

The background of the page is filled with numerous thin, parallel pink lines that run diagonally from the top-left corner towards the bottom-right corner. A large, white circle with a thin black outline is centered in the upper half of the page, containing the title text.

Here for the Girls
Annual Report
2019



“when women support each other, incredible things happen”

Loving Support

"Breast cancer SUCKS! But you know what doesn't suck? Meeting other women who have also heard the dreaded words 'you have breast cancer.' They GET IT. None of us would have chosen this path. But every single Boober! (a member of H4TG) I know is thankful for her pink sisters who come alongside her during diagnosis, treatment, and beyond." (Christy, Diagnosed at 43)



A Letter From The Executive Director
A Thank You From Our Hearts
The Essence Of Here For The Girls
Building A Stronger Community
The Experience of Our Team
2019 Recap
Statistics



Dear Friends of H4TG,

Here for the Girls, Inc. (H4TG) is a not-for-profit improving the lives of young women (diagnosed before age 51) affected by breast cancer through social, emotional support. Studies show that social support plays a key role in a person's overall mental and physical health. Our unique brand of non-clinical, peer-based support improves quality of life of the young women we serve by helping them move away from fear and uncertainty towards feeling confident, energized, and hopeful while helping them deal with the realities of the disease.

Loving Support

Loving support is provided for our members from diagnosis, through treatment, and beyond so no young woman has to make this journey without all the love, encouragement, and knowledge she needs from peers who understand. We nurture a positive outlook and attitude, one that encourages living life with an exclamation point (!) instead of a period.

Our members receive support through a variety of programs and services that facilitate emotional healing including annual wellness weekends, an annual calendar that includes a breast health guide, educational sessions with partnering physicians, program activities and communications, along with in-person and online virtual support. All these offerings are available at no cost to young women with breast cancer.

Individualized Breast Cancer Journey

Breast cancer has a significantly greater impact on quality of life for young women, so it is critical to best identify how a breast cancer survivor transitions through the healing process following a breast cancer diagnosis. Understanding this transition helps to guide the organization and its facilitators in providing appropriate support that is tailored to the needs of individual women.

Providing our support service programs to a woman throughout this transition helps the woman use her life-altering diagnosis to be strengthened by her diagnosis, not diminished by it.

Building Community & Awareness

Our work with the community creates a broader support system for our members while providing a platform to increase awareness about breast cancer. Through our support services, H4TG strengthens individuals, families, and, ultimately, communities.

Sustainability & Impact

H4TG dedicates 80% of every dollar directly to our mission. We are focused on maintaining financial sustainability and achieving growth that is scalable, supportable, and financially responsible to serve a larger population of women impacted. Donor dollars are maximized to expand and enhance our support services for young breast cancer survivors in a manner that 1) meets the diverse needs of our members relative to where they are on their cancer journey 2) adapts our services to respond to significant developments in the breast cancer field and 3) incorporates changes in other industries, such as technology, to better meet the needs of our young population. We align ourselves with community partners who understand the impact of their corporate philanthropic support. Here for the Girls draws and aims to balance funding from individual donors, various events, and grant funds. We do not receive federal funding to support our mission and do not outsource any services; all are done internally.

I invite you to flip through the pages of our inaugural annual report to learn about the value that H4TG brings to young women, our 2019 milestones and, most importantly, the women who benefit. You will also learn more about our amazing staff and volunteers who enable us to continue to provide support services to young breast cancer survivors.

As I pen this in 2020, I must acknowledge the severity of the year for us all. I look forward to sharing our 2020 annual report and how we were able to readjust, reorganize and reimagine the way we provided our services during COVID-19. Breast cancer did not stop during the pandemic, and neither did we!

Safe + Healthy Wishes,



Chris Schwab



It is the gentleness and strength of our women, the tenacity and passion of our team, the continued support of the community, and the love from my family that inspires me to be Here for the Girls!

- Chris Schwab

6 // A THANK YOU FROM OUR HEARTS //



In July of 2019, our Co-Founder and Executive Director, Mary Beth Gibson retired from her role as Executive Director and moved to a Board position. The Here for the Girls (H4TG) Family expresses deep gratitude to Mary Beth for her outstanding leadership and commitment in building and growing this organization to what it is today.

In 2007, Mary Beth, along with her Co-Founder, Rene Bowditch, started this organization to meet a need for support for young survivors, like themselves. They called it Beyond Boobs! – a sassy name that captured the hearts of many supporters and breast cancer survivors.

