



CT WOMEN OF HOPE

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Rejuvenate Yourself

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.

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.