



Here for the Girls, Inc.

2020 Annual Report

Hello from the Executive Director

Here for the Girls offers what is important to our members – a shared experience, unconditional acceptance, inclusive relationships, and knowledge that provides a sense of empowerment. We entered 2020 with a sense of enthusiasm for the goals set for the year and determination to continually improve our program services. And in the blink of an eye, like everything around us, life changed. Our mantra became “re-imagine” and we quickly joined the rest of the world in a constant state of pivoting.

The story that emerged from all of this was how the H4TG family came together with an inspired motivation, a willingness to go the extra mile and work through anything to make sure that our members knew they were loved and supported during COVID – breast cancer did not stop during the pandemic and neither did WE.

Coupled with the challenges of the pandemic was the death of George Floyd and the need for the world to understand, accept, and make needed change. At H4TG, we stand by the belief of mutual respect and acceptance of differences without biases of any kind and human rights for all. But we too needed to be a part of impactful change.

As we journeyed through the year, there were obviously moments of uncertainty, but through it all we were motivated to move forward and take full advantage of all opportunities we were challenged with. These opportunities, we believe led to a sense of satisfaction and accomplishment that we not only navigated with resilience, but also enhanced our program services, many that will lead to future program expansion.

Safe + Healthy Wishes



Chris Schwab



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2020 Re-Imagined

Critical Connection Amidst Social Distancing



The world transitioned into working and learning from home. Schools and businesses went “virtual.” The phrase social distancing became a norm and, masks in public became part of our everyday dress.

Breast cancer did not stop during the pandemic, but we needed to reimagine how we would continue to support in a way that encouraged resilience, determination, joy, and laughter, all of which come from a foundation of love.

Here for the Girls transitioned from in-person meetings to virtual support in order to continue to meet the needs of our members. We were able to continue to hold our annual Renew Restore Retreat by moving our services to virtual. We continued to produce our annual A Calendar To Live By – all virtual!

Through it all, we learned so much. We expanded our program services in ways that were so different. We missed the in person “hugs” but know that we now are able to give a virtual “hug” to those who cannot be in person.

So yes, COVID impacted what and how we were, but we believe that some of our “new” ways will bring us into the future of what we can be.

“I thoroughly enjoyed meeting with you last night! I couldn't figure the chat out, so I didn't send my email, I'm still new to all this virtual stuff. I look forward to “seeing” you all again. I have been singing praises of the group all day!”

*Thanks again,
Missy*



ABOUT US

When someone hears the words “you have cancer,” finding support related to emotional and social resilience is crucial in facing the journey on their own terms. **H4TG** offers a variety of opportunities for young women with breast cancer to connect and share with others traveling the same difficult path.



WHY WE EXIST

At **Here for the Girls**, our mission is specifically to help young women. If you are wondering why we focus on this population, it's due to two main factors: 1) typical support groups are filled with older than younger women (the median age for breast cancer is 63), and 2) young women face many different challenges because of their age and season of life than their more mature counterparts, challenges that can impact them far beyond diagnosis and treatment. According to recent research, younger women with breast cancer consistently show greater psychological distress than older women. Also, breast cancers in women under age 40 often have more aggressive features, tend to be diagnosed at a later stage, and often have worse outcomes. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

WHAT WE DO

Here for the Girls, Inc. (H4TG) is a 501(c)(3) nonprofit improving the lives of young women affected by breast cancer (diagnosed under age 51). We offer social-emotional support through services that provide personal connections and a shared experience among our members. The result is an inclusive community based on equity and cultural humility that cultivates a sense of belonging from diagnosis, through treatment, and beyond.

HOW WE SERVE

- Social-Emotional Support Groups
- Educational Seminars and Webinars
- 2 Annual Retreats
- Private Member Resource Online Hub
- Social Activities Dedicated to Improving Well Being

What We Believe

We Treasure LOVE Above All

Here for the Girls treasures "LOVE" above all and is committed to a culture that celebrates all people regardless of their ethnicity, race, color, abilities, religion, socioeconomic status, culture, and sexual orientation.

We Treasure HUMAN RIGHTS for All

We promote human rights for all through mutual respect and acceptance of differences without biases of any kind. This means we:

Listen intently to other's perspectives

Open our hearts to developing authentic relationships

Value others' uniqueness (what can be seen and what can't)

Embrace the diverse backgrounds and experiences of the H4TG community

We Believe in Diversity | Equity | Inclusion

We aim to foster an environment of healing and trust in an equitable way

We believe in diversity, equity, and inclusion as a foundation for a better future

We commit to standing beside all members, constituents, and friends in a place of unity, respect, and decency.