Under Mary Beth's guidance, the organization expanded its support to include virtual as well as in-person, developed a culture that treasures LOVE above all, and spread the organization's message across many communities. In 2016, the organization took on the new name of H4TG, to include both Beyond Boobs!, the in-person support, and Pink Link, the virtual support. The organization grew from one support system in Williamsburg, Virginia to 11 in three states.

Mary Beth developed the business model of support through a peer-based approach as well as the infrastructure to train and develop the facilitators delivering these services. She created the annual signature piece of the organization, A Calendar To Live By. This inspiring calendar features the breast cancer journeys of 12 women who represent all our members, their challenges, and most significantly their resilience in facing breast cancer. The calendar includes a health guide that for 13 years has been the cornerstone in offering impactful information about breast health and healthy living for survivors, health care partners, and the community.

Mary Beth's work started with a passion for making positive change in the lives of young women affected by breast cancer. Over the last twelve years, Mary Beth's innovative ideas, forward thinking, and tireless efforts to educate the community on the unique needs of young women with this disease, have improved the organization's ability to achieve its mission. We recognize and commend Mary Beth for building a solid foundation that is poised to grow into the future.

Mary Beth developed and cemented the confidence of our donors and partners by building relationships that have expanded and sustained the organization throughout her tenure. The relationships she fostered created a strong foundation of supporters to build upon.

As Here for the Girls' co-founder and first executive director, she has devoted her energy, wisdom, and creativity, seasoned with humor, these many years to show her great love for the community of young survivors she served while instilling the Hope, Inspiration, and Power that is so needed by them at this watershed in their young lives. We are forever grateful.

Please join us in wishing Mary Beth a future filled with new adventures, happiness and peace, and of course memorable moments of life lived with an exclamation point and never a period!



"Through Here for the Girls, I had a wonderful opportunity to attend the Renew Restore Retreat. It was very mind blowing - I got a chance to be surrounded by 80+ women who were just like me! It was very healthy, inspirational, and supportive. We got a chance to connect, support and love on one another. There were lots of friendships made, and laughter. I got a chance to let my hair down and just be me! When it was time to leave, I didn't want to go. I left the retreat with a new outlook on life. I am blessed and I'm living life with an exclamation point!" (Angela, diagnosed at 42)



Listening to Dr. Espino at the Retreat



Honoring Those We Have Lost

Loving Support

Support Embracing All Women

The Here for the Girls team strives to make a difference in the lives of our members. Our organization is built on a foundation of LOVE and a passion that drives our dedication to excellence and meeting the unique needs of those we serve.

Beyond our in-person and virtual support programs, we embrace our young women and welcome them into the H4TG family. As in any family, sometimes our members need a phone call, an in-person hug outside a scheduled meeting, a visit, or extra information to help with day-to-day life. Together, our family mourns lost "sisters" and celebrates successes; we spread love and grow. Whatever support we can offer, we will, if it's within our power. Because that's what families do.

Improving the lives of women affected by breast cancer through:

- Monthly in-person support groups led by trained facilitators
- Online resources and support (Pink Link and Facebook)
- Annual Wellness Weekend - Renew Restore Retreat
- Ongoing HIP Chick events (social activities to encourage living life with an exclamation point)
- Keeping those we have lost In Our Hearts

8 // THE ESSENCE OF HERE FOR THE GIRLS //

Monthly Support Groups - In-person support groups, under the oversight of highly qualified and trained peer-facilitators, providing peer-based social and emotional support that improves the well-being of our members.

Online Resources and Support (Pink Link and Facebook) - Online, member-only connections to information, shared experiences, and encouragement from others who understand because they've been there.

Annual Wellness Weekend - A wellness weekend improving emotional well-being through intimate and extended times of peer support in a safe, relaxing environment, meaningful sessions led by experts, and participation in fun or restorative activities.

In 2019, the Renew Restore Retreat welcomed 87 members from 6 different states with more than half of the attendees coming for the very first time and 11 having metastatic breast cancer. The increase in the number of states represented is indicative of the success of our virtual support. The theme of the weekend was Be-you-tiful YOU and emphasized positive transformation.

H.I.P. Chick Events - Social activities designed to encourage our members to live life with an exclamation point and not a period!

