



Your impact, in action!

SOCIAL ENGAGEMENT SUPPORT   HOPE INSPIRATION POWER		
<p><b>Peer Gatherings</b></p> <p>Led by trained peer facilitators, members receive monthly social and emotional support in a non-clinical setting that improves their social and emotional well-being.</p>	<p><b>Building Connections</b></p> <p>Activities and events that promote bonding with peers and encourage emotional healing through a safe and inclusive environment that promotes connectedness.</p>	<p><b>Life Experiences</b></p> <p>Members experience a host of activities and experiences designed to encourage healing, personal growth, and building confidence.</p>

PSYCHOSOCIAL SUPPORT   LEANING IN		
<p><b>Caring Conversations</b></p> <p>Designed to complement our peer-led gatherings, our social work team leads support groups for our members along with topic specific groups for those with a metastatic diagnosis, those newly diagnosed, and those with long-time survivorship needs.</p>	<p><b>Workshops</b></p> <p>Carefully curated workshops and wellness days designed to meet the needs of our diverse member base, such as grief and trauma, support for those living with a metastatic diagnosis, and those facing long-term survivorship challenges.</p>	<p><b>Meeting Our Members Where They Are At</b></p> <p>Sometimes our members need an extra boost of support, and this is done through individualized conversations that help to provide strategies, resources, and referrals.</p>

EDUCATIONAL SUPPORT   CARING FOR YOURSELF		
<p><b>Physician/Subject Matter Expert Led Events + Workshops</b></p> <p>Topic specific sessions and workshops focusing on breast cancer related issues designed to educate and empower our members to advocate for themselves.</p>	<p><b>Breast Health/Women’s Health Content + Resources</b></p> <p>Access to resources through our online Member Hub or A Guide to Caring for Yourself, which offers important health information on breast cancer, managing risk, early detection, healthy lifestyle choices, and other related topics.</p>	<p><b>Opportunities to take charge of your health</b></p> <p>Self-care tips and activities to promote overall well-being through a focus on mind, body, spirit.</p>

We thank you for your support! The H4TG services are designed to provide personal connections and a shared experience among our members to assure each person that they are NOT traveling this breast cancer journey alone. All mission related program development, training, and activities are conducted by the H4TG staff. Above are many ways YOUR donor \$\$\$ are working.