The Three Pillars of H4TG

We walked hand in hand to provide support for our members, through the challenges of 2020, and enhanced program services to meet the ever-changing needs of young women living with breast cancer.



Three Pillars

LOVING SUPPORT

We offer social-emotional support through services that provide personal connections and a shared experience among our members. The result is an inclusive community based on equity and cultural humility that cultivates a sense of belonging from diagnosis, through treatment, and beyond.

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

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.

LOVING SUPPORT – Our Program Services

2020 saw a shift in social-emotional support services with the addition of a Social Work Team and the implementation of online support. This shift expanded the current model of peer led in-person support.



PEER LED SUPPORT In Person + Virtual

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.



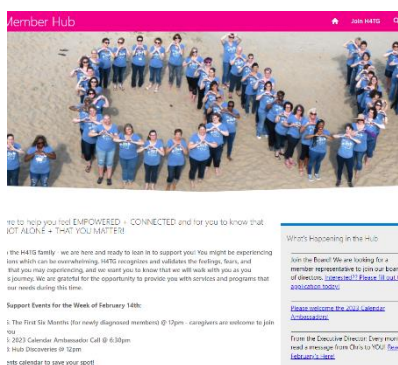
INDIVIDUALIZED SUPPORT In Person + Virtual

Peer led support systems designed for a targeted group of women that are tailored to very specific needs. In 2020, H4TG offered groups for those living with a metastatic diagnosis, those newly diagnosed, as well as support for peer facilitators.



SOCIAL WORK LED SERIES

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.



PRIVATE MEMBER PORTAL The Hub

A private member portal is available to all members. This portal serves as a centralized hub to share resources, connect members, promote upcoming programmatic events and support, a media library with videos and content resources, and a directory with connections to referral partners.



ANNUAL RETREAT Renew Restore Retreat

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.



HIP EVENTS

Member only activities or events that is an extension of each monthly support gathering. We provide opportunities to connect in different ways, learn more about each other and possibly step out of their comfort zone and do something they never would have done before! Our "living life with an exclamation point" activities.

Here for the Girls 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.



A Calendar To Live By 2020 Calendar Ambassadors

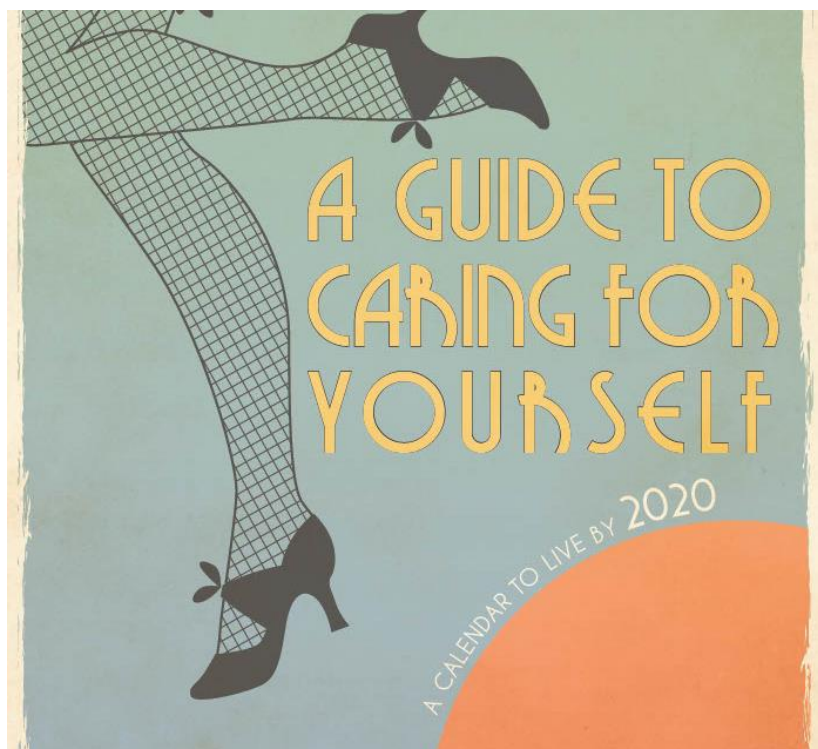
Each year we choose 12 women to represent the heart of the **Here for the Girls** community. These 12 calendar ambassadors courageously share their stories and breast cancer journeys in the calendar to represent the stories and journeys of all our young women. While breast cancer does not define a woman, it certainly shapes who she becomes.

A Calendar To Live By 2021 Calendar Ambassadors

In 2020, H4TG produced the 2021 A Calendar To Live By. The pandemic did not stop us!

