



# CT WOMEN OF HOPE

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## Assistance During Treatment



You have faced many challenges in life and your strength will carry you through. No matter how frightening your news sounds, and is, we believe in you and we believe you can do this. Each and every morning when you wake, it's another step toward recovery and healing. Each and every night when you go to sleep, it's another step toward strength and support as you rest and every nerve, every cell is working hard to recover, to heal, to repair. We believe in you and your ability to heal and go through your treatments and recover. We know you have courage. We know you are probably feeling overwhelmed, but we are here for you, we have faith in you, we are women of HOPE.

Here at CT Women of HOPE, it is our goal to help you with your needs to the best of our abilities. The saying goes "Don't sweat the small stuff and it's all small stuff".

### Rejuvenate Yourself

We offer gift cards to help women in treatment for ovarian cancer to find relaxation and explore alternative health solutions if they are interested. We have found that getting a simple haircut or meeting someone who can lead a meditation, do Reiki medicine or help with relaxation and breathing techniques, women are able to feel rejuvenated and refreshed. This is important to help aid in healing and reduce stress.

### Help with Appointments

We offer help finding rides and setting up rides for appointments by calling uber drivers, taxi services, insurance car drivers and other driver services. We are ready to talk to you before your appointment to help you feel more comfortable and relaxed, reminding you of questions you might want to ask and we are ready for your phone call when you get back too. Remember, if you ever need someone to talk to, you can call or email our team member and non-denominational pastor, Trisha Fowler, 860-317-1732 [revtrishafowler@yahoo.com](mailto:revtrishafowler@yahoo.com) or reach out to our research partners and support group OCRA at 866-399-6262.

### Family is Everything

CT Women of HOPE is dedicated to family and support. We pride ourselves in keeping families hopeful and energized. When you learn about having cancer, it can be scary and confusing, and downright devastating. We are here to help direct you to support groups through hospitals and the community you live in. We want you to stay connected and feel supported as a team, as a loving body, ready to fight together.

A Non-profit Organization supporting woman diagnosed with Ovarian Cancer  
A Partner of OCRA

Information and research citing: [OCRAhope.org](http://OCRAhope.org) [www.cdc.gov/cancer/ovarian](http://www.cdc.gov/cancer/ovarian)

## **Early Detection is Key**

Keeping you informed and up to date with the latest research is our goal. Making sure you are aware of community events and happenings, keeping you busy, inviting you to attend our monthly meetings so you can hear what's happening and how you can advocate, volunteer, be heard or just know what is going on is the best way to continue to push early detection for women through out Connecticut. We will do our best to keep up on emails, newsletters, twitter, Facebook, Pinterest, Instagram, and other social networking platforms to keep you up to date and informed.

## **Help is on the way**

We understand how difficult it can be to stay caught up with bills when insurance is tough, and you can't be at work because treatments are so difficult. Everything can pile up and become very stressful. We are here to assist you. Simply fill out the application so we can process bills and help get payments on the way. We can assist with groceries and gas too. Let's work together and quickly so you can stay on track and focus healing and recovery.

## **Leave the Holidays to Us**

At CT Women of HOPE, we are passionate about ensuring families have a healthy and happy holiday. We strive to bring joy and HOPE in the holiday season to our ladies who are in treatment or who are diagnosed with ovarian cancer. We feel it is important to have hope and faith in the holiday season and to have less worry and stress. It is with honor and pleasure, that we deliver gift baskets and holiday gift help, such as gift cards and gifts for small children in the family during the holiday season to spread holiday cheer, as well as food baskets to bring a lovely holiday meal to the table.