In Our Hearts - In 2019, we began formally recognizing our members whose lives have been cut short by breast cancer. With the sentiment, "You may be gone from my sight, but you are never gone from my heart," the deceased are memorialized on our website and in a blown-glass tribute. We love all the women we serve and are privileged to remember them when they pass, during our **In Our Hearts** life celebration program. [Click here](#) to read about the program.

Renew Restore Retreat Message

Coco Chanel once said, "beauty begins the moment you decide to be yourself."

As you open your self-care box and unpack the contents, we want to remind you of the Be-YOU-tiful {one and only} YOU!

Know that you are beautiful, you are fierce, you are loved, and you are supported. Together this weekend, let's celebrate everything that makes you truly original.

Just like a butterfly, you are on the path of change. When they emerge from their cocoons, butterflies wait while their wings prepare themselves for flight and their next life phase. They rest for their metamorphosis to be complete.

Just as a butterfly flutters with a renewed sense of exhilaration, our wish for you this weekend, is that you experience the same renewal and exhilaration.



BE
You
tiful
YOU!

Individualized Breast Cancer Journey

Tailored Support To Meet All Needs

Research shows that young women diagnosed with breast cancer face unique challenges compared to older women: they experience higher rates of depression and anxiety and lower quality of life; they often have young children and worry about the impact their diagnosis can have on their family; they face long-term treatment-related health problems that can include infertility, bone density loss, neuropathy, neurological damage, heart damage and more; their careers can be disrupted and their financial security upended; and they often experience intimacy and self-esteem problems that arise from treatment and the changes to their bodies.

Here for the Girls created a much-needed support system for these young women, giving them access to support from peers who understand what they're going through. The organization understands the importance of identifying tailored support for tailored needs.

In doing so, we are building upon the idea that a breast cancer journey is unique to each individual, so it is important to design programs that address individualized experiences.

Offerings include:

- Social Work Support Team
- Transitional Phases of Support Model
- Facilitator Training Program
- Annual metastatic retreat
- Topic-specific education sessions



Sharing Sisterhood at the Metastatic Retreat

Social Work Support Team - To help ensure we're offering the best services we can, in 2019, we added a professionally led Social Work Support Team to our H4TG family!

We enhanced our staff by adding a licensed clinical social worker (LCSW). Her role is to work closely with the H4TG program team to: 1) provide subject matter expertise for both the staff and trained facilitator team in navigating through challenges they face tied to the young women we serve and 2) work in tandem with the program team in developing initiatives resulting in improved program excellence.

Part of this team are Master's level social work interns who work closely with our LCSW to assist in providing our members social-emotional support, helping with group dynamics, and developing tools for the facilitators to identify members' needs.

Transitional Phases of Support Model - A model built around a four phased approach based on the survivor's medical and emotional growth. Each phase helps to guide the organization and its facilitators in providing appropriate support that is tailored to the needs of individual woman.

In 2019, through the efforts of the Social Work Support Team, we built the framework for the model and its four phases. The end results enable H4TG to move a newly diagnosed women from fear and uncertainty to confidence and hope. This model exists to better identify how a client transitions through the healing process (mind, body, and spirit) following a breast cancer diagnosis. Once the model is completed and a thorough training program developed, it will be used by our facilitators to better support our members.

Facilitator Training Program - Onboarding training, a comprehensive annual training weekend, and ongoing sessions dedicated to strengthening our facilitators' skills, fostering mutual support, and enhancing their role as Leaders of Love and ambassadors of H4TG. We welcomed six new facilitators in 2019.

Annual Metastatic Retreat - In June 2019, we held the inaugural Metastatic Retreat designed for our members with stage IV, incurable breast cancer to address the unique challenges they face. This first retreat, **You're in Charge**, offered our women the strength of, and time to bond with, women sharing the same diagnosis, along with end-of-life planning guidance from subject matter experts. It emphasized taking charge of planning your future now, so you can focus on living today.

Topic-Specific Sessions (Love + Learn or Tea + Talk) designed to focus on breast cancer related issues, such as reconstruction or women's health. Sessions are presented by our partners in the local medical community or subject matter experts in a particular field.

"I am so full from this retreat. I was hesitant about attending because I didn't want it to be sad and depressing. I was assured that it wouldn't be. Guess what ladies? It was none of that. Sure, we cried but we also laughed. We built a fortress among ourselves and agreed to be there for one another. Wait let me clarify. We are all here for those that didn't attend also. For those that weren't ready to be a part of this retreat, I hope that you are ready when the next one comes around. I drew tons and tons of strength from you all and I am so thankful to have shared these days with you. Can't wait for the next meet up! Love you all to pieces - broken and put back together! Virtual hugs."

