



FEBRUARY NEWSLETTER



Where Love Meets Prevention



February often centers love as something romantic, but love takes many forms. And prevention is one of them. When we prioritize connection, care, and support, we create safer spaces for ourselves, our families, and our communities long before crisis occurs.

Love Looks Like Connection

Connection is one of the strongest protective factors we have. When people feel seen, supported, and valued, risk decreases and resilience grows. Prevention begins when we stay connected — to ourselves, our families, and our communities.

Love Looks Like Boundaries

Healthy boundaries are an act of care. They protect our mental health, our relationships, and our sense of safety. Saying no, asking for space, and honoring limits helps prevent burnout, harm, and resentment.

Love Looks Like Community

We are not meant to do life alone. Community care — sharing resources, knowledge, and support — strengthens families and prevents isolation. Connection isn't extra; it's essential.

Love Looks Like Checking In

Sometimes love is a simple question: "How are you really doing?" Noticing changes, listening without judgment, and offering support early can make a powerful difference.



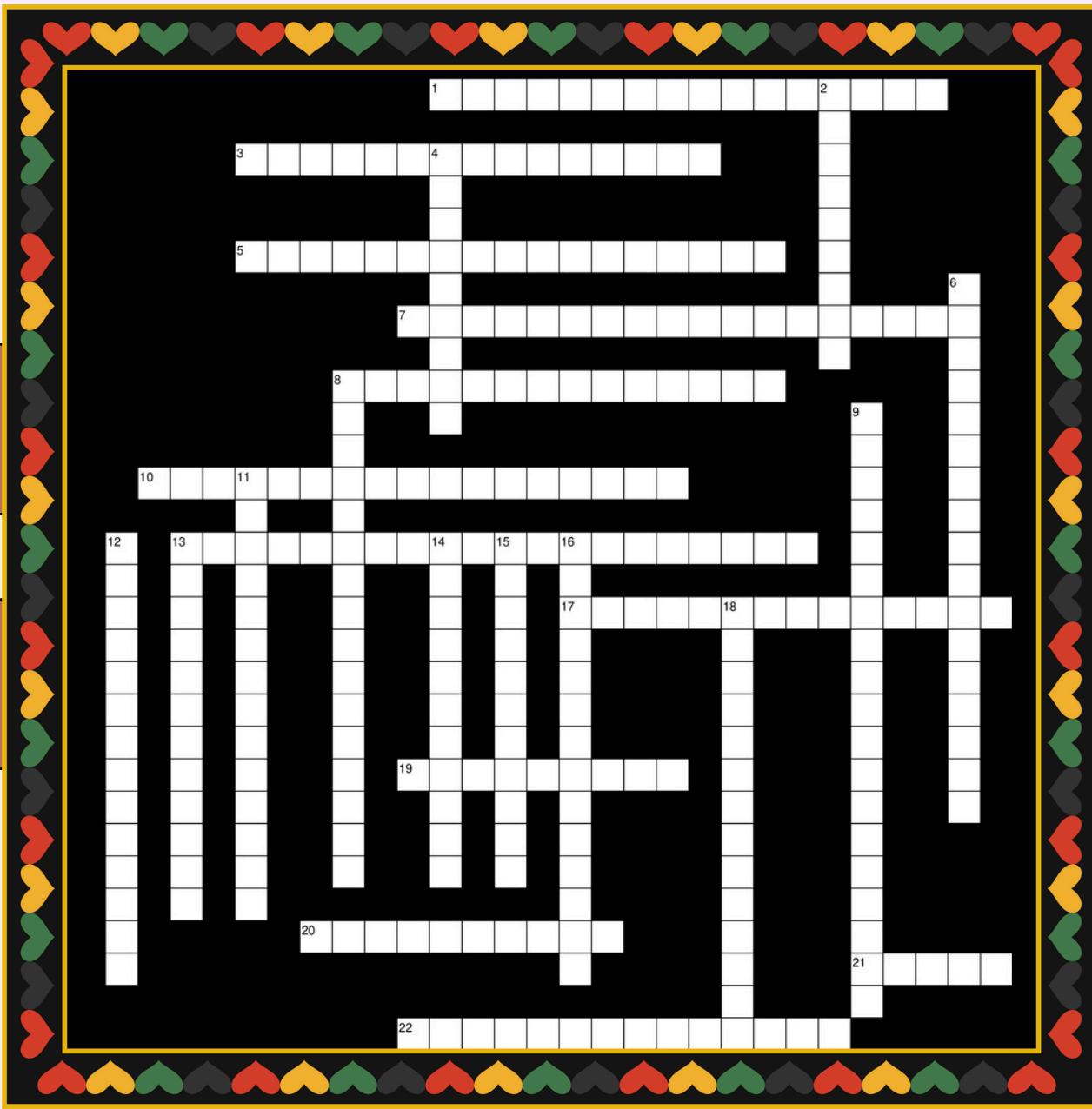
Love Begins With You

Caring for yourself is not selfish. Rest, self-awareness, and asking for help are all forms of prevention. When we care for ourselves, we're better able to care for others.



