



MARCH NEWSLETTER



Honoring Women's History Month

Women's History Month is a time to honor the resilience and impact of women throughout history. It's about recognizing those who paved the way for change and the women today who continue to break barriers. Their stories, sacrifices, and triumphs have shaped the world we live in.

At Women of Colors, we are committed to building on that legacy. By creating spaces for empowerment, advocacy, and support, we strive to uplift women in our community and beyond. Change happens when we invest in one another and ensure that every woman has the opportunity to thrive.

This month, let's reflect on the progress made, acknowledge the work still ahead, and celebrate the women who inspire us every day.

Upcoming Events

Int'l Women's Day - Mar. 8

Vicki Hill's Birthday - Mar. 13

St. Patrick's Day - Mar. 17

World Social Work Day - Mar. 18

First Day of Spring - Mar. 20

What qualities do you admire most in the women around you, and how do you embody them?

March Affirmation

"I embrace growth, renewal, and fresh beginnings. I release what no longer serves me and step into this season with confidence and clarity."



Spring into Self-Care: Refresh, Renew, Rejuvenate

As we prepare for the fresh energy of spring, it's the perfect time to reset and prioritize self-care. Just as the season shifts, we, too, can embrace renewal—mentally, emotionally, and physically. Here are a few ways to refresh your mind, body, and spirit this season:



Declutter Your Space



Get Some Sun



Nourish Your Body



Prioritize Rest



Reconnect
with Joy



Embrace Growth



MARCH IS SOCIAL WORK MONTH



The first social work class was taught at Columbia University in 1898, marking the start of formal social work education.



More than 70% of mental health services in the U.S. are provided by social workers. Unlike other mental health professionals, social workers are uniquely trained to address both individual needs and larger systemic issues, such as poverty, discrimination, and access to care.



Social worker Julia Lathrop was the first woman to lead a federal agency when she became head of the Children's Bureau in 1912. Her work helped establish child welfare laws in the U.S.



Licensed Social Worker, Oslin (Lynn)
Brummel-Presley, and
Educator, Lula Woodard



Evelyn McGovern
President/Co-founder

President's Corner

As we step into March, we celebrate Women's History Month—a time to honor the strength, resilience, and contributions of women past and present. At Women of Colors, we are committed to uplifting and empowering the women in our community, ensuring that every voice is heard and every story matters. Spring also reminds us that change is necessary for growth. Just as the season shifts, we, too, have the opportunity to embrace renewal—whether it's through setting new goals, or fostering deeper connections with those around us. This month, let's reflect on how far we've come and set our sights on where we're going. Let's continue supporting, uplifting, and inspiring one another, not just in March, but every day. Wishing you all a season of growth and renewal!

DID YOU KNOW?

Studies show that women with strong social connections have a 40% higher chance of maintaining long-term sobriety in recovery. Sisterhood matters!

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
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✉ 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!**

