

# WOC

## September Newsletter

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



## Help Us Celebrate National Recovery Month!

Every September, the nation comes together to recognize **National Recovery Month**, a time to bring awareness to the importance and impact of recovery. More than just an annual observance, National Recovery Month represents a powerful opportunity for change through collaboration.

It's a chance to raise our voices for those most in need, support recovery efforts nationwide and honor the incredible gains made by so many. Equally important, it's an opportunity to unite through a shared commitment to change how substance use challenges are viewed and treated.

This year's theme - "Every Person, Every Family, Every Community" - emphasizes that recovery is possible for everyone. Treatment can save a life and can help people with substance use disorders recover from addiction's powerful effects on their brain and behavior. Treatment and recovery make it possible for individuals, families, and communities to heal and thrive.

*Centers for Disease Control and Prevention*

# Mental Health Resources

Solutions Behavioral Health

<http://www.1016.org>

Great Lake Bay Health Centers

<https://greatlakesbayhealthcenters.org>

Great Lakes Psychological Services

<https://www.glpsych.com>

Saginaw County Community Mental Health Authority

<https://www.sccmha.org/>

HealthSource Saginaw

<https://www.healthsourcesaginaw.org/behavioral-medicine-center/>

Reenvision You Counseling

<https://www.peer360recovery.org>

Available 24/7, the *Michigan Addiction Hotline* is free and anonymous for any resident to receive assistance with addiction. Call **866-210-1303** anytime to be connected with a specialist who will listen and help in any way possible.

It's the most wonderful time of the year!!

**WINTER COAT GIVEAWAY** **HATS, GLOVES & MORE** **WOC**  
WOMEN OF COLORS

**WARM A CHILD FOR WINTER**  
*Drive-thru Coat Giveaway*

**Saturday, November 11, 2023**  
**9:00am - 12:00pm**  
**1000 Tuscola St.**  
**Saginaw, MI**

This is a drive-thru pick up (only) event.  
The registration form must be provided  
the day of the event and the child must  
be present (in vehicle) to receive a coat.

For more information contact Women of Colors  
at 989-399-8775 EXT. 5 or ewmtoday@aol.com.

In preparation for our annual Warm A Child for Winter coat giveaway, Women of Colors is now accepting donations in the form of new and gently used children's coats, as well as monetary gifts. For item drop-offs or payment methods, [please call \(989\) 399-8775 ext. 5](tel:9893998775) The WOC team appreciates your continued support!

# Member Spotlight

For September, Women of Colors would like to shine a light on all of our community members who are on their daily journey towards recovery.

Remember that recovery is about progression, not perfection. Women of Colors sees you. We hear you, we are supporting you and we believe you are worthy of all the celebration!

***Happy National Recovery Month!!***



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

Since September is recovery awareness month, I wanted to bring attention to how important Recovery Coaches are in all communities. Women of Colors has partnered with PEER 360 Recovery Alliance, TEN 16, and Mid-State Health Network to increase our knowledge regarding helping individuals throughout their journey in recovery. On behalf of WOC, we want to thank all Recovery Coaches who are dedicated to strengthening and providing the support necessary to those in recovery.

Recovery Coaches provide a safe place to build trusting relationships and overcome barriers to help people develop unique, obtainable goals for a brighter future. They also bridge the systemic gaps between treatment and resources. With the increasing ability to reach out and help those in need, we must remember the importance of not giving up on those struggling on their journey to recovery.



**Evelyn McGovern**  
Cofounder/President