BLACK HISTORY MONTH

A Century of Black History Commemorations



Across

1. The original celebration started in 1926.
3. The 1965 law protecting Black Americans' right to vote.
5. 1960s organization advocating for Black power and community programs.
7. Leader of the Civil Rights Movement, famous for "I Have a Dream".
8. The first Black military aviators in the U.S. Army Air Corps.
10. Cultural movement of Black artists, writers, and musicians in the 1920s.
13. 1955–56 protest against segregated buses.
17. Broke Major League Baseball's color barrier.
19. Journalist and activist who fought against lynching.
20. Holiday commemorating the end of slavery in the U.S.
21. Organization founded in 1909 to advance justice for African Americans.
22. A historian known as the "Father of Black History".

Down

2. Scholar, activist, and co-founder of the NAACP.
4. Her refusal to give up a bus seat sparked a movement.
6. Abolitionist, writer, and statesman in the 19th century.
8. First Black Supreme Court Justice.
9. The struggle for social justice in the 1950s–60s.
11. Poet and leader of the Harlem Renaissance.
12. Landmark 1964 law outlawing discrimination.
13. Black nationalist and founder of the Universal Negro Improvement Association (UNIA).
14. First Black child to integrate an all-white elementary school in New Orleans.
15. First Black President of the United States.
16. 19th-century abolitionist and women's rights activist.
18. Famous jazz singer known as the "First Lady of Song".

WOC Spotlight

Meet the Team



Name: Jennifer Hauch

WOC Position: Prevention Supervisor

Time with WOC: 4 Years

Jennifer Hauch is a dedicated prevention professional and community advocate whose journey has been shaped by her personal experience and commitment to helping others. Having celebrated 8 ½ years of recovery from substance use, Jennifer credits this milestone as the foundation for the life she enjoys today, and it continues to inspire her work in the community.

Jennifer has been with Women of Colors for four years, where she has served as a Certified Prevention Specialist and, as of October 2025, Prevention Supervisor. She became a Certified Prevention Specialist after passing the State Exam in 2021 and also earned her Certified Alcohol and Drug Counselor (CADC) credential that same month. In her role, Jennifer works with school-age children

in Saginaw, teaches life skills at Tri-Cap, and provides prevention services through the First Ward Community Center. She has also contributed her expertise to Saginaw Psychological, offering recovery-focused services to individuals in need.

In addition to her prevention work, Jennifer serves as the Assistant Director at Emmaus House, balancing leadership responsibilities with hands-on service. Her work reflects a deep commitment to creating positive change and making a tangible impact in the lives of community members.

Jennifer is deeply proud to be part of Women of Colors, describing the organization as one with integrity, passion, and a steadfast commitment to growth. She has witnessed the evolution of the organization firsthand and is excited to contribute to its ongoing initiatives and future endeavors.

Family is central to Jennifer's life. She has been married to her husband, Eddie, for nearly 13 years, with their anniversary approaching this March. She is the proud mother of three adult children and grandmother to four grandchildren. Jennifer is also fortunate to still have her parents and cherishes the time she is able to spend with them, remaining deeply grateful for their presence and support in her life.

Jennifer's dedication to Saginaw and its residents is evident in both her professional and personal life. She approaches each day with gratitude for the opportunities she has been given and a steadfast commitment to giving back to the community that has supported her journey.



Emmaus House
3RD ANNUAL

VALENTINES
BENEFIT

FEATURING:

Sheriff Bill Federspiel and
his All-Star Band
Music Through the Ages

Brian Setzer
Orchestra

The Blues Brothers,
Huey Lewis & The News, Robin Thicke
Bruno Mars, The Backstreet Boys,
Three Doors Down, Bob Seger,
Tom Jones, Toby Keith,
Elvis, KISS, & Lynyrd Skynyrd

DINNER
Included

CASH
BAR



Saturday

FEBRUARY 14, 2026

Horizons Conference Center

Hor'duerves at 5:00 pm – Buffet Dinner at 6:15 pm
Music and Dancing 8:00 pm – 11:00 pm

TICKETS | \$80.00

TABLE OF 8 | \$640

PURCHASE A TABLE OF 8 BY JANUARY 15TH FOR \$590

TICKETS CAN BE PURCHASED AT EMMAUS HOUSE

733 S. 14TH ST. | (989) 755-7538

or on our website

emmaushousesaginaw.com

NO REFUNDS

NO TICKETS SOLD AT THE DOOR



Scan to
purchase tickets

President's Corner



Evelyn McGovern
President/Co-founder

As we celebrate February, a month often associated with love, it's a good time to remember that prevention is an act of care. Love isn't only romantic. It's the connections we nurture, the boundaries we honor, and the support we offer each other before challenges become crises.

At Women of Colors, our work is grounded in creating safe spaces, fostering healthy relationships, and empowering our community to thrive. Prevention begins with small, intentional actions: checking in on someone, offering guidance, and taking care of ourselves so we can show up fully for others.

This month, let's focus on love in its many forms — self-love, community care, and compassionate connection — and recognize that each act of care is a step toward prevention.

Did you know?

Black History Month began in 1926 as "Negro History Week", established by historian Carter G. Woodson and the Association for the Study of Negro Life and History. It was later expanded to the entire month of February in

1976. The month honors the achievements, contributions, and history of Black Americans, while also highlighting the ongoing struggle for equity and justice in the United States.

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.



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!**