



NOVEMBER NEWSLETTER

Conversations that Prevent

Prevention begins at home with honest, open conversations. Sometimes, parents avoid difficult topics like drugs, alcohol, or mental health because they fear “putting ideas” in their children’s heads. But research (and experience) tell a different story. When young people can talk openly with trusted adults, they’re less likely to experiment, feel isolated, or hide their struggles. This month, Women of Colors encourages families to make time for these meaningful talks. With the holidays around the corner, it’s a great time to weave these topics into organic conversations. Your words might feel awkward, but they could be exactly what your child needs to hear.



Talk About It: Prevention Starts with Conversation.

Quick Tips for Meaningful Talks

Start small. You don’t need a scheduled “serious talk.” It may actually feel more comfortable for everyone to begin weaving topics into everyday moments like driving to school or watching tv together.

Listen more than you lecture. Ask what they think or what they’ve heard from friends.

Keep it open. If they shut down, that’s okay. Don’t push. Just try again later.

Share, don’t scare. Be honest about risks, but focus on helping them make informed choices.

Model what you teach. Show healthy coping skills such as taking breaks, deep breathing, or asking for help.



Saturday, Nov. 15, 2025

9:00AM - 12:00PM

Kempton Elementary

3040 Davenport Ave.

Saginaw, MI 48602



Warm A Child for Winter ***Drive-Thru Coat Giveaway***

***Hats,
Gloves &
More!***

This is a drive-thru pick up (only) event. The registration form must be provided the day of the event and the child must be present (in vehicle) to receive a coat.

For more information, contact
Women of Colors at
989-270-1682 or **ewmtoday@aol.com**



Prevention Partner Spotlight



Sarah has worked in behavioral health for 23 years, with the last 10 dedicated to prevention. Her career began with the former Riverhaven Coordinating Agency, followed by three years providing direct prevention services in Bay County. In 2018, she joined Mid-State Health Network (MSHN), where she transitioned back to the administrative side of the field.

A graduate of Central Michigan University with a B.S. in Community Development, Sarah is certified through MCBAP as a Certified Prevention Consultant and serves as a facilitator for the Strategic Prevention Framework Application for Prevention Success (SAPST) training. In 2024, she was recognized as the MDHHS Preventionist of the Year.

While MSHN serves 21 counties across Michigan, Sarah especially values her work with Women of Colors in Saginaw County, which has been her home for the past 28 years. She describes prevention as a rewarding and dynamic field—one that allows her to engage with youth, empower families, and build partnerships that strengthen communities. Sarah is grateful to be part of this profession and deeply appreciates the dedication and impact of the Women of Colors team.

Words of Healing

Featured here are poems by two Women of Colors' CARP (Community Advocacy & Resilience Project) advocates, first written for the women of Emmaus House, a supportive space that helps women find strength, purpose, and new beginnings.

Early recovery was a fog that turned out to be peace after the storm. Emmaus House gave me time, love, and space to discover that quiet strength while I volunteered, healed, and worked on myself. Now, three years and eight months clean, that work has grown into a career as a Recovery Coach, Project ASSERT Advocate, and State Certified Peer Support Specialist with Women of Colors in Saginaw.

I share life with the friends and family I've built on my own, service, and gratitude—proof that Emmaus House is the house that built me.

-Christina C.

I showed up to Emmaus House on August 9, 2022—empty, ashamed, ready to quit life at 55. God brought me there, not choice. Therapy, 12-step work, and steady service rebuilt me piece by piece until I could finally love myself. I was baptized and today I've become a Recovery Coach, a Prevention Specialist, and a Certified Peer Support Specialist with Women of Colors, proof that if I could rise, so can you.

-Kimberly M.



Evelyn McGovern
President/Co-founder

President's Corner

As we move into November, a month of gratitude and gathering, I'm reminded how powerful connection truly is. This month's prevention theme focuses on the importance of talking with our children about what matters most, even when those conversations feel uncomfortable. Open communication builds trust, breaks stigma, and keeps our young people safe. When we listen without judgment and speak with honesty, we remind them they are seen, valued, and never alone.

At Women of Colors, we believe prevention begins with love. One way we live that love is through our Warm A Child for Winter Coat Drive, happening on November 15. Each year, we come together to provide coats, hats, and gloves to local children who need them. A simple but powerful act of warmth, for both the body and the heart. As the holidays approach, I encourage each of us to take a moment to reach out, give thanks, and share warmth wherever we can. Together, we are building not just a safer community, but a more compassionate one.

Why was the Thanksgiving soup so expensive?

It had 24 carrots!

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.

MSHN
Mid-State Health Network

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!**