

PINK RIBBON FUND SUPPORT

The Bedford County Pink Ribbon Fund works with our community partners to use funds raised from our Walk and Run to directly help local families dealing with the challenges of a breast cancer diagnosis. We are proud to bring the first Breast Cancer Support Group to Bedford County. In addition to those monthly meetings, additional support is available through the Pink ribbon Fund:

Chemo Care Kits: Totes filled with products to help ease the discomfort of chemotherapy sessions (e.g. blanket, hand lotion, lozenges, etc.) are provided to breast cancer patients using Pink Ribbon Funds.

Wigs & Styling Services: Mane Street Designs
(Bev Williamson)

136 E Pitt St, Bedford, PA 15522—(814) 623-7055

Rides of Hope: Local volunteers drive patients to doctors appointments and medical treatments.

Mammogram Day at UPMC Bedford: October 2020 (TBA)
Annual breast cancer awareness event featuring walk-in mammograms and informational materials.

Financial Assistance: Financial aid may come in many forms, including payment of medical bills, gas cards, lodging and other expenses.

If you or someone you know needs support in the battle against breast cancer, we are here to offer help!
For more information or to receive an application for financial assistance, contact our chair:

Dr. Katherine Erlichman
814.623.1969 or 814.285.6844
kerlichman@icloud.com

(Application is also available on our website.)
www.bedfordcountypinkribbonfund.com

BEDFORD COUNTY PINK RIBBON BREAST CANCER *Support Group*



*They stood in the storm, and when the wind blew,
they adjusted their sails.*

Meets Monthly - Last Wednesdays

6:00-7:30 p.m.

Everett Church of the Brethren

119 East 2nd Street

(Lighted side entrance with a canopy;
parking lot across from this entrance)

Supported through a fund of the
 **COMMUNITY FOUNDATION**
FOR THE ALLEGHENIES

bedfordcountypinkribbonfund.com

MISSION, HISTORY AND FORMAT

The Bedford County Pink Ribbon Fund was formed in 2017 by a local group of dedicated volunteers and breast cancer survivors, committed to the mission to support LOCAL families, individuals, organizations and institutions in the fight against breast cancer.

After three successful Pink Ribbon walks, raising both funds and awareness in support of breast cancer patients the fund steering committee launched a *Breast Cancer Support Group*.

The peer-led group is designed to provide educational and social support to breast cancer patients and survivors to help them meet the challenges of living with breast cancer and survivorship in a space that is safe, confidential, non-judgmental, and welcoming. Sharing experiences allows participants to give each other support, exchange practical tips for solving problems, and share ways of coping.

The informal, monthly meetings will be facilitated by local breast cancer survivors and supported by a member of the clergy. Guest speakers will be invited to share information of interest with discussion to follow.

The group is open:
new & past participants are always welcome.

Refreshments will be provided.



For more information, contact:

Support Group Chair Cindy Speck
571.230.6184 / ccspeck20@gmail.com

BCPRF Chairwoman Dr. Katherine Erlichman
814.623.1969 or 814.285.6844
kerlichman@icloud.com

GROUND RULES

This is a mutual self-help group, not a therapy group. Hopefully, this group will provide emotional, psychological, and moral support for its members. Each of us is encouraged to participate to whatever extent we feel comfortable.

The following ground rules facilitate the development of trust in the group and enable us to share our thoughts and feelings with each other.

1. Because confidentiality is essential, we expect that each person will respect and maintain the confidentiality of the group. What is said in the group stays in the group.
2. We are here to share our own feelings and experiences; we try not to give advice.
3. We each share the responsibility for making this group work.
4. We try to accept people, just as they are, and we avoid making judgments.
5. We try to give everyone an opportunity to share.
6. We have the right to speak and the right to remain silent.
7. We give supportive attention to the person who is speaking and avoid side conversations.
8. We avoid interrupting. If we do break in, we return the conversation to the person who was speaking.
9. We have the right to ask questions and the right to decline to answer.
10. We try to be aware of our own feelings and talk about what is present to us now, rather than what life was like for us in the past.
11. We do not discuss group members who are not present.
12. We begin and end our meetings on time.

Note: Even though our goal is to support each person, this particular group may not meet your needs. Before deciding this group is not for you, however, we hope you will attend at least two meetings.

Reference:
Peer Support Group Facilitator Training – Student Manual,
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