

WILLOW BREAST CANCER SUPPORT
CANADA
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Willow provides free support today for those who cannot wait for tomorrow's cure.

"The peer counsellors at Willow addressed the full range of questions and concerns that I had and supported me in my decisions about treatments. They were always compassionate and responsive and they had a significant impact on my ability to manage my anxiety."

Miriam Sweet Goldstein, RN, M.Ed., St. Michael's Hospital, Toronto

"I see many women and men who are BRCA mutation carriers. My patients call Willow to speak with someone who understands the impact of having a gene mutation and can provide quality information and support."

Genetic Counsellor, Toronto



BREAST CANCER SUPPORT CANADA



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1.888.778.3100

www.willow.org

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info@willow.org

**Breast Cancer?
At Risk?
Need to talk?**



BREAST CANCER SUPPORT CANADA

Willow provides support today for those who cannot wait for tomorrow's cure.

Who calls Willow?

- Anyone affected by breast cancer
- Anyone concerned about the risk of developing hereditary breast or ovarian cancer (HBOC)
- Anyone looking for support
- Anyone with concerns about their breast health
- Family, friends and caregivers of those living at risk or with breast cancer
- Anyone interested in volunteering or fundraising for Willow

When you call Willow you speak with someone like you - a peer. She is a survivor who has lived through a diagnosis and is a little bit further down the road on the breast cancer journey.

Speaking with a peer about a shared experience can help build emotional strength, normalize feelings, inform you and reduce your sense of isolation.

Through information and encouragement we empower women to take control of their health care. Willow ensures no one needs to face breast cancer alone.



Need to talk?

Call Willow's Peer Support Centre

Members of Willow's Peer Support Team are all breast cancer survivors, experienced in answering a wide range of questions. They know how important it is to talk with someone who has been through it.



Willow:

- Shares information to help you better understand a breast cancer diagnosis and treatment options
- Provides information and support to anyone affected by HBOC, including the opportunity to speak with someone who has a gene mutation
- Directs you to practical resources, such as where to find a support group, a wig or financial assistance
- Provides suggestions on how to support someone with breast cancer or talk to children about a diagnosis
- Offers free interpreter services for individuals wishing to speak in their language of choice during a support call

Want to bring Willow to your community?

We offer training for a variety of rewarding volunteer positions, including:

- **Support Group Facilitator:** start and sustain peer-led support groups
- **Community Outreach Volunteer:** support women with breast cancer, one-to-one

To inquire about volunteering in your community or upcoming training workshops, please call Willow.

Want information about breast cancer?

Personalized free information packages

Willow can provide you with relevant information about breast cancer or HBOC including:

- Diagnosis
- Risk management options
- Treatment options
- Coping with side effects
- Breast reconstruction
- Nutrition
- Where to find support

Resources

Willow's Patient Education Series includes up-to-date booklets and resources on a variety of topics related to breast health and breast cancer. These booklets are available free of charge by calling Willow or by visiting our website.

In Our Genes

A program designed to respond to the unique needs of those at risk or diagnosed with HBOC, providing peer support, information and resources.

willow.org

Willow's dynamic website, providing information and support to anyone affected by breast cancer.

inourgenes.ca

Supporting the HBOC community with a dedicated website offering resources, information, links to the latest research and more.

willow-talk.org

A safe, online community to connect with others, exchange information and share experiences.



We listen. We care.

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Telephone: _____

Email: _____

In honour of In memory of

Name: _____

Yes, I would like a card notification sent to:

Address: _____

City: _____

Province: _____ Postal Code: _____

I would like to make a **SINGLE** donation of:

\$18 \$25 \$50 \$100 Other \$ _____

I would like to make a **MONTHLY** donation of:

\$10 \$18 \$50 Other \$ _____

If paying by cheque or money order, please make it payable to Willow Breast Cancer Support Canada.

Credit card: Visa MasterCard

Card Number: _____ Expiry: / _____

Signature: _____

I hereby authorize Willow Breast Cancer Support Canada to make automatic MONTHLY withdrawals from my bank account or credit card, as indicated above. I understand that I can change my monthly giving arrangement at any time by contacting Willow directly at: 1.888.778.3100.

Signature: _____ Date: _____

You can also donate online at www.willow.org