“You should reach out to Sharsheret.” This was one piece of advice among many that I received as I processed my breast cancer diagnosis last year at age 30. The organization sounded familiar from my college days as an AEPhi sorority sister. I had been feeling so stressed, sad, and confused and needed to find targeted support. I decided to send an email that very day.” Read more from Marissa.

Order Your Free Survivorship Kit and Exercise Bands Today!

Order a FREE Sharsheret survivorship kit that helps breast cancer survivors thrive. This customized kit comes with exercise bands that will help you jumpstart a good workout routine at home or outside and also includes a healthy living cookbook.

Order Your Kit Today!

This kit is made possible with support from AstraZeneca, Lilly Oncology, Macrogenics and Seagen.
Join tens of thousands of people nationwide, virtually and in-person for The Sharsheret Summit: Pink, Teal and You, taking place throughout October.

Contact Yael Gevertzman for more information.

Thank you to our Summit sponsors (in formation): Daiichi-Sankyo, Eisai, Exact Sciences, GSK, Lilly Oncology, Merck, Pfizer and Seagen.

Virtual Programming In October

- **13** SHARHERET IN THE KITCHEN WITH DINI KLEIN
- **19** ASK & ADVOCATE: CREATING A POSITIVE RELATIONSHIP WITH YOUR TREATMENT TEAM with Neshama Marcus, LMSW
- **24** A GIRLFRIEND’S GUIDE TO BREAST CANCER with @theboobiedocs
- **26** SHARHERET ADVANCED CANCER WEBINAR MORE LIVING, LESS PAIN: COMPREHENSIVE APPROACHES TO CHRONIC PAIN MANAGEMENT FOR PATIENTS WITH CANCER

Click the links below to register.
All webinars above are a part of The Sharsheret Summit: Pink, Teal and You sponsored by Daiichi-Sankyo, Eisai, Exact Sciences, GSK, Lilly Oncology, Merck, Pfizer, and Seagen.

In addition to The Summit’s generous sponsors, Sharsheret In The Kitchen is made possible with support from Cedars Sinai and The Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention.

Ask & Advocate is sponsored by Bayer and Immunogen.

The Advanced Cancer Webinar is sponsored by Novartis.

"What I needed more than anything was to speak to another woman who had walked my path. A Sharsheret social worker introduced me to my peer supporter, Ruth Ann. Ruth Ann quickly became one of the most important people in my life. Our connection, which began because of a shared health experience, has blossomed into the loveliest of friendships.” – Nancy Cramer

Sharsheret's Peer Support Network connects women newly diagnosed or at high risk of developing breast cancer or ovarian cancer one-on-one with others who share similar diagnoses and experiences.

The Peer Support Network also offers opportunities for women to make treatment team connections. Click here to get started.

This program is made possible with generous support from Genentech and The Cooperative Agreement DP 19-1906 from the Centers for Disease Control and Prevention.
Sharsheret is proud to work closely with Oneinforty.

Join us in Boston to honor Oneinforty’s Founder Lauren Corduck’s legacy for an important conversation about cancer genetics and prevention and how men and women in your family may be affected.

Experts include Amy Comander, M.D., Medical Director, Mass General Cancer Center and Shera Dubitsky, M.Ed., M.A., Sharsheret Senior Advisor.

Register Here

New! Young Adult Caring Corner at Sharsheret

YAD: The Young ADult Caring Corner at Sharsheret is here to support you as your loved
one faces a cancer diagnosis. The microsite includes resources that help you understand your loved one’s diagnosis, ways to support them, self-care tips and the Buddy System.

The Buddy System pairs young adults aged 18-25 with someone who has also experienced a loved one’s diagnosis of breast cancer or ovarian cancer.

If you’re interested in being connected with a Buddy or signing up to become a Buddy, please contact us.

YAD: The Young ADult Caring Corner at Sharsheret is dedicated by Joy and Michael Goldsmith.

Learn About YAD

Bring Sharsheret’s New Educational Initiative for Teenagers to Your School This Fall

Facilitated Discussion Outline

FOR
MY SECOND BACKPACK:
How to Best Support Your Friends in Meaningful Ways

Are you an educator looking for meaningful programming to facilitate this fall?

