



The Difference Your Investment Makes!

MONTHLY IN-PERSON + VIRTUAL SUPPORT - Support systems where our members receive peer-based social and emotional support that improves the social and emotional well-being of our young women (diagnosed under the age of 51) with the oversight of highly qualified and trained facilitators.

MONTHLY SOCIAL WORK LED VIRTUAL SUPPORT - Support forums for those with a metastatic diagnosis, those newly diagnosed, and those facing long-term survivorship needs, led by our LCSW, that complement the peer-led support and offer more of an in-depth understanding of their specific breast cancer journey.

ANNUAL SURVIVOR RETREAT - A wellness weekend for survivors with the objective of improving quality of life and emotional well-being. This occurs 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. This weekend also helps promote healthy lifestyle habits that can reduce recurrence risks.

MEMBER ONLY HUB - A centralized hub that offers diverse features and functionality for all members, a proprietary place for member-driven content, and an interactive site that allows the member to be actively engaged. enhanced delivery of online support, tailored breast cancer resources, partner referrals, and connections to other members in our private portal. It has an improved forum to help members connect from anywhere and at any time to discuss specific topics related to a breast cancer diagnosis.

ANNUAL METASTATIC RETREAT - A hybrid, live and virtual, event exclusively designed for women with stage 4, incurable breast cancer. This event is impactful as it offers our women the strength of, and time to bond with, women sharing the same diagnosis, with end-of-life planning guidance from subject matter experts. The retreat helps them take charge NOW so they can focus on living today!

SOCIAL WORK SUPPORT TEAM - Our Licensed Clinical Social Worker (LCSW) provides the necessary training and ongoing support to peer facilitators, leads two forums a year specifically designed to meet the needs of members with metastatic breast cancer, provides grief and trauma services to the organization and member base through regularly scheduled workshops, and provides the required supervision that enables us to bring on VCU Master Level Social Work Interns to help with the metastatic program.

FACILITATOR TRAINING - On boarding training, a comprehensive annual training weekend, and ongoing sessions dedicated to strengthening our facilitators' skills, fostering mutual support, and enhancing their role as leaders and ambassadors of H4TG.

A CALENDAR TO LIVE BY - An annual publication that features the stories of 12 breast cancer survivors who represent the diverse journeys of all young breast cancer survivors. The stories demonstrate the resilience, optimism, and hope of our members as they emerge into a new life after a breast cancer diagnosis. Most significant to the calendar is the detachable A Guide to Caring for Yourself ("Guide"), which is a collaboration between Here for the Girls and some of our medical partners to provide breast health information. The Guide offers important health information on breast cancer, managing risk, early detection, healthy lifestyle choices, new technologies in treatment, and other related topics.

SUPPORT THROUGH EDUCATION - Topic specific sessions 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.

Based on the 2019 Form 990, 80% of every dollar contributed went directly to our mission of supporting young women diagnosed with breast cancer under age 51. The remainder was allocated toward fundraising and administrative expenses.

MISSION: Improving the lives of young women affected by breast cancer