
Your Impact!

Our innovative approach to addressing the needs of individuals diagnosed with breast cancer creates an environment of longevity, resiliency, and service sustainability. H4TG carefully designs services for each step of the breast cancer journey. Our community partners and supporters impact all levels of service delivery, including peer-to-peer support, education, and social work services.

The results are:

- A special friendship built from a shared experience of a breast cancer journey,
- knowledge on many topics, within a trusting environment, that brings a sense of relief and advice to help make important, sometimes, lifesaving decisions,
- in-depth professional support with our social work team, that leads to clarity and a sense of empowerment to help take that next step in the journey.

Within the H4TG community, we celebrate the uniqueness in the story of each person diagnosed with breast cancer. Every individual's experience on this personal, very tough journey is as unique as the person traveling it.



We offer support groups for all members in addition to topic specific groups for those with metastatic diagnosis, those newly diagnosed, and those with lifetime survivorship needs. Workshops and wellness days meet the needs of a diverse member base, such as grief and trauma and those facing long-term survivorship issues. One-on-one conversations are available for our members who need additional support.



We offer topic specific sessions and workshops focused on breast cancer related issues. Our Member Hub and A Guide to Caring for Yourself offers resources, health information on breast cancer, managing risk, early detection, healthy lifestyle choices, and other related topics.



We offer monthly support in a safe, inclusive environment led by trained peer facilitators. The activities and events promote bonding with peers and encourage emotional healing and personal growth. Members also experience activities and self-care tips to promote overall well-being.

Thank you for your support! In 2022, 83% of every dollar contributed went directly to our mission of supporting young women diagnosed with breast cancer under age 51. All mission related program development, training, and activities are conducted by H4TG staff.

