



DIRECTLY SUPPORT OUR MISSION BY DONATING TO OUR RETREAT

RENEW

- **ANY AMOUNT** will be used to fund our weekend retreat of health and healing for 80+ young breast cancer survivors. (To learn more about how your donation supports this retreat, contact us at donate@hereforthegirls.org.)

RESTORE

- **\$250** helps fund a restorative, educational, and empowering workshop
- **\$500** helps fund the Mermaid Cove, a rejuvenating wellness experience for our women
- **\$1000** helps fund weekend expenses for a team of skilled volunteers

RETREAT

- **\$500** helps fund materials and items in all welcome packages
- **\$1000** helps fund healthy nourishment throughout the weekend
- **\$5000** helps fund accommodations for 80+ survivors

Sitting in chemo today I had a whole different perspective because of this weekend (H4TG Renew Restore Retreat). Instead of being ashamed, I walked in proud of my bald head mainly because I wanted to show off my henna tattoo. This weekend showed me how many people can love me for who I am, the strength and energy I still have regardless of what I'm going through, and that I can do anything. I'm so grateful for this opportunity and the people I've met and so happy to be a part of this group. Thank you to everyone that made our retreat a success. - Tina S. (Diagnosed at 31)



GET INVOLVED

To learn more about ways to support Here for the Girls, visit us at hereforthegirls.org/getinvolved. Remember, breast cancer doesn't happen just in October. It is happening now, and we need you!