

## Caledon Breast Cancer Foundation serves the community

By Dr. Ann Ragobar

Many times it has been said that "life is a journey."

How we ride the waves of this journey will be instrumental in how well we survive.

On this journey, we do encounter obstacles, such as marriage breakups and job loss. The biggest obstacle is illness and the most heart-wrenching is that of cancer.

According to statistics, this illness will impact, in one way or another, one out of every three people during their lives. Many survive and others, unfortunately, do not.

Many people would prefer to go to a dentist than to discuss any type of illness, particularly cancer. But major illness is a part of society, if we are fortunate not to have it affect us directly, then we might know of someone dealing with this. The same can be said of death and dying. We would prefer to run and hide from this. Unfortunately, we will all have to face this aspect of life at some point in life, and probably a few times over.

I had the privilege of speaking at the Caledon Circle of Hope event April 14, put on by the Caledon Breast Cancer Foundation. Our keynote speaker, Dr. Sandy Sehdev, told us about the encouraging advances in research to stem the tide of cancer. We heard encouraging stories of survival after cancer. But we also heard the heart wrenching stories of the loss of loved ones.

The common denominator, not only at this event but throughout the Caledon Breast Cancer Foundation, is that of: Hope, Faith, Love, Courage and Strength. This organization fosters this energy to guide and help others through not just breast cancer, but through and other types of cancer. And even if we were to suffer the loss of a loved one, that support is there to help everyone to move through the grief process.

Four years ago, I lost not only my husband, but also an uncle and a cousin to cancer all in one year. As a non-denominational minister and grief counsellor, and in conjunction with the Caledon Breast Cancer Foundation, my mission for this life is to be of service, to give courage, strength, hope and faith to those who are struggling not only with illness. But particularly to families and their loved ones facing end-of-life issues, and then work with them through the bereavement process.

As we continue to make this journey through life, may we walk with heads held high, and it matters not what life may throw in our path. We will use those obstacles as stepping stones and when we think that all is lost know that help is available.

Just reach out and we will hold your hand through this portion of your journey.

For more information, go to [www.caledonbcf.org](http://www.caledonbcf.org)