



# June Newsletter

Changing Lives, One Day, One Goal,  
One Person at a Time



## It's Men's Health Month

Let's Talk About Men + Mental Health

According to Mental Health America, the most common men's mental health conditions are:

- Depression
- Eating disorders
- Anxiety
- Suicide
- Schizophrenia
- Bipolar disorder
- Substance abuse

The Anxiety and Depression Association of America states that the main mental health symptoms in men that may be different from those found in women are:

- Abuse or misuse of drugs or alcohol
- Digestive issues, headaches and pain
- Noticeable changes in mood, appetite or energy levels
- Escaping into work, sports or other distracting behavior
- Violent, controlling or abusive behavior
- Risk-taking

According to the U.S. Centers for Disease Control and Prevention, men are four times more likely to die by suicide than women, and gay and bisexual men under the age of 25 are at a higher risk for attempting suicide than the general male population, according to Mental Health America. The Suicide Prevention Resource Center notes that one of the reasons for higher male suicide rates is that men are less likely to get mental health care than women.

The center suggests getting help before a mental health crisis occurs. This can include:

- Seeking behavioral health care, such as seeing a therapist
- Connecting to family, friends, community and social organizations
- Learning life skills like problem-solving and strategies for adapting to change
- Engaging with spiritual, religious or other belief practices that discourage suicide



# We've Got News!!!

Women of Colors is moving! We are officially the owners of 3057 Davenport Ave. We are so blessed to be starting a new chapter, and cannot wait to see what's in store for the WOC family.

\*Ribbon cutting and open house information coming soon!\*





# JUNETEENTH

## FREEDOM Celebration

Sunday  
JUNE 16, 2024  
12 PM - 8 PM

FOOD, GAMES, POETRY, DANCE, MUSIC,  
VENDORS

FASHION SHOW  
PRIZE FOR BEST-DRESSED FATHER

WENONAH  
PARK  
111 CENTER AVE. BAY CITY, MI 48708

NATIONAL HOLIDAY  
COMMEMORATING  
THE ENDING OF SLAVERY IN  
1865



## Health & Wellness Fair

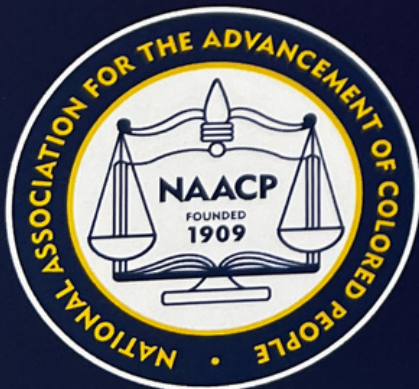
# TUESDAY

JUNE 18TH  
11 AM - 5 PM

FREE HEALTH SCREENINGS  
FOOD & GIVEAWAYS

## SECOND BAPTIST CHURCH

1770 W. YOUNGS DITCH RD.  
BAY CITY, MI 48708



## BAY CITY BRANCH

## FOR INFORMATION

Call Jheri: 989-893-4701

Email: [naacpbaycity@gmail.com](mailto:naacpbaycity@gmail.com)



# Member Spotlight

As we welcome June, we celebrate both Juneteenth and Father's Day. Juneteenth is a powerful reminder of freedom, resilience, and the ongoing pursuit of equality. This month, we also honor all the fathers and father figures who play vital roles in our lives and communities. Let's take this time to reflect, celebrate, and appreciate the diverse stories and contributions that enrich our shared journey. Wishing you all a month filled with joy and meaningful connections.



WOMEN OF COLORS TV NETWORK

Do you have content for Amazon Prime TV, Apple TV, or Roku? WOC can spotlight your business, your book, your school, or your event!

Download Our Free App

1. Go to the App Store
2. Type "Women of Colors"
3. Download free and stream the WOC Network!



Family & Friends: An Addiction Support Group

Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM  
1000 Tuscola St Saginaw, MI 48607

## President's Corner

Happy Father's Day! This is the time of year to recognize fathers. It's great to see more fathers and grandfathers joining together to help mentor and become role models to young boys in the Saginaw community. For years, Saginaw has been ranked as one of the top cities in the country for fatherlessness. Having a father in the home is important for several reasons that includes emotional support, guidance, building self-esteem, and economic stability. Overall, fathers play a crucial role in the holistic development and well-being of their children.



Evelyn McGovern  
Cofounder/President