



Jean R.

I was diagnosed in TX on January 25th 2001 and was involved in a support group called the Bosom Buddies! Joining a support group was one of the most important things I could have done. I learned a lot and made great friendships. I had wonderful support! I was with the Bosom Buddies for 5 years when I moved to Rochester. I asked my Dr. in Rochester to recommend a support group and he mentioned BCCR. I have been involved with BCCR for 2 years and am also involved in their PALS program.

I was always quiet and never talked much about things. Now I'm different. My husband used to say I never spoke up for myself... now I do - sometimes too much! When I got involved with support groups, I didn't ask anyone for help. But when I was involved in groups, they made me ask for help - because I learned I needed it.

The whole breast cancer thing changed me because it gave me more confidence in myself. I can talk to people now! Breast Cancer has made me more independent. Being involved in a group gives me support and I hope that I am able to make someone else's journey a little easier for them.