The 2021 calendar ambassadors demonstrated incredible resilience and perseverance! This was produced entirely virtually! They came together to LOVE, support, and make lasting friendships in the light of so many challenges.





Educational Resources

A Guide to Caring for Yourself

Part of member support is to provide education and resources that help our members navigate not only through the initial diagnosis, but the challenges they face many years beyond their treatment. H4TG produces an annual calendar along with a health guide.

NEW for the Guide. During 2021, we started the production of our 2021 Guide and included content from our local health systems.

We tapped into the experience and expertise of our partners to provide vital information on topics from clinical trials to the latest in breast cancer advancements.

Educational Resources

Tea + Talks

Also **NEW** in 2020 were virtual webinars, our "Tea + Talks" hosted by H4TG with guest speakers from our local health systems. We offered opportunities for our members to learn firsthand from our physicians on topics such as COVID and reconstructive surgery.

One of the biggest benefits is that we were able to store the recorded educational events in our private member hub as a future resource for members.



Support Team

Social Work Led Activities

H4TG introduced to the team a licensed Clinical Social Worker (LCSW) with the intent of diversifying program services to better meet the needs of the members. The focus of this position is to improve program training, expand the types of services provided, and bring a level of expertise that impacts the mission of the organization.



TPSM

H4TG developed a Transitional Phases of Support Model (TPSM) to better serve the women based on individual journeys. This model helps us understand our members as it relates to physical, emotional, and/or social factors and identifies areas of specific needs. There may be one member for instance that may be beyond their treatment, dealing with long term survivorship issues, and having family issues in addition to the breast cancer diagnosis. This member's needs are different than a member who may be newly diagnosed and doesn't know what way to turn.

Peer Facilitator Training

Our peer facilitators receive an extensive training as well as continued development training. We offer on boarding training, a comprehensive annual training weekend, and sessions dedicated to strengthening our facilitators' skills, fostering mutual support, and enhancing their role as leaders and ambassadors of H4TG.

Support Team

Social Work Led Activities



Social Work Led Series

H4TG offers a number of 6 or 8 week-long series specifically designed to meet the needs of members with metastatic breast cancer, newly diagnosed as well as one centered on grief and trauma.



Metastatic Program

The metastatic program at **Here for the Girls** supports and guides our members with metastatic breast cancer to better understand and manage their diagnosis, grief, and end of life planning in a manner that creates hope and willingness to continue to live life whether that life is one day, one month, or one year.



All Member Retreat

Renew Restore

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.

Metastatic Retreat

"You're in Charge"

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!



In Our Hearts

H4TG Memorial Program

"You may be gone from my sight, but you are never gone from my heart."



Program Overview

The disease of breast cancer is not a battle to win or lose; it is an affliction that can, in modern times, often be, as we like to say, "cured" – but sometimes not. We don't consider the members who have passed away from this disease to have lost a fight or battle – what they did was live their lives with love and vigor for all the time they were given. We are so honored to have known them and been a part of their lives for even just a year, a month, or a day. They will forever be in our hearts, and that is where we will keep them – always. The H4TG In Our Hearts life celebration program is our way of keeping each person close to our hearts.



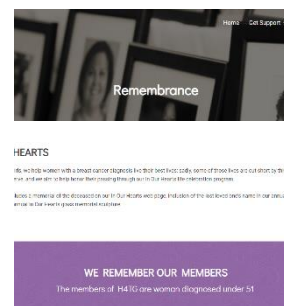
In Our Hearts Remembrance Ceremony

We hold a ceremony in November to honor deceased members. We spend time sharing stories and end the ceremony by burning the remembrance packets/boxes from that year. The ashes taken from this ceremony are included in a handmade, blown glass heart sculpture displayed in the H4TG office.



In Our Hearts Memory Boxes

For the remembrance ceremony, members, family, and friends fill boxes of pictures, mementos, and keepsakes that memorialize those who have passed. These boxes are then used for the ceremony.



