



Breast cancer previvors, patients, survivors and their families are Pink Lemonade Project’s major focus.

Our efforts are designed to reach breast cancer previvors, patients, and survivors of all ages in the Vancouver-Portland metro area. Research shows that patients with a breast cancer diagnosis who have strong friendships and community connections have a lower risk of a recurrence, lower risk of a breast cancer-specific mortality, and a lower risk of total mortality. In fact, our programs were developed cooperatively with our healthcare partners and are designed to support you during your treatment and recovery. We want to offer a community and help you live a vibrant life.

Whether you or a family member have been recently diagnosed, are in treatment, recovery, survivorship, or are facing an advanced diagnosis, Pink Lemonade Project has thought about you. We are here for you.

Our mission is to educate, empower & support those affected by breast cancer | Serving the Vancouver-Portland Metro Area

Lemons to Lemonade: It’s What Pink Lemonade Project Does!

These are unprecedented times. Pink Lemonade Project has done our best to pivot quickly and launched Virtually Pink, our virtual program series. Over the past few years, we have also added new programs beyond our flagship Revive Retreats and Pink Peers, our one-on-one mentoring program. Our programs serve women and men affected by breast cancer who live and/or receive care in the Vancouver-Portland metropolitan area. Keep an eye on our website—pinklemonadeproject.org—for the most current schedule of events.



Pink Practicalities is our financial aid and assistance program. The program is designed for those who are experiencing financial hardship while in treatment, recovery, or survivorship for breast cancer. We offer financial assistance for essential items that are not necessarily covered by health insurance or that may be needed for important quality of life issues. Our focus is on those who live and receive care in Clark County, Washington. We do consider requests from the Portland metro area. With the generosity of some local funders, we have new grant dollars to expand this program for those impacted by COVID-19 and will consider requests for assistance with health insurance premiums and/or co-pays, technology, or other urgent needs. We require you to work with your healthcare provider to submit a request. Visit us at: pinklemonadeproject.org/pink-practicalities.



The Pink Link program and events provide group support through a series of educational and social events open to those affected by breast cancer throughout the year. Pink Link events range in nature from conversations with medical professionals to keep you informed, to seminars on topics relevant to treatment and recovery, to crafting sessions and cooking classes—visit us at pinklemonadeproject.org/pink-link-events.



Pink Peers is our one-on-one mentoring program. Receiving a breast cancer diagnosis is scary. The news can leave you feeling overwhelmed, vulnerable, and alone. That’s where our Pink Peers mentoring program can be a life line—pinklemonadeproject.org/mentors. Our mentors are all survivors and were trained by licensed clinical social workers. These volunteers can offer peer support and are ready to provide encouragement. They can help you connect with other resources unique to your needs. Just complete a mentor request form on our website.



Contact Us:

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[pinklemonadeproject.com](http://pinklemonadeproject.com)

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## Zest

Zest is our support group for young women survivors who might face special challenges with a breast cancer diagnosis. Breast cancer in younger women might be trickier, as they may have small children at home during their treatment, and/or may get their diagnosis before having their families. This group is led by a Pink Lemonade Project board member who is also a survivor. Visit us at: [pinklemonadeproject.org/zest](http://pinklemonadeproject.org/zest).

## Support groups

Pink Lemonade Project has partnered with Compass Oncology and Legacy Salmon Creek to offer monthly support groups to give those with breast cancer an opportunity to talk with others who are facing similar challenges. Oncology social workers are present at each session to facilitate the conversation and to answer any questions about the physical or emotional issues, treatment side effects, and offer general coping strategies. Check our website—[pinklemonadeproject.org/others-who-can-help](http://pinklemonadeproject.org/others-who-can-help)—for details of these groups and others around the region.

## Jill's book bank

This program of Pink Lemonade Project includes a curated list of books to help explain a cancer diagnosis to children. The collection includes books for very young children to adolescents. The program is generously funded by a bequest from the estate of former, Vancouver-based elementary school teacher, Jill Garrow. We are currently expanding this list to include titles in Spanish and Russian.

## pinklink fit

Exercise helps women get through treatment and recovery. Plus, physical activity is proven to help decrease the risk of recurrence and improve both mental and physical health. We offer a range of PinkLinkFit event around Vancouver and Portland, no matter where you are on your treatment journey. We also partner with local fitness professionals to provide various exercise classes and seminars throughout the year.

## revive retreats

Revive Retreats are our flagship program. These restorative retreats offer a chance for introspection, consultation, and support to find strength in moving forward in the aftermath of a breast cancer treatment. Facilitated by oncology social workers, these retreats have now expanded over the years and serve recent survivors, long-term survivors, couples, and those with advanced or metastatic breast cancer. Check out our website for the updated schedule of future retreats.

Thank You to Our Sustaining Donors:



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