

NEWSLETTER

Children's Awareness Month

Children's Awareness Month celebrates the health, growth, and well-being of children, recognizing them as the heart of our nation's future. Established in 1997—and often known as “June for Kids” or “USA for Kids”—this month invites communities to come together in support of children everywhere.

May this month remind us of the profound importance of the work we do at Options for Women, Help for Families. Our commitment to this mission extends far beyond a single month—we play a vital role in supporting families all year long.

By equipping parents with the knowledge, tools, and encouragement they need, we help them uplift and guide the children they've been blessed with. Our focus on each child's physical, emotional, and developmental well-being strengthens families and fosters healthier futures.



Child Vision Awareness Month

This month reminds us how important it is to protect children's vision. With millions of kids worldwide experiencing visual impairment, early detection and regular eye exams make a life-changing difference. Children often don't realize they're not seeing clearly—they simply accept their blurred world as normal. Vision issues can quietly affect their learning, confidence, and social connections.

By staying aware and proactive, we can help every child see the world with clarity and thrive.

Happy Father's Day!

Father's Day is a special time set aside to honor fathers, father figures, and the meaningful bonds they share with their families. It celebrates the love, guidance, and sacrifices that shape the lives of their children.

The holiday began in the United States and is widely credited to Sonora Smart Dodd, who organized the first celebration in June of 1910, in tribute to her father—a Civil War veteran who raised six children, as a single-father. Her heartfelt effort sparked a tradition that continues to recognize and appreciate the vital role fathers play in our lives.



Partnering for Life-Saving Hope

We are grateful to partner with Birthright and the Diocese of Springfield-Cape Girardeau in supporting a powerful new Abortion Pill Reversal (APR) billboard initiative. Together, we are working to ensure that women facing fear, pressure, or regret know that hope is still available and that help can be reached immediately.

This collaboration reflects our shared commitment to protecting life, uplifting families, and offering compassionate support to women in crisis. By joining forces, we're expanding awareness, extending resources, and making sure every woman knows she is not alone—and that her story can still move toward healing and life.

Come join us for a fun family event!

June 26th 2026
6:30pm - 9pm



KC Hall
318 Spanish St.
Cape Girardeau

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

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!

Volunteer Spotlight

Martha Zalite

Martha was invited by a friend from church some time ago to help at Options for Women. When she learned there was a need for a translator in a new Spanish-speaking class, she was happy to step in. Since then, her time volunteering has allowed her to build new friendships and connect with many wonderful people.



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

Write your Last Will and Testament for **FREE**, courtesy of Options for Women.

PROTECT YOUR FAMILY. HONOR YOUR VALUES.

Click on this banner or go to: MyLegacyWill.com/OptionsForWomenCape

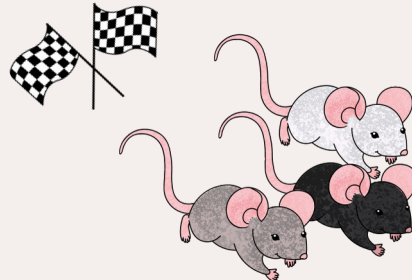


Upcoming Events

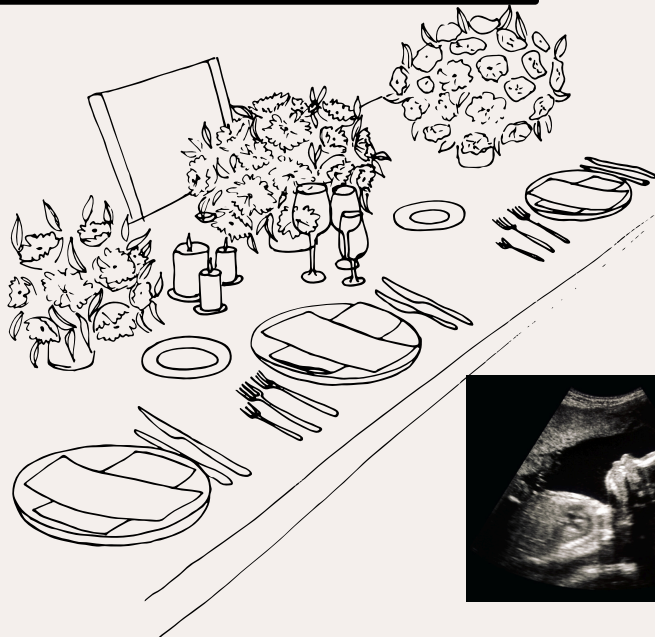
Mouse Race

July 31st

KC Hall
318 Spanish St.
Cape Girardeau



START



Annual Banquet for Life

October 13th, 2026

KC Hall
3305 N. High St.
Jackson