Sharon (**You're in Charge** retreat attendee)



Hanging with the "Leaders of Love" - our Facilitators
and Staff

*Click in the heart to hear how
our facilitators provide "loving support!"
From the words of Vanessa Spurlock
(Richmond Facilitator)*



Creating Community + Awareness

A Difference That Impacts

We value the feeling of a community that comes from a connection with people who understand the importance of cultivating relationships that build upon trust, belonging, and caring for each other. It also creates an opportunity to increase awareness about breast cancer – early detection, managing risk, self-care, how to support someone who has been diagnosed, and much more.

Through our connections with people, relationships we build, and sharing our mission, H4TG strengthens individuals, families, and, ultimately, communities.

We foster a spirit of community by aligning H4TG values in partnership with sponsors through the...

- Annual "Breast" Ball Charity Golf Tournament
- Annual Pink Carpet Gala - Featuring the launch of A Calendar to Live By
- Annual "Run for the Hills" 5K/10K
- Annual A Calendar To Live By with A Guide to Caring For Yourself
- Go Beyond Pink Events + In The News

Golf Tournament

"Breast" Ball Charity Golf

Our annual "Breast" Ball Golf Tournament at Ford's Colony Country Club is one of three primary fundraising events at Here for the Girls and is a great opportunity for regional businesses to work side-by-side to support a good cause. We're honored to have Hudgins Contracting Corp. as our presenting sponsor each year. This event is a fun day of golf, course contest, prizes, raffles, food, friends, and fun! But it's also a chance for attendees to learn more about the Here for the Girls' mission and the women we serve.



Gala

"Pink Carpet" Gala

The annual Pink Carpet Gala is a special event to celebrate the unveiling of A Calendar to *Live* By and to introduce our new calendar models to the community, as well as an opportunity to celebrate and raise funds for the organization's mission. The gala attracts approximately 600 attendees each year from across the region. Here for the Girls welcomes the public to come enjoy a delicious 3-course dinner, beer and wine, dancing, raffle, auction, a complimentary calendar, and more.



10K/5K

"Run for the Hills" Charity Run

Every October, Here for the Girls invites the public to join 550+ participants, volunteers, and community business members who value health and fitness at its annual Run for the Hills 5K/10K and Fall Fest. Races include a 10K, 5K, and 1-Mile Fun Run. This event, which takes place during Breast Cancer Awareness Month, draws diverse groups together for a morning of fun – supporters of breast cancer survivors, survivors themselves, companies, health care practitioners, and those who just love to run or walk.





A Calendar to Live By "A Guide to Caring For Yourself"

A Calendar to Live By is an annual calendar that features breast cancer survivor stories and "A Guide to Caring For Yourself." Within the pages are guidance on breast and general health, tips for helping a loved one through breast cancer, advice for the newly diagnosed, and self-care strategies that will benefit anyone who reads it.

The calendars are shared with new members, distributed to members of the community at large at various events and health fairs - giving all women knowledge about breast health and information about reducing breast cancer risk - and are an important element in our fundraising.

In fact, each year, over 8000 copies are donated to newly diagnosed women, medical facilities, free clinics and community groups.

Friendship is born at the moment when One person says to another. 'What? You too? I thought I was the only one.'

-C.S. Lewis

Go Beyond Pink + In The News

You can get involved too! You can be Here for the Girls by doing your own fundraising activity or event at work or school, so no young woman has to go through this without the help of peers who understand. There are easy and fun ideas: dress down or dress pink day, percentage of sales, donation jar, raffle off a prize, or hold an event like a zumbathon or fundraising party. And we can help!

Spreading the Mission in the Community

- Journey to Wellness Expo
- Newport News Health Expo
- Williamsburg Relay for Life
- South Hill Relay for Life
- College Station Health + Safety Expo
- Florida Myriad Tea + Talk



And at Events

- Garvey Soccer Tournament
- Sandler Center (Eat | Drink | Be Inspired)
- PWN Uncorked for the Girls
- Williamsburg Craft Beer Festival
- Paddle on of Williamsburg
- Colonial Eye Care Outreach
- Women's Day at the YMCA
- TPMG Treadmill-A-thon
- Williamsburg Christmas Parade

And in The News

- WY Daily Press Releases
- Channel 13 Interview
- Coastal Connections Show
- October Daily Press Insert
- Distinction Magazine



Sustainability + Impact

Ensuring A Strong Foundation for the Future

Ensuring we have a strong foundation for our members means having a strong foundation for our organization. Together, the H4TG Team continues to build this through forward thinking, collaboration, and purpose in carrying out and advancing our mission. The team consists of:

- Board of Directors
- Staff
- Volunteers
- Health Care Community
- Community Donors/Contributors



H4TG Board of Directors

The H4TG Board consists of 11 directors with a diverse set of backgrounds that include: our Co-Founders, health partners, financial, physicians, and media. All serve to enhance the program services tied to the mission of the organization.

