



JANUARY NEWSLETTER

Starting Where You Are is a Fresh Start



January often tells us we should already be doing more — setting goals, fixing habits, becoming a “better” version of ourselves. But real fresh starts don’t come from pressure. They come from honesty. Starting where you are means acknowledging your reality without shame. Whether you’re feeling hopeful, exhausted, stuck, or somewhere in between — that awareness is powerful. It’s also where prevention begins.



Prevention isn’t just about avoiding harm; it’s about putting care, support, and healthier patterns in place *before* things become overwhelming. Sometimes that looks like reaching out. Sometimes it looks like resting. Sometimes it looks like saying, “This is hard, but I can do hard things.” As we move into this new year, we’re holding space for fresh starts that are realistic, compassionate, and sustainable. You don’t need to be ready. You don’t need a perfect plan. You just need to start where you are.

Happy New Year, from the WOC family

WOC Spotlight

Meet the Team



Name: Lula Woodard

WOC Position: Prevention Specialist

Time with WOC: 25 Years

Lula has resided in the City of Saginaw for over 39 years, relocating from her original home of Tuscaloosa, Alabama, and her second home, Chicago, Illinois. She is the mother of two amazing adult daughters and has five inspiring young adult grandchildren and four fantastic great-grandchildren who "rock her world." They call her GG.

She is a retired teacher, teacher consultant, and social worker, and previously served in the Alabama National Guard. Currently, Lula is a Prevention Specialist, facilitating the Botvin LifeSkills and Prime for Life programs, which are evidence-based programs. She also became a Certified Recovery Coach to support individuals affected or impacted by substance use in the Great Lakes Bay Region, serving as a resource and referral support.

Lula holds an Education Specialist degree in Educational Leadership from Saginaw Valley State University and a Master of Arts degree from the University of Alabama (Tuscaloosa). She earned her Bachelor of Science degree in Special Education from Chicago State University, with an additional major in Mental Health and Psychology from Chicago City College. In addition to being an entrepreneur, mentor, facilitator, and coach, Lula has studied outside of the United States in Guadalajara, Mexico, and is actively involved in the community at multiple levels through various venues. She has completed training as a Multicultural Competency Facilitator for MAX Systems of Care through Mental Health in Saginaw County and is a Certified Facilitator for Strengthening Families.

Lula is deeply passionate and compassionate about education, community involvement, and social justice. She provides parenting sessions, coaching, facilitation, and mentoring through Women of Colors in Saginaw, Michigan, where she has been a member for 25 years as of January 2026, including being awarded Woman of the Year in 2012. She was named Adjunct of the Year in the English Division at Delta College in 2017 and, in 2020, received a Special Tribute from the State of Michigan, presented by former 95th District State Representative Vanessa Guerra and signed by Governor Gretchen Whitmer. Lula has also participated in numerous community forums, including Delta Community Broadcasting and KISS 107, and is currently entering her second two-year term on the Human Services Planning Commission for the City of Saginaw.

Lula exemplifies leadership both in her church, Victorious Believers Ministries under Pastor Christopher V. Pryor, and in the broader community. She has held various board positions with Women of Colors, the Underground Railroad, and the Delta College Ricker Committee.

*"I am a trailblazer of light
and peace for these times,
and a lifelong learner."*



New Year Word Search

R	A	E	Y	G	A	R	G	H	A	P	P	Y	A	L	D	H	Z
E	U	I	V	P	R	G	O	E	B	D	A	T	H	M	R	Q	B
J	O	L	T	I	E	P	G	M	H	C	V	R	S	G	C	W	
M	C	O	U	N	T	D	O	W	N	C	V	W	A	A	H	R	I
Z	E	F	T	A	D	O	T	R	Z	X	O	X	W	D	E	S	S
C	L	O	C	K	C	I	N	I	W	A	C	N	Z	D	E	S	O
M	E	W	G	Z	V	O	C	C	X	I	K	R	F	B	R	D	D
Q	B	A	L	L	O	O	N	S	T	D	Y	T	D	E	S	M	K
E	R	H	F	O	J	X	R	E	S	W	S	I	L	R	T	F	E
P	A	R	T	Y	H	J	I	T	Y	R	U	K	I	A	R	T	F
Q	T	L	S	P	D	L	A	U	F	J	R	Y	J	D	T	A	I
M	I	D	N	I	G	H	T	U	O	A	L	S	J	N	J	W	R
J	O	B	B	Y	L	B	S	H	P	A	D	G	F	E	X	Q	E
V	N	O	I	T	U	L	O	S	E	R	H	O	S	L	M	U	W
G	Z	L	D	O	S	U	J	U	K	T	I	A	E	A	S	M	O
N	S	V	Q	A	R	P	E	D	J	A	G	L	M	C	C	J	R
I	R	V	D	S	T	R	E	A	M	E	R	S	A	D	U	S	K
R	V	X	R	T	I	M	D	E	S	X	B	V	A	U	K	P	S

RESOLUTION
CELEBRATION
COUNTDOWN
PARTY

BALLOON
SPARKLER
TOAST
STREAMERS

MIDNIGHT
CONFETTI
CHEERS
HATS

CALENDAR
FIREWORKS
CLOCK
PARADE

RING
GOALS
HAPPY
YEAR

President's Corner



Evelyn McGovern
President/Co-founder

As we begin a new year, many of us feel pressure to start over, do more, or be “further along” than we are. At Women of Colors, we believe that real growth doesn’t come from pressure. It stems from honesty, compassion, and a sense of community. Prevention begins when we meet ourselves and one another exactly where we are. It looks like creating spaces where people feel supported before they feel overwhelmed, seen before they feel invisible, and connected before crisis occurs. These moments of care, education, and connection are what strengthen our families and communities. As we move into this year together, we remain committed to providing prevention services, resources, and programs that honor lived experience and promote healing, resilience, and empowerment. Wherever you are starting from, know that you are welcome here.

Did you know?

January wasn't always the first month; it was added to the Roman calendar later, with March initially starting the year. According to tradition, during his reign (c. 715–673 BCE) Numa revised the Roman republican calendar so that January replaced March as the first month.

Women of Colors is grateful for the continued support of our partners, community members, and friends who make our mission possible. Your encouragement helps us create meaningful programs that strengthen families and uplift youth across our community. This month, we'd like to give special recognition to Midstate Health Network for their partnership in helping us share prevention resources and awareness through this newsletter. Together, we are building a healthier, stronger future.



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!**