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8 ways to help women in need

Here, a list of charities we love



Help boost girls' self-esteem

As an awkward 15-year-old, Molly Barker "discovered that while I was running, none of my body insecurities mattered." Seventeen years later, in 1993, Barker started Girls on the Run, a program that promotes self-esteem through physical activity. "Today 40,000 girls participate in 100 chapters nationwide," she says. A \$10 gift provides one week of training for a girl. Learn more about your local chapter and donate, [go here](#).



Provide a lifesaving vaccination

"In 1995, in the Haitian village of Jacquesyl, 35 babies were born; 10 died," says social worker Sherman Malone. "Three mothers also died." Horrified by these preventable, infection-caused deaths, Malone and two other Connecticut women that year created Marycare, which has boosted postpartum survival in Haiti. "In 2005 we didn't lose a single mother or child in Jacquesyl," Malone says. Your \$15 provides a lifesaving vaccination to a mom and her newborn. Go to Marycareinc.org or call 203-772-2116



Help those with eating disorders

For 23 years and through three pregnancies, Gail Schoenbach binged and purged; only after years of outpatient and inpatient treatment programs —costing more than \$50,000 —was she able to beat her disease. "My husband and I could afford it," says Schoenbach, "but many women can't. I wanted to change that." Her

READY to lose weight?

Find Your Weight ▶

HEIGHT	WEIGHT
5' 2"	130 - 139 lbs
5' 3"	140 - 149 lbs
5' 4"	150 - 159 lbs
5' 5"	160 - 169 lbs

Free Diet Profile!

THE SOUTH BEACH DIET™
 ONLINE



F.R.E.E.D. Foundation funds care for bulimia and anorexia. Your \$10 goes toward treatment, or provides bus fare for a patient's visiting mom. Learn more and [donate here](#).



Help women in crisis

Glamour has started a women's crisis center in Pakistan in honor of *Glamour's* 2005 Woman of the Year, Mukhtar Mai, who was raped on orders of her village council. Now she's assisting other women. Learn more and [donate here](#)



Rebuild schools for Tsunami survivors

Inspired by the orphans she met on a return trip to the flood-ravaged regions of Southeast Asia, tsunami survivor Nemcova started Happy Hearts Fund. Your donations will help rebuild schools and provide grief counseling for children who are victims of all natural disasters. Learn more and [donate here](#)



Help schoolchildren in Togo

When CBS-TV producer Julie Mirlicourtois visited the African country of Togo in 2001, she fell in love with the bright, beautiful kids in the village of Danyi N'Digbe but was shocked by the lack of educational supplies and the state of their schoolhouse. After raising \$11,000 to build an elementary school Julie is focusing on a middle school-complete with computers. Learn more and [donate here](#)



Support U.S. college students

While working with inner-city high school students, Deborah Bial realized that those who made it to college had a hard time adjusting without support from peers. Her fix? The Posse Foundation, which helps students with everything from time management to tuition. Learn more and [donate here](#)



Reconstructive surgery for victims of domestic violence

Each year the volunteer program, Face to Face, provides free reconstructive surgery for around 100 victims of domestic violence looking to move on with their lives with less-visible scars from their ordeals. Your donation helps pay for medications and anesthesia. Learn more and [donate here](#)

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