



JULY NEWSLETTER

Dear WOC Family,

We've made it to July—and with it comes a powerful invitation: to pause. To breathe. To look back with grace, and look ahead with hope. So often, we power through the year, doing what needs to be done, showing up for our families, our communities, our people. But this month, we're inviting you to show up for yourself just as fully. This is your gentle nudge to reflect on the first half of the year—not with judgment, but with compassion. It's okay if your joy felt quiet, your rest inconsistent, your purpose uncertain. You're not behind you're becoming. And you deserve to enter the second half of the year grounded in what actually matters to you. So, let's reclaim it together.

In community,

The Women of Colors Team

MID-YEAR CHECK-IN QUESTIONS TO ASK YOURSELF

Where have you grown?

What have you survived?

What needs your attention
now—not just in your to-do
list, but in your spirit?



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**REFRESHMENTS, GIVEAWAYS &
GUIDED WELLNESS ACTIVITIES**

*Meet Women of Colors' Members,
Prevention Team, and Community
Advocacy and Resilience
Project Team.*

Thursday, July 17th
3057 DAVENPORT, SAGINAW
4:00pm - 6:30pm

**MICHIGAN HEALTH
ENDOWMENT FUND**



Evelyn McGovern
President/Co-founder

President's Corner

As we find ourselves halfway through 2025, I want to pause and honor the collective journey we've been on. The past six months have brought moments of challenge, change, and courage. And yet—we're still here. Still showing up. Still believing in the power of community, compassion, and healing. At Women of Colors, we're reminded daily that growth doesn't always look like loud victories. Sometimes, it's quiet decisions to keep going. To keep dreaming. To keep pouring love back into ourselves and each other. Whether you're resting, rebuilding, or rediscovering yourself right now, know this: You're not alone. We see you. We support you. And we're walking alongside you as you reclaim your joy, your rest, and your purpose. Let's continue this journey together.

DID YOU KNOW?

July is BIPOC Mental Health Awareness Month. Founded by author and advocate Bebe Moore Campbell, this month uplifts the unique mental health needs and experiences of Black, Indigenous, and People of Color. It reminds us that healing, rest, and representation in care matter deeply. Let this month be a reminder: Your healing is your birthright.

STRONGER TOGETHER | **SAGINAW** **ADDICTION SUPPORT GROUP**

Formerly known as *Families Against Narcotics Support Group*, **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**

**3057 Davenport
Saginaw, MI
48602**

✉ stronger@faceaddictionnow.org

Get In Touch

Have questions or donations?
Want to get involved?
We'd love to hear from you!



womenofcolors.org



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**Let's Make A Difference
Together!**