A transplanted French Canadian, Solange Lamarre believes she was blessed during her breast cancer journey. She had the constant support of a loving family, including adult children who went with her during medical visits, a warm faith community, and many loyal friends.

But no one could really help Solange understand what to expect, especially from the surgery; no one could persuade her completely that she would be “OK”—except her ABCD mentor. Even that took time.

Solange nods as Jane relates their story. “I’m very analytical and so is Solange. It was one of the ways we were such a good match. When I first reached out to her, Solange decided she wasn’t ready to talk just yet, but I sent her notes. She had to trust I would be there when she was ready,” Jane recalls.

Solange remembers that the beginning of her journey was very difficult. “I work in a medical office that sees many elderly patients who said I was an ‘inspiration’ to them. But I was sick, had no energy and cried,” she recounts.

When she was ready to talk to Jane, Solange confided her concerns about reconstruction and hair loss. She knew Jane understood her reconstruction concerns like no one else could. “I really needed to know what reconstruction would be like. Jane was generous, making sure I understood the process. She was frank but not scary,” says Solange.

Through reflection, prayer and conversation with Jane, Solange realized that her attitude would play a key role in getting through her breast cancer journey. And, as her hair grew back, she took it as a sign of overall healing.

Solange is grateful for all the support she had during her journey. “I have a terrific family and strong faith. I prayed a lot,” notes Solange. But she is especially grateful that her breast cancer nurse talked to her about ABCD’s one-to-one mentoring service. Solange knows “there really isn’t any support that can replace personal support from someone who has lived what I was living.”