



MAY NEWSLETTER

# You're Doing Better Than You Think

***An open letter to every mother who needs to hear it.***

*Dear Mama*

I know the days can blur together. The to-do lists grow faster than they shrink, and the weight of responsibility often rests solely on your shoulders. There are moments when you question yourself, moments when your patience runs thin, and moments when the silence after the storm feels heavier than the chaos ever did. But I want you to know something—something simple, yet powerful: You're doing better than you think.

You may not always feel like you're getting it right, but your presence matters more than perfection. Your love, even on the days when it's quiet and tired, is still love. It is still enough. You are holding so much—emotions, schedules, stories, dreams—and still showing up. That is no small feat. It is brave. It is beautiful. And it deserves to be acknowledged.

If no one has told you lately: Your sacrifices are seen. Your strength is sacred. Your softness is not weakness—it is wisdom wrapped in tenderness. Please take a moment today to breathe. Not the quick breath between tasks, but a real, grounding breath that reminds you—you are here, you are human, and you are worthy of the same grace you give to others. This Mother's Day, and every day after, I hope you feel supported, celebrated, and deeply loved. Not just for all that you do, but for who you are.

With love and gentle encouragement,

*Women of Colors*

DO YOU KNOW A MOM WHO DESERVES TO BE CELEBRATED?  
NOMINATE A MOTHER YOU KNOW OR YOURSELF TODAY



# THE MOTHER YOU KNOW

*Submit* NOMINATION

Do you know a mother who deserves to be celebrated? Whether she is a biological mother, grandmother, community mother, foster mother, church mother, stepmother, godmother, or a mother reflecting on her own journey—this contest is an opportunity to recognize the profound impact of “mothers.”

#### GET INVOLVED!

- 📌 Nominate a Mother or Enter Yourself!
- 📌 Celebrate the women who have shaped our lives!
- 📌 Make your voice heard through storytelling!

TOTAL PRIZE POOL: \$1,000

Winners will be recognized at a special Awards Brunch on June 21.

#### HOW TO ENTER

Submit Online:

<https://forms.gle/tFG33Bsea5fax9fK6>  
or using the QR Code:



Submit by Mail:

3057 Davenport Ave, Saginaw, MI 48602

Deadline:

Monday, May 12, 2025

## Contest

## Essay STARTERS

Use the prompts below to spark inspiration for your essay. You may choose one, combine multiple, or create your own unique approach to crafting your submission. Feel free to express your story in a way that feels most meaningful to you.

- 4 The moment I truly understood my mother's impact was when...
- 4 One of my most cherished memories of my mother is...
- 4 A lesson my mother taught me that continues to shape my life is ...
- 4 A mother's love has the power to...
- 4 Becoming a mother changed my life by...
- 4 Through the loss of a child, a mother learns...
- 4 An inspiring story of motherhood that others need to hear is...
- 4 Surrogate mothers—such as grandmothers, community mothers, foster mothers, and godmothers—make a lasting impact when...
- 4 If I could capture my mother's love in a poem, it would say...

FOR MORE INFORMATION

Call (989) 737-9286 or email [ewmtoday@aol.com](mailto:ewmtoday@aol.com)

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EVELYN  
MCGOVERN

# Maternal Health is Mental Health



This Mother's Day, let's remember that taking care of moms means more than flowers and cards—it means checking in on their mental and emotional well-being. From postpartum challenges to the quiet overwhelm of daily life, many mothers carry invisible loads. Prioritizing mental health isn't selfish—it's essential. When mothers are supported, families and communities thrive. Encourage the moms in your life (and yourself, if you are one) to seek rest, support, and space to just be. Let's normalize asking for help, taking breaks, and saying, "I matter, too."

**Because maternal health is mental health.**

## Resource Highlight

If you or someone you love is struggling, consider reaching out to Postpartum Support International (PSI), which offers free, confidential support for moms and families.



[www.postpartum.net](http://www.postpartum.net)

 Helpline:

1-800-944-4773 (4PPD)

### *Gentle Affirmations for Moms:*

- I am doing the best I can, and that is enough.
- My needs are valid. My rest is necessary.
- It's okay to ask for help—I don't have to do it all.
- I am not alone. Support is available to me.
- I deserve joy, care, and compassion, too.





**Evelyn McGovern**  
**President/Co-founder**

# President's Corner

As we welcome the month of May, we are reminded of two powerful celebrations—Mother's Day and Mental Health Awareness Month. At Women of Colors, we recognize the deep connection between the two. This is a time to honor the incredible strength of mothers, grandmothers, and caregivers in our community, while also acknowledging the importance of prioritizing their mental and emotional well-being. To every mother navigating the beautiful, complex journey of caregiving while still holding space for her own healing: we see you, we celebrate you, and we stand with you. Let this month serve as a gentle reminder that asking for support is a sign of strength, and that rest, joy, and community care are vital. As always, thank you for allowing us to walk alongside you in this work. Together, we continue building a healthier, more empowered future for all. Wishing you peace, love, and renewed strength,

## DID YOU KNOW?

*Just 20 minutes outside can lower stress hormones and boost mood—no workout required!  
A quick walk, some sunshine, or even sitting on the porch can make a real difference.*

## **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](mailto:stronger@faceaddictionnow.org)

## Get In Touch

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



[womenofcolors.org](http://womenofcolors.org)



1 (989) 270 - 1682



3057 Davenport  
Saginaw, MI 48602

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