In Our Hearts Web Page

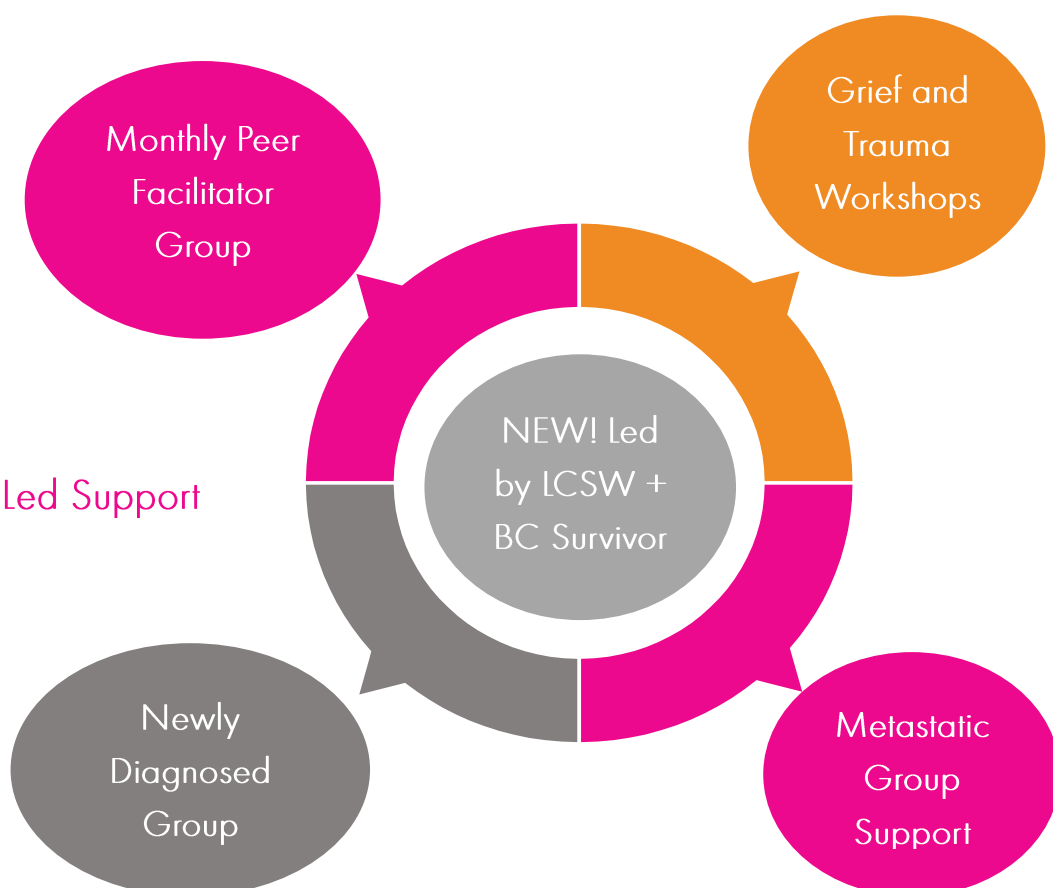
Our In Our Hearts life celebration program relies on input from those who loved our members who are no longer with us. All are invited to share basic information about the deceased (including a photo, if desired), and staff will add it to the website.

Program Services Metrics

Peer Led Support



Social Work Led Support



Education/Resources	7 Tea + Talks (<i>New Strategy</i>)	1 Facilitator Training Weekend	Launch of the Private Member Hub (<i>New</i>)
Social-Emotional Support Activities	4 Org-Wide H.I.P. Chick Events	2 Retreats	3 Facilitator H.I.P. Chick 1 Sister Social (<i>New</i>)
Member Ambassadors	27 Facilitators <i>3 New/10 Retired</i>	2 Learning In Groups	2 Retreats
Special Initiatives	1 Member Town Hall (<i>New</i>)	1 Member Driven Task Force (<i>New</i>)	1 Sister Social (<i>New</i>)

I joined **Here for the Girls** three years after my diagnosis because I still felt isolated in my recovery. No one ever talks about the long-range side effects of cancer. The fear of recurrence, the struggle to find yourself after the treatment ends, and managing the short-term and long-term side effects of chemo. It wasn't until I joined the group that I truly understood that I wasn't alone, and I wasn't crazy. - Kathy R.

CREATING COMMUNITY + AWARENESS

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



H4TG DIVERISTY, EQUITY, AND INCLUSION

In 2020, H4TG developed a new initiative dedicated to improving diversity, equity, and inclusion within the organization. This initiative is guided by a developed charter and includes the efforts of the board of directors, staff, and member driven task force committee dedicated to the initiative.



A GUIDE TO CARING FOR YOURSELF

A Guide to Caring for Yourself is a detachable health guide found in our A Calendar to Live By. New to 2020 was the involvement of our partnering health systems who provided content and expertise that benefitted not only our members, but the community as a whole.



IN THE NEWS

H4TG works to build relationships in the community by partnering with local businesses, representing our organization as a thought leader, and working to message the importance of overall health.



SIGNATURE EVENTS

H4TG hosts 3 annual signature events – a golf tournament, a Gala, and a charity run. All are designed to not only provide revenue for our program services, but to also build an awareness of the organization in the community. These events also bring our members together to bond outside monthly support gatherings.



