

ABOUT SHARSHERET

Sharsheret, Hebrew for chain, a national cancer organization, serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

While our expertise is in young women and Jewish families as related to breast cancer and ovarian cancer, Sharsheret programs serve all women and men.



One-On-One Support

- Mental health professionals
- Genetic counselor
- Peer support
- Online 24/7 live chat
- Customized beauty kits
- Busy Boxes for children
- Financial subsidies



Education & Outreach

- Healthcare webinars
- Campus outreach
- Community events
- Trainings for medical professionals
- Resource booklets



Community Action

- B'nai Mitzvah projects
- Team Sharsheret races
- Young Professionals Circle
- Teal and Pink Shabbat®
- Volunteer opportunities
- Local fundraisers

Contact us today.

All Sharsheret programs, resources, and kits are free and confidential—callers are welcome to remain anonymous.

Together we can ensure that no woman or family has to face breast or ovarian cancer alone.

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SHARSHERET®
The Jewish Breast & Ovarian Cancer Community

Financial Wellness

Empowering Jewish Women and Families



JEWISH WOMEN'S
FOUNDATION of new york



SHARSHERET®

OVERCOMING CHALLENGES

“Even before I was diagnosed, managing my finances felt like a full-time job. Since my diagnosis, it’s become that much more challenging. I have so many questions, lots of obligations to my career and family, and my medical debt is growing. I’m not quite sure where to get started.” - Susan

Like Susan, you may feel overwhelmed balancing treatment, work, and family during an illness. The thought of putting time and effort into managing your finances may be too much. It’s possible you may feel stuck and not sure where to get started, that the medical debt is rising so high, and that you are in too deep to facilitate change. It’s hard to know where and to whom to turn for support, and what your goals for financial wellness should be. These feelings are normal, and shared by many women facing a health crisis and striving for financial wellness.

Sharsheret can help. With tips from women like you, advice from experts in the field, and Sharsheret’s Financial Wellness tool kit, you will be empowered to move toward financial health. In addition, Sharsheret now provides services and financial subsidies to address the cosmetic side effects of treatment and enhance women’s quality of life through the Best Face Forward 2.0 program. For more information about Best Face Forward 2.0, please contact clinicalstaff@sharsheret.org.



“With the tools at my fingertips, and guidance on how to take those first few steps, I am able to begin my personal journey to financial well-being. With assistance along the way, I am empowered to feel more in control of my own finances.” - Esther

TIPS TOWARD FINANCIAL HEALTH

Use the following tips to help you address your financial wellness needs. These tips have been shared by the women of Sharsheret – women facing serious illness – women like you.

“The concept of financial health felt very overwhelming to me and I felt like I needed to get it all done in one day. Realizing that it would take many small steps to get there made everything run more smoothly.” - Rachel

“Finding a financial mentor was crucial. My cousin had a good understanding of the financial resources I would need along the way and guided me.” - Laura

“Before beginning to look for outside resources, I turned to my inner circle – my family and close friends. They volunteered to help in many ways with child care and meal preparation, so that I could focus on my health and my finances. It was a relief knowing that practical tasks were already taken care of.” - Carol

“I quickly turned to my local Jewish community and was able to identify sources of support. These local community resources, including my spiritual leader, have continued to be a support throughout my health crisis and have helped me manage some of my financial challenges.” - Yael

“Keeping my papers organized from the very beginning was critical. Along the way, there were many times when I had to look back at different pieces of information. Knowing where to find my documents was calming.” - Miriam

“At the start of each week, I made a list of tasks that I hoped to accomplish that week. Once I made the list, I prioritized – there were A, B, and C level tasks. I did the most that I could and remembered to pace myself. There would always be an opportunity to accomplish more next week.” - Talia

“Search, search, search! I found many organizations and financial aid resources on the internet, but I needed to know which sites were reputable. Sharsheret provided me with resources that were a springboard for reaching out for guidance and assistance online.” - Naomi

“From the beginning, I found it important to recognize the process. Once I realized that there would be both triumphs as well as setbacks while I tried to get my finances in order, I felt more motivated to stick with it.” - Leah

“I needed to realize that I was not alone with my financial issues. Sharsheret connected me with another woman who faced similar health and financial challenges. I was better able to move forward. I had the support of other women, just like me, and was able to take control of my own financial health.” - Alana
