



# SHARSHERET

**International Peer-Reviewed Journal Publishes New Sharsheret  
Research on Peer Support Program**

***Study Demonstrates the Impact of No-Cost, One-on-One Peer Support for Women at  
Risk for or Surviving Breast Cancer***

**Contact: Jordana Altman, Director of Marketing and Communications**

**Telephone: 866.474.2774**

**Email: [jaltman@sharsheret.org](mailto:jaltman@sharsheret.org)**

New York, NY (December 22, 2025) – Sharsheret, the only Jewish not-for-profit organization dedicated to addressing the needs of women and families of all Jewish backgrounds living with or at an increased genetic risk for breast cancer and ovarian cancer in the US and in Israel, is proud to share the publication of a new peer-reviewed manuscript in *Translational Behavioral Medicine*, a leading international healthcare journal. The manuscript, “Peer Support Programming Among Women at Risk for or Surviving Breast Cancer: Facilitators and Barriers to Community-Based Patient Navigation,” evaluates Sharsheret’s no-cost, one-on-one peer support program and examines who uses peer support, what outcomes it delivers, and what barriers may limit engagement. The study was conducted under cooperative agreements U58DP005408 and U58DP007915 and funded by the Centers for Disease Control and Prevention. It was completed in partnership with researchers from Georgetown University’s Lombardi Comprehensive Cancer Center and analyzed data from more than 1,000 women who contacted Sharsheret for information and support.

Findings from the evaluation demonstrate that Sharsheret’s peer support program is highly valued by women who participate, particularly younger women, mothers, women with lower quality of life, and those navigating hereditary cancer risk. Approximately three-quarters of

participants were offered peer support, and among those who engaged, satisfaction levels were consistently high. Women reported feeling understood, supported, reassured, and hopeful—key indicators of psychosocial well-being during and after cancer.

The evaluation also identified common barriers to peer support utilization, including time constraints, discomfort sharing personal information, and perceived lack of need at a given moment. These insights offer important opportunities for continued program refinement and expansion, helping Sharsheret reach even more women at critical points along their cancer journeys.

“This research reinforces what we hear every day from the women and families we serve—that peer support can be a powerful, life-affirming resource,” said Adina Fleischmann, Chief Services Officer at Sharsheret. “By meeting women where they are and connecting them with trained peers who truly understand their experiences, we can help reduce isolation, improve quality of life, and strengthen coping during some of life’s most challenging moments.”

The study highlights the essential role community-based organizations play in delivering accessible, culturally responsive supportive care and underscores the importance of sustained investment in peer support infrastructure as part of comprehensive cancer care.

To read the full manuscript, visit *Translational Behavioral Medicine*:

Peer Support Programming Among Women at Risk for or Surviving Breast Cancer:

Facilitators and Barriers to Community-Based Patient Navigation

For more information, please contact Sharsheret's Chief Services Officer Adina Fleischmann at 866.474.2774 or [afleischmann@sharsheret.org](mailto:afleischmann@sharsheret.org).

###

## **ABOUT SHARSHERET**

Sharsheret, Hebrew for chain, an international cancer organization with offices in the Midwest, Southeast, Northeast, West and Israel serves 275,000 women, families, healthcare 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.

As a premier organization for psychosocial support, Sharsheret is a member of the Federal Advisory Committee on Breast Cancer in Young Women, works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for ten consecutive years.

## **What We Do**

One-on-one support for women and their families touched by breast cancer and ovarian cancer (all free, confidential, and convenient), featuring:

- Online 24/7 Live Chat
- Mental Health Professionals
- Genetic Counselor
- Peer Support
- Customized Beauty Kits
- Busy Boxes for Children
- Specialized Programming for Women Living with Metastatic Cancer
- Financial Subsidies for Non-Medical Services
- Men's Educational Resources

Education and Outreach for women, men, families, and community and medical professionals

- Healthcare Webinars

- College Campus Programming
- Community Educational Seminars
- Cultural Competency Trainings
- Comprehensive Resource Booklet Series
- Community Action for Women and Men of all Ages
- B'nai Mitzvah Projects
- Team Sharsheret Races and Walks
- Young Professionals Circle
- Teal and Pink Shabbat
- Local Volunteer Opportunities

For more information and to get involved today, visit us online at [www.sharsheret.org](http://www.sharsheret.org) or call us at 866-474-2774. Tag us on Instagram @sharsheretofficial

© Sharsheret 2025