OPTIONS FOR WOMEN
HELP FOR FAMILIES

NOV - ISSUE

NEWSLETTER

We extend our heartfelt thanks to all who attended the Options for Women, Help for Families Banquet. Your support makes a meaningful difference in the lives of the families we serve. If you were unable to join us and would like to contribute financially or donate needed items, we welcome your support. Although diapers and wipes are always in demand, here are a few of our current needs

- Paper Towels
- Toilet Paper
- Diaper wipes (fragrance free)
- Diapers size 4, 6, and 7
- Pull-ups 3T-4T, and 4T-5T

For monetary donations, scan the QR code below

We have provided a summary of the key provisions of Amendment 3 to help you understand its potential impact and make an informed choice when voting.

A Yes Vote for Amendment 3:

- **Would repeal the 2024 voter-approved Amendment.**
- **Only allow abortions for rape, incest (under twelve-weeks' gestation), emergencies, and fetal anomalies.**
- **Allow legislation regulating abortion.**
- **Ensure parental consent for minors' abortions.**
- **Prohibit gender transition for minors.**

A No Vote for Amendment 3:

- **Would continue to allow abortions up to the point of fetal viability.**
- **Would allow gender transition procedures for minors.**

Stress has a way of slipping into our lives quietly. You may not notice it arriving, yet suddenly it shows up as a clenched jaw in a meeting, a mind that won't settle at night, or the feeling of running on empty no matter how much you rest. National Stress Awareness Day exists for exactly this reason — to name what so many people carry, often without saying a word. It underscores the real effects of chronic stress: research shows that long-term stress is linked to heart disease, anxiety, sleep disruptions, and a weakened immune system. It can also drain your focus, energy, and relationships. Building awareness helps you recognize these signs early and reach for support before stress grows into burnout.

This day isn't about reinventing your life. It's about creating space to talk openly about stress, how it shapes your daily experience, and the simple ways you can ease its weight. It's a gentle reminder to slow down just long enough to check in with yourself — and maybe turn that moment of reflection into a habit that stays with you.

National Stress Awareness Day
November 4th, 2026

World Prematurity Day
November 17th

Every baby born too soon carries immense potential — yet preterm birth places infants and their families at heightened risk. Worldwide, about one in ten babies is born prematurely. Without access to quality maternal and neonatal care, preterm birth can lead to life-threatening complications such as respiratory distress, infection, hypothermia, and long-term developmental challenges. Outcomes vary dramatically depending on where a baby is born. In higher-income countries, extremely preterm infants often survive with advanced medical support; in lower-income settings, the chances are far lower. This disparity underscores why awareness matters: every baby deserves a fair start, no matter their geography or circumstances.

Prematurity also deeply affects families. It can bring emotional strain, unexpected financial pressures, disrupted expectations, and the need for specialized follow-up care. When communities and systems step in to support these families, everyone benefits. The 2026 theme — "Give preterm babies a strong start for a hopeful future" — reminds us that survival is only the beginning. Thriving matters just as much.

National Adoption Day
November 21st

National Adoption Day shines a light on the more than 125,000 children in the U.S. foster care system who are waiting for permanent, loving families. The day was established by a coalition of national partners — the Dave Thomas Foundation for Adoption, the Congressional Coalition on Adoption Institute, the Alliance for Children's Rights, and Children's Action Network — all committed to expanding awareness and encouraging adoption from foster care.

With support from the Freddie Mac Foundation, the coalition encouraged seven cities in 2000 to open their courts on or around the Saturday before Thanksgiving to finalize and celebrate foster-care adoptions. What began as a small, coordinated effort has grown into a nationwide movement. Today, policymakers, practitioners, and advocates work together to host one-day events in roughly 400 cities across the country.

Since its inception, National Adoption Day has helped make the dreams of more than 75,000 children come true by supporting the finalization of their adoptions — a powerful reminder of what can happen when communities unite around the needs of children and families.



Upcoming Events



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.