



JUNE NEWSLETTER

A Safe Summer Starts Now

Summer means longer days, new adventures, and plenty of opportunities for young people to learn and connect with the world around them. As families prepare for summer break, it's also an important time to think about prevention and the role we *all* play in keeping children and teens safe and supported throughout the summer.

A safe summer begins with intentional planning. Whether through positive activities, trusted adult relationships, structured routines, or open conversations, the support we provide today can help young people make healthy choices throughout the summer months. Prevention isn't just about avoiding risks. It's also about creating opportunities for youth to thrive.

Keep Them Connected

Young people benefit from positive relationships with caring adults, mentors, coaches, and community members. Staying connected helps youth feel supported and encourages healthy decision-making.

Keep Them Engaged

Summer can be a great time to explore new interests, develop skills, and build confidence. Volunteer opportunities, sports, reading programs, and community activities help keep young minds active and engaged.

Keep The Conversation Going

Summer schedules may change, but communication remains important. Open and honest conversations about peer pressure, violence prevention, mental health, and decision-making can help youth navigate challenges with confidence.

Keep Healthy Routines

While summer often brings flexibility, maintaining healthy habits such as adequate sleep, physical activity, and balanced nutrition can support overall well-being and success. Sustainable summer routines also help for smoother transitions back to school in the fall.

The simple things matter. Spending time together, checking in regularly, setting clear expectations, and creating safe spaces for communication all help build protective factors that support youth throughout the year.

WOMEN OF COLORS
HOSTS

JUNE
13TH

COMMUNITY
YARD
Sale



3057 Davenport
Saginaw, MI 48602
9:00 AM - 3:00 PM

For questions, call Vicki Hill (989) 737-8179
or WOC Office (989) 270-1682

WOC Spotlight

Meet the Team



Name: Kimberly Moore

WOC Position: Wellness Advocate at MyMichigan Health

Time with WOC: 2 Years

She landed in Saginaw from Detroit on August 9, 2022. That day, she arrived at the Emmaus House of Saginaw, a sober living facility for women struggling with addiction. Shame, loss, depression, spiritual brokenness, and a desire to die defined her mindset at the time.

But God! He showed up and showed out!

She completely surrendered to the fact that she was an addict and that her life had become unmanageable. She began the difficult work of healing by allowing others to help her and show her a new way to live. With very little

left to give, she poured everything she had into turning her life around.

Over time, she came to realize that everything she needed was already inside of her. Recovery was an inside job. She found a sponsor and began working the 12 Steps of Alcoholics Anonymous. She started seeing a therapist weekly and immersed herself in her recovery journey.

At 18 months clean, she earned her Recovery Coach Certification. The selfish person she once was began transforming into the selfless person God created her to be as she started helping others find their own path to recovery.

Today, she works at MyMichigan Health as a Wellness Advocate, supporting patients who come into the Emergency Department with substance use disorders. Her goal is to help connect them to recovery if they are willing to take that step. The work fuels her soul, and she is grateful to be part of a team that welcomed and accepted her from the very beginning.

She also serves as a Recovery Coach at Tri-Cap, where she teaches six classes each week on various topics related to addiction and recovery. In addition, she provides one-on-one recovery coaching services to more than 25 clients. Through this work, she continues to learn, grow, and give back.

Today, her life is full of purpose.

Today, she is free! She is at peace. She is living in her divine purpose. And by God's grace and mercy, as of June 1, 2026, she is 1,427 days clean!!!

From Shame to Purpose: How Saginaw Saved Her Life

President's Corner



Evelyn McGovern
President/Co-founder

As we welcome the summer season, we're reminded of the important role families, educators, and communities play in helping young people stay safe. Summer brings opportunities for exploration, and fun. We encourage all children and youth to make the most of their break while prioritizing their well-being and making positive choices.

This month, we also recognize Juneteenth, a celebration of freedom, resilience, and the continued pursuit of opportunity for all. It is a time to reflect on our shared history, honor the contributions of African Americans, and recommit ourselves to building stronger, more equitable communities.

Women of Colors extends our sincere gratitude to the teachers, school staff, and educational partners who invest in our youth every day. Thank you for your dedication, guidance, and unwavering commitment to helping young people succeed. We wish all students and families a safe, healthy, and enjoyable summer.

Did you know?


The first Juneteenth celebrations began in Texas in 1866 and often included community gatherings, music, food, education, and family reunions. Many of these traditions continue today as communities across the country celebrate freedom and Black History.

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](https://www.womenofcolors.org)

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