GO BEYOND PINK EVENTS

The communities where we serve are incredibly generous and are looking to support our members as well. The Go Beyond Pink events (GBP) provide additional revenue for services, grow an awareness of our mission, and cultivate our community partners.



VOLUNTEERS

Our volunteers are critical to the effective operations of the organization, and we are fortunate to have a diverse set of volunteers. This organization would not run smoothly without the help of ALL our volunteers. It truly takes a village.

Diversity | Equity | Inclusion

H4TG DEI Initiative

"Diversity is being invited to the party. Inclusion is being asked to dance."



Initiative Overview

The purpose of the initiative is to build upon the organizational commitment to diversity, equity, and inclusion to better understand and address any internal and external deficiencies, improve, and expand our cultural sensitivity, and ensure equity for all members. H4TG is committed to our core value of treasuring love above all by promoting a community that respects and honors all humanity. The goals of the team are to:

- Identify current strengths, as they relate to diversity, equity, and inclusion, and incorporate into future action
- Identify areas where improvement and growth of diversity, equity and inclusion are needed
- Improve the effectiveness and ability to meet the needs of all members, especially those in underrepresented groups
- Monitor and document the progress of the diversity, equity, and inclusion initiative to measure the success and identify areas for growth opportunities

H4TG Signature Events

We host 3 annual events in the community. Each is a revenue source that fund the program services, provide an opportunity to build, establish, enhance, and grow our relationships and partnerships within the community. They also serve as a place where members come together and strengthen the bonds, they start in all support environments. With COVID, there were some challenges and decreased attendance due to restrictions, however, all three were NOT cancelled.



Golf Tournament "Breast" Ball 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.



Charity Run "Run for the Hills"

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.

H4TG Volunteers

Investing Time + Expertise

*"The **Heart** of a volunteer is not measured in size, but by the depth of commitment to make a difference in the lives of others."*



Our volunteers are critical to the effective operations of the organization, and we are fortunate to have a diverse set of volunteers. Signature events, Go Beyond Pink events, Member social events – all would not run smoothly without the help of event volunteers. Our facilitators, Leaders of Love dedicate endless hours to supporting their peers – at gatherings, social events, and even personalized attention. In addition to that they participate in annual trainings and help the organization with key metrics. One of the key groups of volunteers that over the years continues to expand are our Subject Matter Experts. They offer expertise in operational efficiency through technology, member portal development, project management, professional advice, process standardization, and grant research and writing. Another key group is our current graduate level social work interns. They participate in program expansion, trainings, and support – the work they produce has incredible value in program as demonstrated by the recent revision to the facilitator training program. Finally, our Board of Directors. They serve to oversee the mission of H4TG, offering guidance, input, and advice.

Volunteers

6000
Dedicated
Hours

Subject Matter Experts

2000
Dedicated
Hours

VCU Interns

380
Dedicated
Hours

SUSTAINABILITY + IMPACT

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 in a manner that maintains the integrity of all donor dollars and builds upon a sustainable business model.



Leadership

Co-Founders
Board of Directors
Executive Director
Director of Program + Operations



Staff + Full Support Team

5 Full Time Staff + 4 Part Time Staff
Contracted Licensed Clinical Social Worker
Technology + IT Solutions (SME)
Ops + Development Project Based SME

SME - Subject Matter Expert



Volunteers

DEI Task Force Team
VCU Interns
Peer Facilitators
Full Support Project Based Volunteers
T3 (Tuesday Tag Team) of Volunteers
Event Volunteers



Supporters

4 Partnering Local Health Systems
16 Sustaining Donors (Giving 5K +)
Over 150 local businesses supporting
15K + in In-Kind Services



Members Served in 2019



1490 Members Supported



625 Members Supported Individually



143 New Members

Here for the Girls Team

"Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one!'" -C.S. Lewis



Co-Founders

Marv Beth Gibson + Rene Bowditch

Mary Beth and Rene launched this organization in 2007 to improve the lives of young women with breast cancer. They both had been diagnosed with breast cancer young and could not find resources that addressed the concerns, needs, and fears they faced because of their age.



Board of Directors

Led by: Robin Wyatt, President | Linda McKee, VP | Tom Smith, Treasurer | Rene Bowditch, Secretary

The H4TG Board consists of 10 directors with a diverse set of skills that works to guide and support the mission of the organization, the work of the management team, and the sustainability and growth of the organization.



H4TG Staff

Leadership Team: Chris Schwab, Executive Director | Victoria Riley, Director, Program + Operations

Small, but mighty! The staff consists of 5 FT and 4 PT employees with a contracted licensed Clinical Social Worker. Gratitude goes out to this team who works to keep our foundation of LOVE strong!