Robin Wyatt - President
General Services Officer
Colonial Behavioral Health

Mary Beth Gibson
Co-founder
Here for the Girls, Inc.

Kandace P. McGuire, MD
Chief of Breast Surgery
VCU/Massey Cancer Center

Deirdra (Dee) Sanchez
H4TG Facilitator
Member Representative

Linda S. McKee - Vice President
Service Line Administrator
Riverside Oncology Services
Riverside Health System

Thomas A. Smith, Jr., CPA P.C. - Treasurer
Owner
Masters Accounting and Tax Services, Inc.

Ashley Smith
News Anchor/Reporter
13News Now (WVEC, CH 13)

Dennis Szurkus Jr., MD, MBA
Vice President, Medical Affairs
Sentara Williamsburg Regional Medical Ctr.

Rene' Bowditch - Secretary
Co-founder
Here for the Girls, Inc.

Don Styer
Director, Business Analytics
Whitney, Bradley & Brown (WBB)

Michael A. Franks
Vice President-Commercial Loan Officer
TowneBank



H4TG Staff

Small, but mighty! The staff consists of 6 FT, 3 PT employees, and our Co-Founder who has volunteered part time since the beginning of the organization. In 2019, H4TG enhanced the team by adding a Licensed Clinical Social Worker. It should be noted that the organization navigated through a leadership transition, when Mary Beth Gibson, Co-Founder and first Executive Director, moved from a staff to board position. Chris Schwab, former Managing Director, stepped into the role of Executive Director in July.

Rene Bowditch (Co-Founder)
Board of Directors (2007 - Present)

Victoria Riley
Director, Program + Operations

Celia Styer
Operations Mgr.

Lisa Marshall
Outreach Coordinator

Mary Beth Gibson (Co-Founder)
Executive Director (2007-2019)
Board of Directors (July 2019 - Present)

Vicki Vawter
Outreach + Community Engagement Mgr.

Desiree Parker
Communications Mgr.

Karen Wilson (NEW! Aug. 2019)
Fundraising + Marketing Mgr.

Chris Schwab
Managing Director (2010 - 2019)
Executive Director (July 2019 - Present)

Amanda Capozzi
Events + Development Mgr.

Amber Quillin
Office Coordinator

Melissa Weaver (NEW! Sept. 2019)
License Clinical Social Worker



Volunteers

Our volunteers come from our community, colleges, schools, and local businesses in the areas we serve. Some are young breast cancer survivors who volunteer to help each other get through this “journey” of cancer, and others are women and young people who have never had cancer. We are continually humbled by the generosity of the many individuals and businesses that give of their time, talent and treasure to help us fulfill our mission.

- Board of Directors
- Subject Matter Experts
- Master’s Level Interns
- Peer Facilitators | Boober! Buddies! | Calendar Girls
- Tuesday Tag Team (T3s)
- Event Volunteers



Health Partners

As an organization, it is important for us to partner with our medical community. We respect the work of the doctors, nurses, and professional teams and many times turn to them for help in providing perspective in the area of breast cancer care. It is our continued goal to partner with our medical community in ways that benefit our women.

- Riverside Health System
- VCU Massey
- Virginia Oncology Associates
- Sentara
- Southside Regional

Total Members

As of 2019, Here for the Girls has supported a total of 1200 members. This is up 20% from 2018.



Member Story

"I was exhausted; mentally & physically. Struggling to stay positive and to look at the cup half full rather than half empty these last few months. I've been struggling with accepting help and I'm pushing to change this!! I'm determined things will get better!"

May 2018, I found the lump in my right breast during my shower, June 2018 officially diagnosed with stage 2 breast cancer, July 2018 had both breasts removed, August 2018-January 2019 Chemo (AC&Taxol), February 2019-present receiving Radiation (11 of 33 rounds complete).

