



January Newsletter

Changing Lives, One Day, One Goal,
One Person at a Time



Welcoming in the New Year: Holding On and Letting Go

As we welcome in the new year we typically look forward to making resolutions and setting new intentions. Just as important as envisioning what 2023 could bring, however, is reflecting on what 2022 offered us. Below are different tips for welcoming in the new year while also embracing the lived experiences of 2022.

Hold on to ...

Lessons from 2022

Take stock of what challenges you faced in the past year. What did they teach you about yourself, your loved ones, or your community? Consider how what you've learned might help you in the future. Take time to reflect on which ideas, habits, and relationships held you back this year and which ones allowed you to grow.

A plan for achieving your goals

Taking time to plan for the year ahead is an excellent way to start the new year with a focused, clear mindset. Try breaking your goals down by quarter, month, or even by week; you'll be surprised how much a little planning can help you grow your business, plan your dream vacation, or finish that book you've always wanted to write.

Those that love and support you

Your loved ones likely accompanied you through most of your highs and lows of 2022. Make sure you show gratitude to those who showed you unconditional love and support throughout the year and make a plan to intentionally include them in your 2023.

Let go of ...

Thinking you're not ready

You will never be 100 percent ready for the opportunities that come your way. The best opportunities stretch us beyond our limits and invite new challenges and triumphs for our future.

Dwelling on the past and worrying about the future

If you want success, you can't stay stuck in the past or worry about what the future holds. All you can do is live for this moment. Try viewing the New Year as a time to rest rather than change. This can help you become more present for each moment of 2023.

Doubting yourself

Passionate, determined people do remarkable things. Never allow your self-doubt to get in the way of what you want to accomplish. We must be willing to let go of our negative self-talk and worry in order to make steps toward the new life that is waiting for us.

Your Voice Your Choice

This is an event you don't want to miss! Join Women of Colors for the annual 'Your Voice Your Choice' Youth Event in which renowned motivational speakers use their lived experiences to motivate and inspire local youth to make positive and impactful decisions for their futures.

WOMEN OF COLORS & "YOUR VOICE YOUR CHOICE" presents

**JAN
28
2023**

YOUTH EXPLOSION

FREE EVENT
FOR AGES
12 & UP
GIVEAWAYS
& MORE!

**DR. TRELL
"DONK" WEBB**
REAL LIFE SPEAKER

11AM - 2PM

**SUCCESS
ACADEMY**
(1000 TUSCOLA ST,
SAGINAW, MI)

**NOUVEAU
NEW BEGINNINGS
07**

**ADULT
WORKSHOP**



Motivational
Speaker/Entrepreneur
**ANTONIO
JACKSON (A.J.)**



Youth Entrepreneurs
**THE 3 AMIGOS &
LITTLE WOMEN
AT WORK**



Sounds
Provided By:
**DJ
WOO BEATS**



YCRA Mortgage Loan
Originator
**PAMELIA
BRAZIL**

WOC Staff: Highlights from 2022

"With consistent programming at Tri-Cap, Juvenile services, CAN Council, and several Saginaw County schools, the WOC Prevention Team used 2022 to expand our reach in the community."

"The Racial Disparities in Behavioral Healthcare Grant helped WOC reach struggling community members by allowing their voices to be heard. The grant allowed WOC to uncover why people often don't seek out behavioral health services. Thanks to our work in 2022, Saginaw community members are now more aware of the barriers that African Americans often face when seeking behavioral health services."

"WOC stayed true to our mission for the entire year of 2022. We served the community, promoted diversity, and refused to compromise on issues related to equity and community togetherness."

"In 2022, WOC was able to warm the hearts of over 525 children with free, warm, quality coats."

"Our community forums were amazing! Each session informed community members on topics such as: Human Trafficking, Domestic Violence, Alopecia, Mental Health Among Veterans, and more!"

"The Prevention Team is strong, dedicated, and well trained. Thanks to our hard work in 2022, our team is presenting prevention education in the community unlike ever before!"



WOMEN OF COLORS TV NETWORK

Do you have content for Amazon Prime TV, Apple TV, or Roku? WOC can spotlight your business, your book, your school, or your event!

Download Our Free App

1. Go to the App Store
2. Type "Women of Colors"
3. Download free and stream the WOC Network!



Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

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. 6:30 - 8 PM
1000 Tuscola St Saginaw, MI 48607

President's Corner

Happy New Year! It's time to reflect on what makes you happy this year. Your mental health is just as important as your physical well-being and it also influences how you handle stress, connect with others, and make decisions. Focusing on yourself and your family's mental well-being could help you all live and feel better in the upcoming year.



Evelyn McGovern
WOC Cofounder/President