Screen Sharsheret’s film “My Second Backpack: How to Best Support Your Friends in Meaningful Ways,” and help teenagers learn how they can effectively help friends who are facing difficult situations. After watching the film, your trained mental health professionals or educators will facilitate a discussion using the accompanying guide.

To bring the film and discussion guide to your high school, college campus or teen program, please contact Sharsheret’s Director of Community and Campus Engagement, Ellen Kleinhaus.

My Second Backpack is made possible with generous support from Sherry Helfand Wiener.

Learn More

Enter Our Social Media Campaign
Early detection saves lives!

Enter for a chance to win a $360 Amazon gift card in 3 easy steps:

1. Schedule your mammogram
2. Tag 3 friends in our educational campaign posts and help save lives
3. Fill out this form for a chance to win a $360 Amazon gift card

This Breast Cancer Awareness Month, we are excited to launch Mammograms for a Mission, a "tag, you're it" campaign with the goal of encouraging 360 women to schedule a mammogram over the course of the next year.

Follow Sharsheret on social media for campaign announcements and a chance to win.

Don't have a social media account and want to enter? Click here.

For questions or more information, please contact Elie Hess.

Follow Sharsheret on Instagram
Follow Sharsheret on Facebook

Sponsored Article:
Why Wait? Now is the Best Time to Get Your Mammogram

By Holy Name

In a normal year, it can be difficult to prioritize your health. The pandemic has certainly added to the challenge, forcing many to delay mammograms and other important health screenings. Now is the time to get those back on your schedule.

Breast cancer incidence rates have been rising in recent years, with 1 in 8 women in the U.S. developing breast cancer in her lifetime. The good news is that breast cancer death rates are coming down, thanks to better screenings and more advanced treatments...

Continue reading

Holy Name is a leading health system in New Jersey, providing world-class care through a unique combination of medical expertise, innovative technology, and humanity at the heart of every interaction. Since our founding in 1925, our faith-based mission has remained steadfast - to help our community and each person we serve achieve the highest level of health through prevention, education and treatment. We provide nationally-recognized, award-winning inpatient, outpatient and wellness services through Holy Name Medical Center, a comprehensive 361-bed acute care hospital; Holy Name Physicians, a network of nearly 400 primary and specialty care experts; Villa Marie Claire, a home-like residential hospice center in Saddle River, NJ; HHF Fitness, a state-of-the-art health and fitness center in Oradell, NJ; the Sister Claire Tynan School of Nursing, a highly competitive institution dedicated to training the next generation of nursing professionals in Englewood Cliffs, NJ; Hôpital Sacré Cœur, a 200-bed Hospital in Milot, Haiti; as well as a wide range of services brought directly to patients through home care and telemedicine and hospital-at-home programs.
"I was absolutely blown away by Peggy’s expertise, graciousness, warmth, and professionalism. Peggy made the conversation extremely informative and also enjoyable." – Anonymous Sharsheret Program Participant.

Peggy Cottrell is a graduate of the Sarah Lawrence College Master of Science in Genetic Counseling program. At Sharsheret, Peggy consults with women, men and families. Peggy answers individual questions about their family histories, BRCA and other genetic mutations (i.e. ATM, PALB2, CHEK2), and personal risks of hereditary breast and ovarian cancer. Peggy also offers free family conference calls.

If you have questions about hereditary cancer, Sharsheret is here to help. Please contact us at genetics@sharsheret.org, or call (201) 661-6867 for free genetic support.

**Bring a Sharsheret Bake Sale to Your Community!**

Love to bake? Looking to make a difference?

Sharsheret's pre-Thanksgiving bake sale was launched by sisters Adeena Sussman and Sharon Wieder in 2008 in memory of their mother and grandmother, whom they lost to ovarian cancer. Pies for Prevention proceeds support Sharsheret's ovarian cancer initiative and takes place in cities across the country.

Want to coordinate a local sale? Contact Yael Gevertzman to get started.