



MAY NEWSLETTER

May is Mental Health Month

Mental health is an important part of our overall well-being at every stage of life. How we think, feel, cope with stress, and connect with others all play a role in our mental wellness. During Mental Health Awareness Month, we are reminded that caring for our mental health is not a weakness—it is an essential part of living healthy, balanced lives.

Prevention also includes emotional wellness. Building healthy coping skills, creating supportive environments, and encouraging open conversations can help reduce stigma and support individuals before challenges become crises. Whether through rest, connection, community support, or professional help, every step toward wellness matters.

4 Ways to Reduce Stress and Improve Mental Health



Avoid Unhealthy Habits:

Avoid excessive alcohol, caffeine, or nicotine use



Limit Screen Time:

Reduce exposure to news and social media to avoid feeling overwhelmed.



Practice Gratitude:

Daily reflection on positive aspects of life can improve emotional well-being.



Deep Breathing/Yoga:

Techniques like diaphragmatic breathing and yoga can calm the mind and body.

National Gun Violence Awareness Day

SAGINAW'S 2ND ANNUAL WEAR ORANGE



In MEMORY of every life stolen to Gun Violence!
(2013–2022): During this ten-year period in Saginaw, 248 murders occurred, with 77 solved, leaving 171 murders unsolved
We MUST SPEAK UP and STAND UP against the violence!

***Guest Speakers:**

Sheriff Chris Swanson, Mayor Brenda Moore

*End the violence march starts at 12:15pm

*Community Vendors/Resources

*DJ, Bounce Houses, Refreshments

FREE*FREE*FREE

A collaboration with numerous community agencies-dedicated to STOPPING THE VIOLENCE

June 6th

12 pm to 3 pm

TOGETHER FOR CHANGE



Hoyt Park

1651 S Washington Ave,
Saginaw



**NATIONAL
GUN VIOLENCE
AWARENESS
DAY**

For more information or to be a vendor call 989-482-5449 or 989-702-8657

BRING A PICTURE OF YOUR LOVED ONE TO CARRY IN OUR MARCH & TO KEEP THEIR MEMORIES ALIVE



WOC Spotlight

Meet the Team



Name: Pamela Ross McClain, Ph.D.

WOC Position: Director of Diversity & Community Research Development

Time with WOC: 4 Years

Dr. Ross McClain earned her Ph.D. in Curriculum, Teaching, and Educational Policy from Michigan State University, a master's degree from Cornell University, and a Bachelor of Arts from the University of Michigan. She served as Delta College's Chief Officer of Culture, Belonging, and Community Building where she led the development of the Belonging, Equity, Diversity, and Inclusion (BEDI) Division and was named the Dr. Bob Zimmerman Endowed Teaching Chair in 2023 for her innovative leadership. She has also held faculty and leadership appointments at the University of Michigan-Flint, Saginaw Valley State University, and Saginaw Public Schools.

In the nonprofit sector, Dr. Ross McClain has served as Director of Diversity and Community Research and Development with Women of Colors (WOC), where she also managed the Community Advocacy and Resilience Project (CARP). In this role, she led grant writing and program development efforts, secured and stewarded funding, and oversaw implementation of a trauma-informed, community-based model designed to support individuals impacted by substance use and mental health challenges. Her leadership of CARP reflects her deep commitment to equity, healing-centered engagement, and community empowerment.

Affectionately known as "Dr. Pam" by her WOC colleagues, she is recognized for her warmth, authenticity, and unwavering integrity. Her work has earned her numerous honors, including the 2024 Heart of the City DEI Achievement Award and recognition as a Juneteenth Presidential Honoree by the Council of Small Business Enterprises (COSBE). Beyond her professional work, Dr. Ross McClain is an avid art collector who finds joy and meaning in creative expression. She has been honored to share her love of art with Women of Colors by curating and displaying pieces within the organization's new building, helping to create a space that reflects culture, beauty, and community pride.

With deep humility and a touch of humor, Dr. Ross McClain views leadership not as a title, but as a responsibility to serve, uplift, and build bridges. Her lifelong commitment to nonprofit service includes faithful contributions to organizations such as Women of Colors and First Ward Community Center, where she has championed youth development and drug and violence prevention initiatives. Effective May 1, 2026, she transitions from her work with Women of Colors to serve as Director of the Access, Community, and Opportunity Division at Seattle Central College.

President's Corner

As we recognize Mental Health Awareness Month, we are reminded that mental wellness is an essential part of building healthy individuals, families, and communities. Prevention is not only about addressing substance misuse—it is also about creating supportive environments where people feel seen, heard, and valued.

At Women of Colors, we understand the importance of connection, compassion, and education in supporting overall well-being. As we move into the summer season, we encourage everyone to prioritize rest, check in with loved ones, and continue conversations that reduce stigma and promote healing. Together, we can help create stronger, healthier communities for all.



Evelyn McGovern
President/Co-founder

Did you know?


May is Mental Health Awareness Month in the U.S., observed annually since 1949 to reduce stigma, educate the public, and support those with mental health conditions.

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](https://www.womenofcolors.org)

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