H4TG Board of Directors

Robin Wyatt – President
General Services Officer
 Colonial Behavioral Health

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

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

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

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

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

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

Michael A. Franks
Vice President -Commercial Loan Officer
 TowneBank

Teresa Simms
Law Enforcement - Retired
Member Representative

Joyce Ortiz
H4TG Facilitator
Member Representative

H4TG Staff

Chris Schwab
 Executive Director

Victoria Riley
 Director, Program + Operations

Vicki Vawter
 Outreach + Community Engagement
 Mgr.

Amanda Capozzi
 Events + Development Mgr.

Karen Wilson
 Fundraising + Marketing Mgr.

Celia Styer
 Operations Mgr.

Desiree Parker
 Communications Mgr.

Amber Quillin
 Office Coordinator

Lisa Marshall
 Outreach Coordinator

Melissa Weaver
 Licensed Clinical Social Worker

Financial Stability

Why Support is an Investment

Breast cancer is the most common cancer in women worldwide and may result in psychological distress, especially in young women. They face many different challenges compared to their more mature counterparts, and these challenges can impact them far beyond diagnosis and treatment.



Each member at H4TG has a unique story and breast cancer journey. What is NOT unique is that ALL members live with this disease forever. Each donation is an investment in the social and emotional well-being of each member. Each donation is an investment in making a better future for ALL members. 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.

Invest in the Life of One Person

Annual Cost to
Support 1 Person
\$565.00

How Are \$\$ Allocated

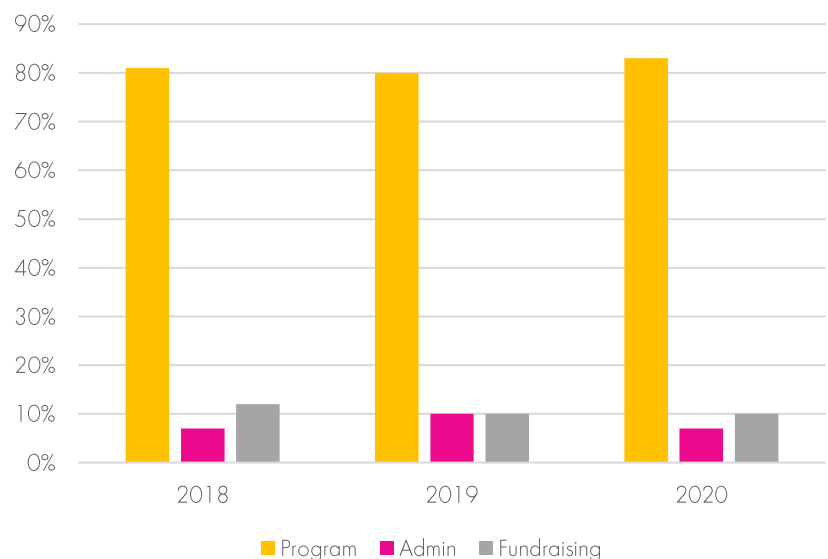
It is important for a nonprofit to share allocated expenses that reflect the amount of funds dedicated to furthering its mission. In 2020, **Here for the Girls**, dedicated 83% of every dollar directly to supporting young women living with breast cancer. H4TG is focused on maintaining financial sustainability and achieving growth that is scalable, supportable, and financially responsible to serve a larger population of women impacted.

In 2020 H4TG
Allocated 83% of
total Dollars to
Program Services

Expense Allocations

- 83% to Direct Mission Related Program Expenses
- 10% to Event Related Expenses
- 7% to Operating + Business Expenses

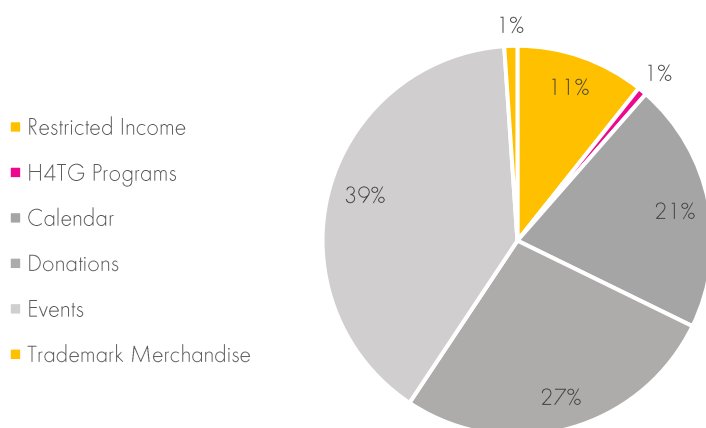
Three Year Snapshot of Allocated Expenses



