

# Sister-2-Sister Mentoring Program for Black Breast Cancer Survivors





### Connect One-to-One with Trained Black Breast Cancer Survivors

Our Sister-2-Sister mentoring program aims to pair you with a Black or Biracial breast cancer survivor who is at least two years into their survivorship. They will provide one-on-one support for those who want to talk with someone who looks like them and truly understands the experience. These meet-ups will take place via Zoom.

Please note: If you require accommodations and do not have access to a computer or Wi-Fi, please let us know, and we can arrange to meet over the phone.



## **Guidance, Support, and Resources**

The benefits of having a Sister-Mentor include receiving guidance, support, information, objective feedback, and access to resources within the SHARE breast cancer community. Your Sister-Mentor can offer new perspectives, achievable goals, and ways to manage anxiety and fear of recurrence, having experienced similar feelings. They can help you set clear expectations and build confidence to tackle difficult conversations, which might be considered taboo in the Black community, such as loss of sex drive, body insecurity, asking for accommodations at work, and finding ways to prioritize self-care and compassion, because it is important to find joy in your survivorship.



# Let's Talk and Connect!

We are excited to welcome you and connect with you. You can scan the QR code below or email us at blackmentorship@sharecancersupport.org to be matched with one of our Sister-Mentors.

# Scan the QR Code to Sign-up!

#### **Additional Details:**

- Mentees must commit to 3 sessions with a mentor
- Sessions will be 45 minutes
- Preference will be given to New York residents





### Let's Talk About It: Black Women with Breast Cancer

This support group is for Black breast/chest cancer survivors who have completed all active treatments (chemo and radiation) and are now in the survivorship stage.

The group is facilitated by Lisa P. Nelson, LMSW, OSW-C, and Megan-Claire Chase, an invasive lobular (ILC) survivor and SHARE's Breast Cancer Program Director.

Meetings are held on 4th Thursday of the month from 7-8:30pm ET via Zoom.

This space is specifically designed for Black women breast cancer survivors who want to connect with others and gain insights from their healing journeys. Join this supportive community of survivors and don't miss out on this opportunity.



### **Educational Webinars**

These webinars are tailored to address the factors contributing to disparities in the Black breast cancer community, including socioeconomic issues, systemic racism in healthcare, and lack of access to preventative care.

Representation matters; therefore, these webinars feature Black medical and research professionals who can directly speak to the community's concerns and experiences. Our educational programming about breast cancer in the Black community aims to be impactful and to respect the community's unique needs and experiences, while also helping individuals outside of the Black community gain insight into their experiences.

This project is supported with funding from the State of New York.

SHARE Cancer Support is a national, peer-led 501(c)(3) nonprofit organization that supports and educates anyone who has been diagnosed with breast or gynecologic cancers, and provides outreach to the general public about signs and symptoms.

SHARE is dedicated to serving people of all races and cultures, backgrounds and identities. Because no one should face breast, ovarian, uterine (endometrial), cervical or metastatic breast cancer alone.