



CONNECTING ANY CANCER ANY STAGE ANY AGE ANYWHERE IN THE WORLD

HOW WE HELP CANCER FIGHTERS, SURVIVORS AND PREVIVORS

Through our personalized matching process, people diagnosed with cancer are connected with someone who's faced a similar cancer situation (a Mentor Angel). While each cancer experience is unique, Mentor Angels are matched by similar age, gender and diagnosis, providing cancer fighters the opportunity to ask personal questions and receive support from a peer familiar with the situation and can offer empathy in a way others cannot.

HOW WE HELP CANCER CAREGIVERS AND LOVED ONES

Imerman Angels connects those caring for - or grieving - the loss of a loved one with Caregiver Mentor Angels who can help provide support and comfort throughout their journey. A loved one may be a family member (such as a child, parent, spouse, sibling or grandparent) or a friend who's survived or currently has cancer.

OUR SERVICE IS
FREE FOR EVERYONE.

GET SUPPORT IN 5 STEPS

VISIT [IMERMANANGELS.ORG](https://www.imermanangels.org)

1

Click the "Request Support" link on our website and fill out the registration form. You can also call us at **1-866-IMERMAN** (463-7626)

WE'LL BE IN TOUCH IN ONE BUSINESS DAY.

2

One of our Cancer Support Specialists will call to discuss your experience and assess your needs.

WE'LL FIND AND INTRODUCE YOU TO A MENTOR.

3

Our goal is to find you a Mentor as soon as possible.

MAKE A CONNECTION WITH SOMEONE WHO UNDERSTANDS

4

This part is up to you. Your Mentor Angel can simply be there to answer a few questions or may remain available throughout your journey.

WE'LL FOLLOW UP, BUT...

5

If your Mentor isn't the right match and/or you need additional support, please call us.



A *Powerful Voice* in the Fight Against Adolescent and Young Adult Cancer

70,000 young people (ages 15 to 39) are diagnosed with cancer each year in the United States.

Through our programs and strategic partnerships, we address the physical and emotional needs of AYA cancer patients and survivors. Our one-on-one patient outreach and peer-to-peer group wellness programs allow us to empower patients and survivors in their healing and provide assurance that they are not alone in their cancer journey.

OUR MISSION

The Dear Jack Foundation provides impactful programming that directly benefits adolescents and young adults diagnosed with cancer in order to improve quality of life and create positive health outcomes from treatment to survivorship for patients and their families.

OUR IMPACT

"Dear Jack opens up a door to people I didn't even know existed that have similar struggles and experiences to me with equally similar feelings about them." - Laura, LifeList 2019

OUR PROGRAMS

Breathe Now and LifeList offer programming for adolescents and young adults who are facing or have faced a life-threatening cancer diagnosis. Our programs provide opportunities for support, connection, and hope.



LifeList provides patients with positive experiences to focus on during treatment and also gives the opportunity to connect with a community of AYA patients, survivors, and advocates who have experienced similar journeys.



Breathe Now is a thoughtfully designed four-day retreat program that harnesses the transformational powers of yoga, meditation and psychosocial breakout sessions. The retreats are professionally guided and designed to help each couple renew, learn, and grow as they live their lives together post cancer.



FOR MORE INFORMATION VISIT:
dearjackfoundation.org



@DearJackHQ



@DearJackFoundation



@DearJackHQ

FIRST DESCENTS



STRATEGIC PRIORITIES



Expand Programs

FD will expand programs to improve survivorship and quality of life while exploring new programs for other affected populations.



Build Community

FD will strengthen local adventure communities and nurture supportive peer relationships that provide ongoing healing.



Prescribe Adventure

FD will expand its network of healthcare professionals to reach more young adults earlier in the treatment process.

OUR REACH

10,000+

PARTICIPANTS SERVED

2,000+

PARTICIPANTS ANNUALLY

150+

PROGRAMS ANNUALLY

500+

HOSPITAL PARTNERSHIPS

OUR IMPACT

100%

OF PARTICIPANTS REPORTED INCREASED ABILITY TO COPE WITH CANCER AND ITS EFFECTS

81%

REPORTED INCREASED SELF-EFFICACY

61%

REPORTED INCREASED SOCIAL SUPPORT

59%

DECREASE IN EPISODES OF DEPRESSION

MEDIA

CONTACT FIRST DESCENTS: INFO@FIRSTDESCENTS.ORG | 303.945.2490

FIRST DESCENTS PROVIDES LIFE-CHANGING OUTDOOR ADVENTURES FOR YOUNG ADULTS (AGES 18 - 39) IMPACTED BY CANCER AND OTHER SERIOUS HEALTH CONDITIONS.

TRUE NORTH TREKS

is a 501(c)3 nonprofit organization that harnesses the big medicine of nature, peer support, and mindful awareness practices to help young adults affected by cancer and their caregivers find direction through connection after the very disconnecting experience this disease and its treatment can bring.

We offer a variety of free programs and services, including:

- 1) **Wilderness-based backpacking and canoeing treks** for young adults affected by cancer and their caregivers.
- 2) **Retreat-based mini treks** for young adults affected by cancer and their caregivers.
- 3) **Resources and services** to partnering young adult cancer support programs and organizations.
- 4) **Education, advocacy, prevention, and outreach** initiatives to raise awareness and affect change.
- 5) **Health promotion support and resources** to program alumni.



Connect with Nature...

Connect with Peers...

Connect with Yourself...

TRUE NORTH TREKS

Young Adult Cancer Survivors Charting a New Course

Phone: 773-972-2367

Email: info@truenorthtreks.org

www.truenorthtreks.org

www.tntwaldeninstitute.org



Our treks are free and available on a “pay it forward” pledge model. Eligible individuals can participate at no cost, and make a pledge to help raise enough funds so that someone else can go in the future.