I was out of work July 2018-January 2019 and when I returned, it felt like I was a new hire rather than a 25-year veteran. To this day, it concerns me that my job will let me go because my memory is not as sharp anymore and I'm now leaving work daily for radiation."

She, like many of our members, needs our loving support. We are not here to serve the masses but rather make a true difference in the lives of the members we do serve.

Total Members

In 2019, we provided individual support for 500 members. This is up 25% from 2018.

Total in-person active members increased 18% and 27% virtually from 2018.



Member Testimonial

"The ladies I have met in this group have filled my heart with so much love. With any of these ladies, I know, even if I don't see them all the time, that whenever we get together, they are my 'Sisters of Love.' I know they are there to give whatever I need and I don't know how anyone who does not have this support and love can get thru what cancer brings you.... Thank you to all of the Here for the Girls Leaders, supporters, volunteers and SURVIVORS for coming into my life."



2019 Quarter 2

- Launched the Chesapeake Support System.
- Hosted the Annual Renew Restore Retreat
- Hosted the First Metastatic Retreat
- Awarded Huntington Ingalls Industries Grant for 25K
- Hosted the Annual Golf Tournament

2019 Quarter 4

- Launched the NEW [In Our Hearts](#) Bereavement Program
- Introduced the Transitional Phases of Support Model (TPSM)
- Hosted the Annual Run For the Hills.
- Hosted the Annual Appeal

2019 Quarter 1

- Launched Educational Events that provide info in a compassionate and safe setting for our members
- Hosted Annual Facilitator Professional Development Weekend
- Secured Presenting Sponsors for All Events
- Welcomed 3 New Board Directors

2019 Quarter 3

- Launched the NEW Social Work Support Team
- Launched the 2020 A Calendar to Live By with Health Guide Insert
- Awarded the COX Charities Grant for 5K
- Hosted the Annual Pink Carpet Gala
- Leadership Change - As of July 1, Chris Schwab now the Executive Director
- Hosted the First Founders Day Celebration

Revenue

44%

Events

31%

Campaigns

21%

Donations

3%

Grants

1%

Other

Expenses

\$478,488 devoted to
Program Services

\$67,141 devoted to
Fundraising Costs

\$51,047 devoted to
Administrative Costs

Here for the Girls, Inc. dedicates 80% of every dollar directly to our mission. We are focused on maintaining financial sustainability and achieving growth that is scalable, supportable, and financially responsible to serve a larger population of women impacted. Donor dollars are maximized to expand and enhance support services for young breast cancer survivors in a manner that 1) meets the diverse needs of our members relative to where they are on their cancer journey 2) adapts and responds to significant developments in the breast cancer field and 3) incorporates changes in other industries, such as technology, to better meet the needs of our young members.

Here for the Girls aims to balance funding from individual donors, various events, and grant funds. We do not receive federal funding to support our mission and do not outsource any services; all are done internally.

Go Beyond Pink

Events that are either solely run by another business/group or a collaborated effort with H4TG. Increased events are associated with the calendar girls and their connection with the community.

The benefits of GBP events are:
1) extend the reach of our mission and is a referral source
2) lower impact on the core staff as it relates to events
3) expand the ambassador program
4) increase potential for larger support tied to our signature events

Increased total GBP revenue in 2019 by 12.5%

"Breast" Ball Golf Tournament	Pink Carpet Gala	Run for the Hills 10K/5K
Net \$79,300	Net \$77,300	Net \$46,750

Volunteer Hours

Volunteers contributed over 13,000 hours of their time, expertise, talents, and LOVE!

25 Facilitators dedicated 3000 volunteer hours

Our Elephant Fascination

In the wild, when an elephant is sick or injured other elephants have been known to come alongside her and lean in to hold her up until she recovers or dies.

"we rise by lifting others"

The young women of Here for the Girls are each other's elephants. They understand like no one else can. They share hope, knowledge, and what questions to ask. They go to medical appointments and treatments together.

They lean in to hold each other up, whether in-person or online, and create a sisterhood based on the friendships formed when they discover, as C.S. Lewis said, "What, you too? I thought I was the only one!"

BREAST CANCER IS SCARY. You may feel alone, even with supportive family and friends. Here for the Girls is here for you! This can be a tough journey, but it's easier together. We provide a network of young women who share laughter and wipe tears, who show their scars and calm fears. They help each other face their diagnoses and learn to live life with an exclamation point (!) instead of a period.



501(c)(3) not-for-profit women's health organization

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