Income

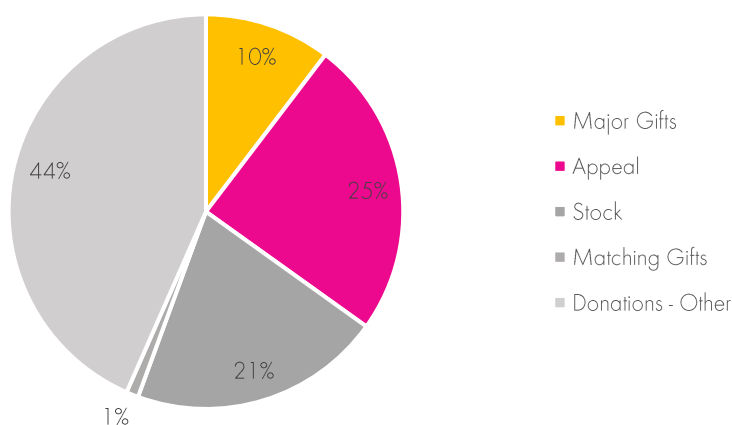
Here for the Girls is committed to increasing revenue to fund and expand our programs by diversifying revenue streams and seeking new partnerships. We collaborated with over 100 sponsors and funders to support its programs.

Revenue Sources - 2020



In 2020, **Here for the Girls** allocated funds earned in six categories. The two with the highest percentage are events at 39% and direct donations at 27%. Below is additional detail tied to these revenue sources. *Note: **H4TG** received PPP funds in 2020.

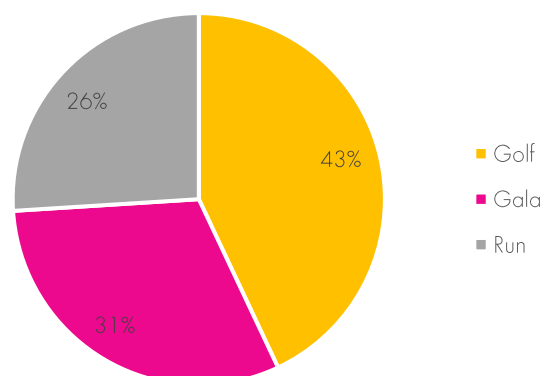
2020 - Donations Breakdown



The chart to the left shows that direct donations are 44% of the donation revenue in 2020. This reflects strong community partners

The chart to the right shows the breakdown of the 39% of revenue earned from the signature events across all three. In 2020, the golf tournament earned the highest. Typically, this % is tied to the Gala, however, COVID impacted the event attendance.

