

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

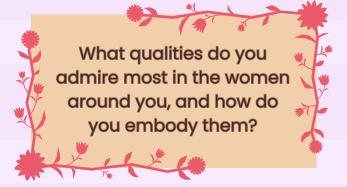
Int'l Women's Day - Mar. 8

Vicki Hill's Birthday - Mar. 13

St. Patrick's Day - Mar. 17

World Social Work Day - Mar. 18

First Day of Spring - Mar. 20



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 selfcare. 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 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!

STR®NGER | 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.

IST AND 3RD TUESDAY OF EVERY MONTH

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