



August Newsletter

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



Helping Your Child with Back-To-School Anxiety

Do Empathize

Even if what they are afraid of seems silly to you, it's important to show your child that you understand. Although they may not truly have anything to be fearful of, the emotions they are feeling are very real.

Do Allow For Expression, Even If They Can't Explain Their Worries

If your child has trouble talking about why they are nervous, there are other ways to start the conversation. Ask them to draw a picture or act out what they are afraid of with a doll, puppet, or stuffed animal.

Do Get Moving

Physical activity can be calming during times of high stress. Running, doing cartwheels, or playing a game involving gross motor movements can help distract them from their worry or fear.

Don't Get Impatient

Not knowing how to help can be hard and frustrating for parents, but don't let those emotions show. Your child can sense how you're feeling. Revealing your emotions could make your child feel like they've upset you, increase their nervousness, and make communicating more difficult. Try to set an example of how to react calmly to help your child feel calmer, as well.

Do Talk It Out

Having the opportunity to express what you're feeling is important, especially for children. Give them some one-on-one time and listen without judging or discounting their anxiety. The best time to talk it out is when they are feeling calm because they are able to listen to you more easily.

Don't Wait Until They Are 100% Anxiety Free to Reward Their Behavior

Encourage and praise small accomplishments. Being brave while facing things they are afraid of or are feeling nervous about is something to celebrate!

These suggestions were originally published on www.pathways.org

Mental Health Resources

Local Saginaw Crisis Intervention

<https://www.bwellsaginaw.org/mental-health-substance-use>

Michigan Government Mental Health

<https://www.michigan.gov/mental-health-resources>

BCBSM Behavioral Health

<https://www.bcbsm.com/behavioral-mental-health>

Better Health Therapist Matching

<https://www.betterhealth.com/get-started>

Gospel Fest Welcomes You!



August 5th, 2023 | 12PM-6PM

Vendors Available

Fun & Entertainment for All Ages!

Call (989) 737-8179 for further information

Member Spotlight

Patricia Fairris is a retired Saginaw Public School teacher with a Bachelor's and two Master's degrees from the University of Michigan and Saginaw Valley State University. She is currently an Independent Jewelry consultant of 12 years. Patricia is a member of the Saginaw Branch NAACP and recently received several certifications in Life Coaching. She is a volunteer at Saginaw East Side Soup Kitchen. Patricia is a member of New Life Ministries, Dr. Pastor Craig Tatum where she sings in the choir and chairs Member Month. Her favorite scripture is Philippians 4:13, "I can do all things through Christ who gives me strength."



Patricia Fairris
WOC Member



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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

Success is a process and children will make mistakes attending school this year. To name a few, students should get enough sleep, stay organized, study often, and take good notes to be successful in school. Often times students may not feel motivated or inspired at times, but know that countless people have been successful with the same characteristics and they persevere. Wishing all our students a safe and successful school year.



Evelyn McGovern
Cofounder/President

