



APRIL NEWSLETTER



Springing Forward: The Journey of Renewal in Recovery

As winter fades and the world begins to bloom, spring symbolizes a time of renewal, growth, and fresh beginnings. For many on the path to recovery—whether from substance use, trauma, or mental health struggles—this season serves as a powerful reminder that transformation is possible. Recovery isn't just about leaving behind old habits; it's about stepping into a new version of yourself, one that is rooted in healing, self-awareness, and hope.

How to Keep Growing in Recovery This Spring



Do a Spring Cleaning of the Mind

Take time to reflect on thoughts, relationships, and habits that may be holding you back. Write in a journal, meditate, or practice mindfulness to clear out mental clutter.



Surround Yourself with Support

Just as flowers bloom best in good soil, we thrive in healthy environments. Lean on mentors, friends, or support groups who encourage your journey.



Set a New Growth Goal

Whether it's attending therapy, picking up a new hobby, or practicing gratitude daily, setting small, manageable goals can help keep your recovery journey moving forward.



Celebrate Every Bloom

Growth takes time. Acknowledge every small victory, whether it's another day sober, managing your emotions in a healthier way, or simply showing up for yourself. Every step matters.

APR. 19TH
11AM-2PM

WOMEN OF COLORS
PRESENTS

**FREE EVENT
FOR AGES
12 & UP**

SOUNDS BY
WXX
BEATZ

**GIVEAWAYS &
REFRESHMENTS**

YOUR VOICE YOUR CHOICE

HOST



CHRISTINA YARN

REAL LIFE SPEAKER

**DR. TRELL
"DONK" WEBB**

ACTOR & SINGER

ALGEE SMITH

**FEATURING
A DANCE
PERFORMANCE BY:**
**YARN PRAISE
MOVEMENT**

**ADDRESSING GUN
VIOLENCE &
MENTAL HEALTH**



**SINGER, AUTHOR
& ADVOCATE**
**LONDEL
COOK**



ARTIST/PRODUCER
HBK BOOM



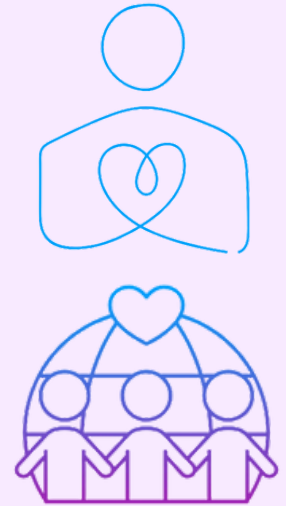
**MENTORSHIP
ORGANIZATION**
**H.E.L.P.
SAGINAW**

**THOMPSON MIDDLE SCHOOL
3021 COURT ST. SAGINAW, MI**



What is the Community Advocacy & Resilience Project?

The Community Advocacy and Resilience Project is a transformative initiative aimed at addressing racial and cultural disparities in behavioral health access. A partnership between Women of Colors (WOC) and the Saginaw County Community Mental Health Authority (SCCMHA), with support from the Michigan Health Endowment Fund, this project provides culturally-informed, peer-led support to empower individuals and promote health equity. By embedding Certified Peer Support Specialists within SCCMHA's Access and Intake Department, the project bridges gaps in care, helping individuals navigate mental health services with confidence and resilience.



Peer Support Specialist



Yolanda Lee

"I am always willing to help any and all individuals grow, develop, and become better. I love to inspire others and give them insight on how to overcome issues that seem insurmountable. I believe that once you can turn a light on things you felt were not correctable you can continue that way of life and become all that you would hope to be."

Our Goal

Our goal is to increase access to behavioral health services for communities of color and other underserved minority groups, promoting both resilience and empowerment through culturally-informed, peer-led support. By embedding Certified Peer Support Specialists within SCCMHA's Access and Intake Department, we aim to improve outcomes and help individuals navigate their health journeys with confidence and support.

What We Do

- Provide referrals and connect individuals with necessary mental and physical health services for comprehensive care.
- Help individuals navigate and access essential medical, social, and educational resources.
- Advocate for and empower individuals to understand and assert their rights while building the skills to advocate for themselves.
- Promote independence and community integration by connecting individuals with their community for support and engagement.



Great Start Collaborative Community Baby Shower

FOR EXPECTING MOMS & CAREGIVERS WITH
CHILDREN UP TO 12 MONTHS



THOMPSON MIDDLE SCHOOL

3021 COURT STREET, SAGINAW 48602



SATURDAY, APRIL 26

10:00 A.M. - 1:00 P.M.

(DOORS OPEN AT 9:30 A.M.)



*Register
Here*



Registration Link

[HTTPS://RB.GY/G6XNJU](https://rb.gy/G6XNJU)

SPACE IS LIMITED

**Event
Sponsor**





Evelyn McGovern
President/Co-founder

President's Corner

Spring is a season of renewal, growth, and fresh starts—reminding us that change is not only possible but necessary for progress. At Women of Colors, we see this same spirit reflected in the journey of recovery, where every step forward is a step toward healing, empowerment, and transformation. This month, we are excited to continue creating spaces for important conversations and positive change in our community. On April 19th, we invite you to join us for the Your Voice, Your Choice Youth Explosion, where young people will have the opportunity to express themselves, learn valuable life skills, and be inspired to make choices that shape their future. Then, at the end of the month, we will host our next Time to Have A Conversation forum—an open space for dialogue, connection, and solutions to issues that impact us all. We look forward to seeing you this month!

DID YOU KNOW?

Did you know that April is named after the Latin word aperire, which means "to open"? It's a fitting name for a month that symbolizes new beginnings, as flowers bloom, trees bud, and we all get a fresh start in some way. Just like nature, we, too, have seasons of growth and renewal!

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
48602**

✉ stronger@faceaddictionnow.org

Get In Touch

Have questions or donations?
Want to get involved?
We'd love to hear from you!



womenofcolors.org



1 (989) 270 - 1682



3057 Davenport
Saginaw, MI 48602

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