



OCTOBER NEWSLETTER

Youth Voices Matter

October is *Substance Use & Misuse Prevention Month*, a time to think about how prevention really works in everyday life. One important piece is recognizing the role of youth voices. Young people are often more aware than we realize of the challenges they face—whether it's pressure from friends, stress at school, or what they see online. When adults pause to listen, it not only helps youth feel understood, but also gives adults insight into what kind of support young people actually need. Research shows that when youth feel heard and included, they are more likely to make healthier choices. Conversations don't have to be long or formal. Sometimes the best prevention starts with a simple check-in, asking questions, and really listening to the answers. Making space for youth voices reminds us that prevention is not something done to young people, but something built with them. Even small opportunities for input are helpful. Allowing teens to share ideas, help plan activities, or discuss their experiences openly, and without judgement can go a long way in creating safer, healthier communities. Prevention grows stronger when youth know their perspective matters.



*"When youth are given a voice, they don't just speak for themselves
—they shape a healthier future for everyone."*

Find the Words of Prevention

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

- Prevention starts with open ____.
- Listening is just as important as ____.
- A strong ____ system is a protective factor for youth.
- Encourage healthy ____ like sports, art, or volunteering.
- Children need safe and ____ spaces to grow.
- Prevention is not a one-time talk, it's an ongoing ____.
- One way to prevent misuse is teaching kids how to manage ____.
- Positive ____ help build confidence and self-worth.
- Adults should model healthy ____ for young people.
- A child who feels ____ is less likely to misuse substances.
- Strong ____ between adults and youth prevent risky behavior.
- Encourage ____ goals to give youth direction and purpose.
- Being ____ builds trust and makes kids feel heard.
- Celebrating small ____ boosts motivation and self-esteem.
- Setting clear ____ helps youth understand boundaries.
- ____ time together strengthens family bonds.
- Praise effort, not just ____.
- ____ early. Don't wait until a crisis to talk about substance use.

WARM A CHILD FOR WINTER IS BACK!!

Every child deserves to feel safe, warm, and cared for—especially during Michigan's cold winter months. Yet for many families in **Saginaw County**, that warmth is out of reach.

- In Saginaw County, over 33% of residents and more than 53% of children under 18 live in poverty.
- Since the pandemic, the need for warmth has only grown. Every year, our contact-free drive-thru coat drive ensures children and families receive the winter outerwear and household essentials they desperately need. Last year alone, in just three hours, Warm A Child For Winter provided winter wear and supplies to over 700 children and families.
- To make every dollar count, we purchase coats year-round, seeking the most affordable, high-quality options to keep kids warm.

Your generosity can help us go even further this year. A donation of any size means a child won't have to endure the snow without a coat or go without the basics during the coldest months of the year. To ensure we can get coats into the right hands before winter hits, please consider giving by October 31, 2025. Together, we can keep our community warm. One child at a time.

SUPPORT THE MISSION

For more information, or to download the 2025 Warm A Child for Winter Registration Form visit:
womenofcolors.org/warm-a-child-for-winter

Every Story is Unique, Every Journey Matters

Every breast cancer diagnosis is deeply personal. Behind each is a story of courage, resilience, and hope. This year's theme reminds us that every journey deserves compassion, dignity, and support, no matter a woman's background or where she lives. Breast cancer remains the most commonly diagnosed cancer among women worldwide, and survival rates vary greatly due to unequal access to care. One of the most powerful tools we have is early detection: regular screenings and self-checks significantly increase the chances of finding breast cancer at a treatable stage. By encouraging awareness, timely diagnosis, and comprehensive care, we can help ensure that more women not only survive breast cancer but live full, healthy lives with their unique journeys honored.

ADHD in Adult Women

ADHD is a **neurodevelopmental condition that affects attention, impulse control, and regulation of activity levels**. While often associated with children, many adults live with ADHD. Often, without realizing it. There are different types, including inattentive, hyperactive-impulsive, and combined presentations. For women especially, symptoms frequently appear more internal (such as difficulty focusing, disorganization, or emotional overwhelm), rather than the outward hyperactivity people usually expect. Because of this, women are frequently overlooked or even misdiagnosed with depression or anxiety before ADHD is considered.

Common Symptoms in Adult Women:

- Trouble staying focused or following through on tasks
- Zoning out or seeming not to listen when others speak
- Difficulty organizing and prioritizing projects or responsibilities
- Avoiding tasks that feel tedious, like paperwork or chores
- Frequently losing or misplacing items
- Restlessness or a constant need to move
- Talking excessively, over-explaining, or interrupting in conversation
- Forgetting appointments, bills, or daily responsibilities

For more information, visit: [MyClevelandClinic.org](https://my.clevelandclinic.org)



It's time we take bullying seriously. Bullying can have lasting effects on a young person's mental health and may even increase the risk of harmful coping behaviors later on. Prevention means creating everyday environments of kindness, respect, and connection, where youth know they are supported.

Resources for families & schools:

[StopBullying.gov](https://stopbullying.gov)

[PACER's National
Bullying Prevention
Center](https://www.pacer.org/nationalbullyingpreventioncenter/)

National Suicide
Prevention Lifeline:
988



Evelyn McGovern
President/Co-founder

President's Corner

This October, as we recognize Substance Use and Misuse Prevention Month, I am reminded that prevention is not just about avoiding harmful choices—it's about creating opportunities for healthier ones. At Women of Colors, we believe that prevention starts with investing in our youth. I am proud that Women of Colors continues to walk alongside our youth, helping them discover their voice and build the confidence to choose well. Every program we lead, every conversation we hold, and every connection we nurture is an act of prevention. This month and always, let us remember: when we uplift our youth, we strengthen our entire community.

October is Domestic Violence Awareness Month

Advocates are available 24/7/365

CALL: (800) 799-7233

TEXT: "START" to 88788

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!**