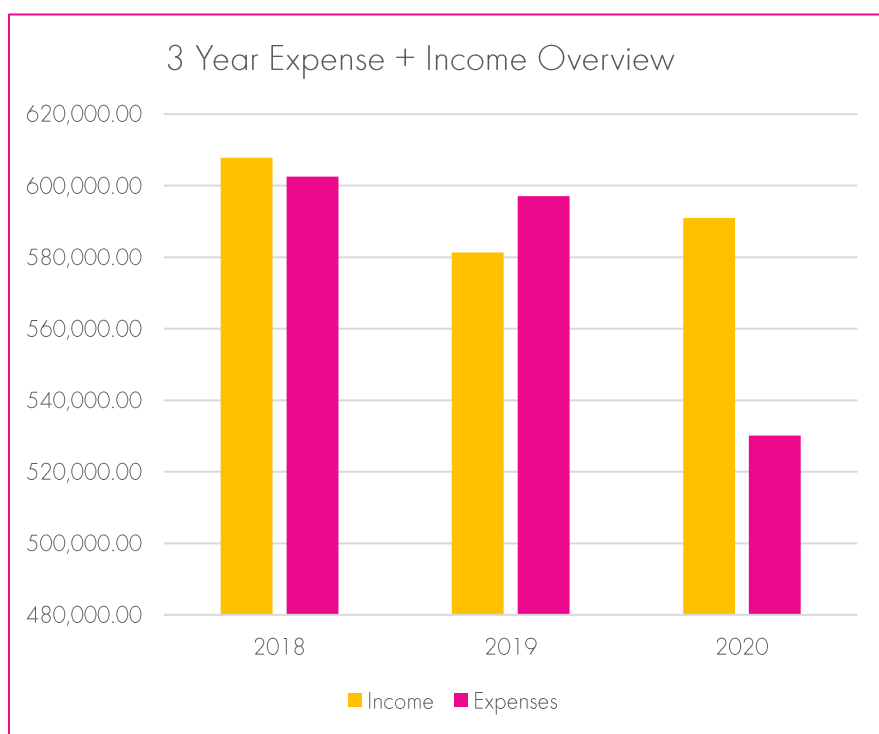
2020 Signature Events Breakdown



Expenses

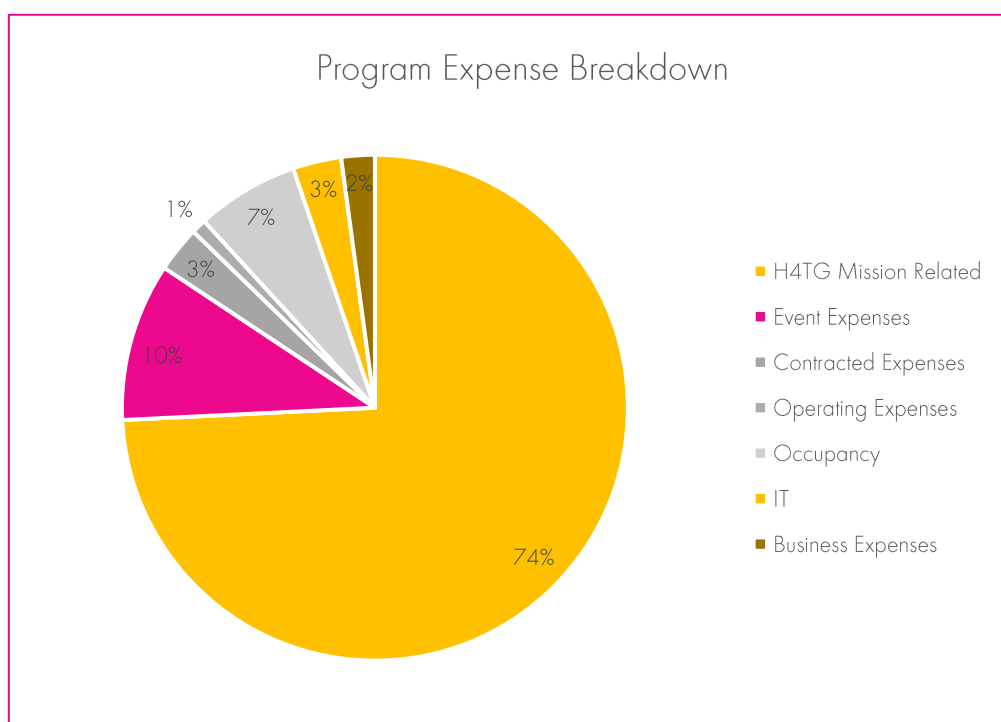
Here for the Girls is committed to maintaining the integrity of all donor dollars so that all program services provided are based on member needs and continuous improvement. All expenses are managed in a manner that maximizes funds as well as prioritizes for current and future programmatic needs.

Expense Overview - 2020



The chart to the left shows a 3-year overview of income + expenses. Note, the expenses are significantly lower than previous years due to COVID restrictions.

The chart to the right shows the breakdown of the 83% of allocated program services cost that furthers the mission of H4TG. Of the 83%, 74% is dedicated to the resources needed to create, improve, and deliver services. H4TG does not outsource this work. All is done internally.



Goodbye to 2020 + Looking Forward to 2021

Timeline



2021

The organization theme for 2021 is **inspired** and H4TG is inspired to continue supporting young women with breast cancer. Part of our narrative changed as a result of our experiences in 2020 and we know that as the world evolves, so will this organization. We look to continue to expand our services, build more partnerships with our medical community, develop our own thought leadership, and grow our ambassadors. Here's to the **FUTURE!**

We're **inspired**

The challenges of last year motivated us to become more innovative

We're **meeting women where they are "at"**

We will continue to build upon the TPSM and develop new ways to support that address all needs

We're **celebrating our differences**

Building upon our DEI initiative, we will look for ways that defines each woman we serve (beyond breast cancer)

We're **engaging our supporters**

Our messaging promotes the concept of investing in H4TG and in the future of our members

We're **paving a new way**

We are not afraid of change and are ready for what lies ahead



Improving the lives of young women affected by breast cancer

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

Corporate Office Information
Here for the Girls, Inc.

Website: hereforthegirls.org

1309 Jamestown Rd., Suite 204
Williamsburg, VA 23185

Social Media
Facebook

Office: 757-645-2649
Fax: 757-903-4214

Twitter - @h4tg_org
Instagram - @h4tg_org

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.