

NEWSLETTER



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*Sons and Daughters Day
August 11th 2026*

Son and Daughter Day traces its roots to 1930s Missouri, where a man in St. Joseph took to heart a young boy's earnest question: if mothers and fathers had their own special days, why shouldn't children be celebrated too? His conviction helped the idea spread, rising and falling in popularity until it was revived in the 1970s.

Today, the tradition endures as a reminder to honor the joy, growth, and bright spirit children bring to every family. It's a great reminder to make space in your life for genuine connection. This day invites families to slow down, share quality time, and enjoy something meaningful together—whatever activity brings joy to everyone.



National Friendship Day began in the 1930s when Hallmark founder Joyce Hall proposed a special day to celebrate the people closest to us. The idea quickly grew, and in 1935 the U.S. Congress declared the first Sunday of August as National Friendship Day.

The celebration continued to spread. In 1998, the United Nations named Winnie the Pooh the world's Ambassador of Friendship, and in 2011 the U.N. designated July 30 as International Friendship Day.

Today, we still mark National Friendship Day on the first Sunday of August. With modern technology, staying connected and showing appreciation for the friends who shape our lives is easier than ever.

This August 2, celebrate the love you nurture and the family you choose—the friends who steady you in hard times and cheer you on in your brightest moments.

National Nonprofit Day
August 17th

National Nonprofit Day (NND) recognizes the goals and positive impacts nonprofits have on communities and the world. Through nonprofit efforts, vital awareness, research, and assistance reach those most in need. Nonprofits also generate tremendous benefits to their surrounding communities and the broader world. We are deeply grateful for everyone who supports the ministry at Options for Women. Your prayers, your willingness to volunteer your time and skills, and your donations—whether material or monetary—work together to make a meaningful difference in our community. Today we are celebrating all those who help make it possible.

National Breastfeeding Month
August 2026

2026 Theme:

RISE: Resilience, Interdependence, Self-Determination, Empowerment

Breastfeeding offers well-documented health advantages—from lower infection rates in infants to a reduced risk of certain cancers in mothers. Yet many families still encounter significant barriers, including inadequate paid leave, limited workplace accommodations, insufficient lactation support, and deep-rooted inequities across communities. National Breastfeeding Month serves to confront these challenges and to champion a culture where meaningful support is the standard rather than the exception.

Volunteer Spotlight

Lauren Gray

Lauren first learned about Options for Women, Help for Families when the organization shared its mission at her church. She has now been serving in a parenting class for nearly a year. Lauren has a heart for supporting women and loves being a compassionate, listening presence for those she meets.



Weathering The Storm A Bible Study 1-day Retreat

Saturday October 3, 2026
8:15am - 5pm

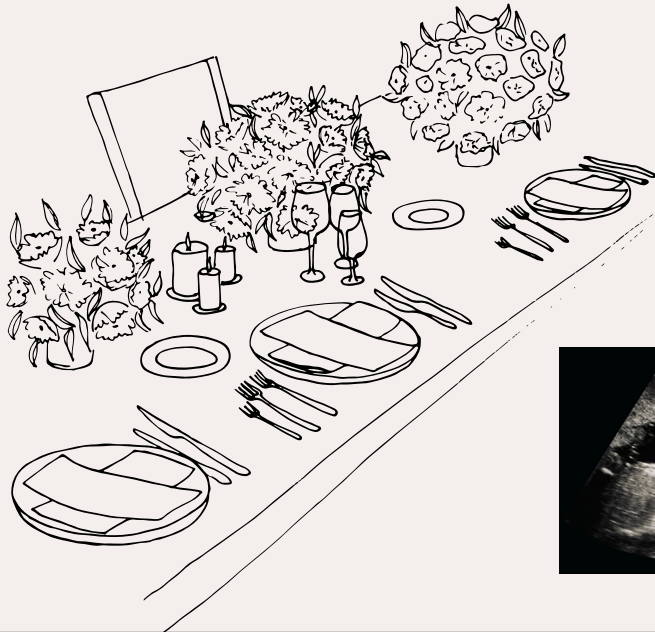
This 1-day retreat is a compassionate, faith-based Bible study designed to support women who have experienced miscarriage or infant loss. Through Scripture, guided reflection, and community, this program offers a safe place to grieve, heal, and rediscover hope. Each session gently leads participants toward God's comfort, reminding them that even in the darkest storms, His presence brings peace and restoration.

\$15 includes workbook, light breakfast, lunch, and snacks.

TO SIGN UP PLEASE CALL OPTIONS FOR WOMEN, HELP FOR FAMILIES AT 573-339-2032 OR SCAN THE QR CODE.



Upcoming Events



Annual Banquet for Life

October 13th, 2026

KC Hall
3305 N. High St.
Jackson



**SAVE THE
DATE!**



QUARTER AUCTION

**Saturday,
March 6th 2027**



Pregnancy Resource Center Tax Credit

MO Tax Credits - OFW is an approved Missouri tax-credit organization, which means your generosity can go even further. When you donate \$100 or more, you become eligible for a 70% Missouri tax credit—a powerful way to reduce your state tax liability while supporting families in need. Even better, this credit comes in addition to any charitable deduction you may also qualify for.

Your gift makes a meaningful impact, and Missouri rewards you for it.

IRA Charitable Giving - For those age 70 and older, there's now an incredibly tax-smart way to support the mission of OFW. You can make tax-free charitable gifts directly from your tax-deferred retirement account to a nonprofit like ours. These gifts still qualify for the Missouri PRC Tax Credit, and they also count toward your Required Minimum Distribution. It's a powerful way to reduce your taxable income while making a meaningful difference for women and families in our community.

Your generosity truly works double duty.