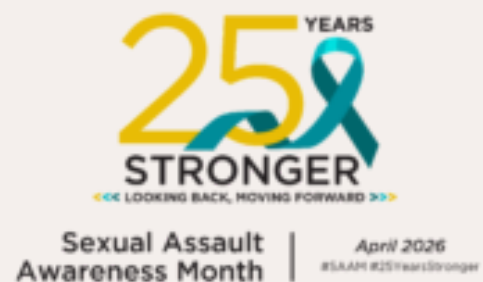
National Pro-Life T-Shirt Day



April 3, 2026

Every April 3rd, pro-life supporters join together to wear their favorite pro-life t-shirt. Whether at work, school, the grocery store, or just in your neighborhood, any place can spark thought processes about the debate of abortion. It's a way to stand up strong for your belief in the invaluable life of the unborn. If both sides stay civil and are open to listen to the other; it might result in an eye-opening discussion.

April is **Sexual Assault Awareness Month (SAAM)**, a time to raise awareness about sexual violence and strengthen prevention efforts. In 2026, we mark 25 years of SAAM with the theme "25 Years Stronger: Looking Back, Moving Forward." Learn more at nsvrc.org/saam.



For 25 years, SAAM has united survivors, advocates, and communities in a shared commitment to end sexual assault, abuse, and harassment. This anniversary celebrates the progress of the movement while renewing our commitment to prevention, healing, and continued action.

Throughout April, they'll explore five weekly themes that reflect the movement's history, center survivors, and inspire action for the future. Follow along and learn more about each theme: www.nsvrc.org/saam-2026-weekly-themes/.



National Child Abuse Prevention Month

Each April, we recognize National Child Abuse Prevention Month (NCAPM) and emphasize the vital role communities play in strengthening families and preventing child maltreatment.

Each year, the Children's Bureau releases its Child Maltreatment report, examining data from the National Child Abuse and Neglect Data System to provide information on cases of child abuse and neglect reported to child protective services (CPS) agencies nationwide. Included is information from how many children were involved in a case, types of maltreatment, race, age, and how many children lost their lives due to the circumstances.

Data from 2022 shows:

- 1.9 million children received prevention services
- More than half (55%) of victims received post-response services
- Fewer than one-quarter (19.6%) of confirmed maltreatment victims were removed from their homes because of an investigation or alternative response.

At Options for Women, Help for Families, we are doing our part to help educate and equip young families with the tools needed to break free from past cycles of dysfunction or abuse within the home. Our Earn While You Learn classes teach a variety of topics related to healthy relationships, healthy parenting, and life skills, while always tying it into a scriptural basis. Our goal is to not only help them identify the toxic patterns that they may have grown up seeing as normal, but to also equip them with the proper tools necessary to have a healthy, thriving home. While some clients grew up in healthy and supportive homes, all parents benefit from tips, reminders, and encouragement during the demanding seasons of parenting.

Our DFS classes teach many of the same principles, with the focus of helping reunite families that have been separated due to poor choices, habits, addictions, etc.



Ultrasounds? Yes, we can do them!



Pregnancy help organizations, like Options for Women, are working tirelessly all across Missouri to meet abortion head on. One story at a time, we strive to make abortion unthinkable and to help every unborn child be recognized as a precious and invaluable gift of life. Each time a young woman is contemplating the decisions of her unplanned pregnancy, we have an opportunity to gently guide her to the reality and impact of abortion and then help her see the beauty of this small person who was created in the image of God.

Ultrasound is one of the most important tools in helping a woman understand the reality of the life she is carrying, providing her with the opportunity to form an emotional connection. Women often arrive at a pregnancy help center after discovering an unplanned or unwanted pregnancy, and they may be either contemplating or determined to have an abortion. Once a pregnancy test shows a positive result, the situation becomes real to them. This is when the ultrasound becomes critical in the experience of a woman considering abortion.

