

The Power of Pink: JLG Young Women's Support Group

By Debbie Miron

With October signaling the beginning of fall and the start to a new school year, October has also become synonymous with Breast Cancer Awareness month. Breast Cancer is the most common form of cancer in women and detecting the disease early can be life-saving. Yet, for those women diagnosed with breast cancer, the news can be daunting as choosing which type of treatment can be overwhelming.

Having a safe place to meet and discuss issues surrounding the disease while undergoing treatment became the primary catalyst for the Junior League of Greenwich to form the Young Women's Breast Cancer Support Group in 2015. The Support Group has filled a need for women in their 20s, 30s and 40s who are experiencing breast cancer in any stage of their treatment. "Research has shown that there has been a lack of focus on the young people," explained Sarah Gallagher Parker, Co-Chair of the Young Women's Breast Cancer Support Group Committee. "We have been trying to broaden our outreach, and emphasize the collaborative efforts with our Junior League's partners, including Greenwich Hospital, the Breast Cancer Alliance and the Greenwich Sentinel."

Sarah Gallagher Parker was inspired to Co-Chair the Junior League's Young Women's Breast Cancer Support Group

Committee because she saw firsthand the difficulty that a loved one faced while battling breast cancer. She praised the JLG for identifying and addressing this growing need in the community for support and resources. The peer-to-peer style support group is the first and only group of its kind in Fairfield County. The group, which meets the first Wednesday of every month at the JLG Headquarters, enables women to connect with other young women in the community to find out about local services available to breast cancer patients and survivors. Meetings are free and open to all young women diagnosed with breast cancer regardless of where they are in their journey.

Living with breast cancer at any stage can be very challenging as the cancer limits physical activities compounded by deteriorating health and distress caused by the symptoms. The Junior League's program provides support for anyone struggling with breast cancer, encouraging them so that they will be embraced for who they are as a person. "The goal of this group has been assisting someone suffering from cancer now by providing them with support, education and resources," explained Ingrid Hang, Co-Chair of the Young Women's Breast Cancer Support Group Committee.

Two Greenwich events this past month provided additional opportunities for education and fundraising for women in the community. On Thursday, October

5, the Junior League partnered with Breast Cancer Alliance at a "Go for Pink," fundraiser held at Richards that included breakfast, shopping and a discussion led by Dr. Marisa Weiss, founder of breastcancer.org. Proceeds of sales that day were donated to the Breast Cancer Alliance. The "Go for Pink luncheon," held on October 26th at the Hyatt Regency in Greenwich, provided another opportunity to support this worthy cause.

About the Junior League of Greenwich

The Junior League of Greenwich has been bettering the community for nearly 60 years. It is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained individuals. Its purpose is exclusively educational and charitable. The JLG is committed to inclusive environments of diverse individuals and reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to voluntarism. For more information, please contact the Junior League of Greenwich at jl原因@jlgreenwich.org and visit our website at www.jlgreenwich.org.