Fetal development images or small models are often not enough to help them fully realize that they are carrying a life inside them. However, when they are brought into a room, the ultrasound probe is placed on the abdomen, and the image appears on a screen in front of them, something changes. It is no longer just an abstract idea—it becomes real. Seeing the tiny beating heart and movement can open the door to an emotional connection. A natural desire to care for and nurture may emerge, and, for some, abortion no longer feels like an option.

Abortion Pills By Mail

When faced with an unplanned pregnancy this may seem like a convenient solution. Five things to consider before making that decision.

1. ECTOPIC PREGNANCY

Abortion pills do not end ectopic pregnancies, which can pose a serious risk to a woman's life. In 2023, about 12,000 women in the U.S. who took abortion pills may have had an ectopic pregnancy. Certain birth control methods increase this risk, and an ultrasound is the only way to confirm the condition.

2. YOU MIGHT BE FARTHER ALONG

There are causes for bleeding early in pregnancy that may be confused with a period. Having been on birth control may also make it difficult to know for certain when you became pregnant. The length of the pregnancy matters greatly to when the pill is taken. It is only approved until 10 weeks of pregnancy, and more complications may occur when taken further along.

3. YOU MIGHT NOT GET THE SUPPORT YOU NEED.

Although it offers a more private way to have an abortion, it is often more isolated as well. You shouldn't have to go through this alone.

4. ONLINE PILLS MAY NOT BE FDA APPROVED

Just because a site advertises abortion pills does not guarantee that they are FDA- approved for safety or effectiveness. There is no way to know if the dosage is correct or if it contains harmful contaminants.

5. YOUR STATE MAY RESTRICT OR BAN ABORTION

An organization that helps women get abortion pills has stated that 61 people have been prosecuted since 2020 for taking abortion pills or helping someone else.

THERE'S STILL HOPE!

When a woman regrets the decision of taking the abortion pill, it may not be too late. There is an effective process called [Abortion Pill Reversal](#) that gives the unborn child a second chance.

It is designed to reverse the effects of the first abortion pill taken. There is a team of over 1,500 qualified individuals and organizations to help women 24/7.

Helpline: 877-558-0333

Upcoming Events

Father Kelly Band

**SAVE THE
DATE!**



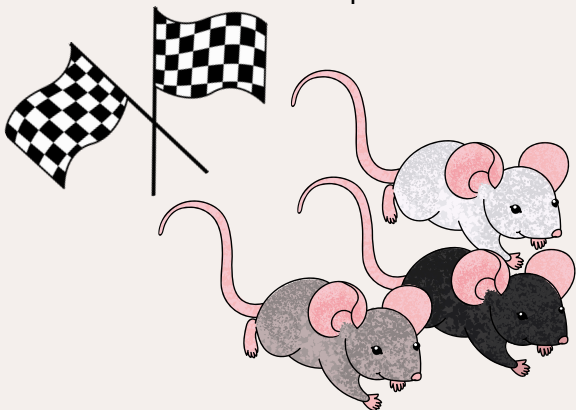
June 26th
2026

KC Hall - 318 Spanish St. - Cape Girardeau

Mouse Race

July 31st

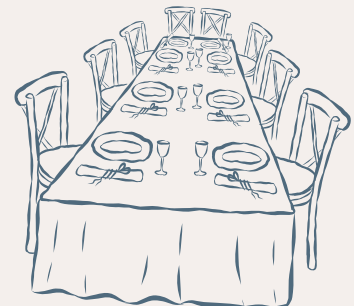
KC Hall
318 Spanish St.
Cape Girardeau



Annual Banquet for Life

October 13th, 2026

KC Hall
3305 N. High St. Jackson





MyLegacyWill.com/optionsforwomencape

Seven Weeks Coffee

An advertisement for Seven Weeks Coffee. It features a central black text box with white text and a pink button. The text reads: "We will always donate 10% of every sale to to pro-life organizations.", "\$1.5 million donated + counting.", "Estimated 15,000 babies saved (through services like free ultrasounds) + counting.", "WE WON'T STOP!", and "JOIN THE PRO-LIFE COFFEE MOVEMENT →". The text box is flanked by two clusters of coffee beans.

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