



Dear allies and friends,

Each member of the Breast Cancer Action Quebec (BCAQ) team brings with them a personal story, a unique journey, and an unwavering determination to transform our vision of the links between health, justice and the environment. These testimonials show just how deeply this cause resonates within each of us, revealing the realities of breast cancer and our shared conviction that prevention, education, and social justice are at the heart of our mission.

Viorica, Naoual, Péguy, and Milena, along with our supporters, firmly believe in a future where everyone's health and dignity are protected from the pressures of toxic industries and environmental inequities. Whether through personal or professional journeys, each of us contributes to BCAQ's collective work, adding our efforts to the fight for environmental, social, and health justice.

By supporting BCAQ through your donations and involvement, you join us in defending this essential mission—for those we have lost, for those living with the disease, and for generations to come. Together, we can build a future where breast cancer prevention and environmental protection are clear priorities.



Viorica:

It has been almost 14 years since the moment I first stepped into the office of BCAQ (BCAM at the time) in the role of Administrative Assistant. I was a newly arrived immigrant; I did not know much about the cause but the primary prevention as the fundamental principle of this organization made so much sense to me.

My position and responsibilities changed over the years, but my commitment has not. Little did I know that BCAQ would not only become a place of employment for me but also a warm home with persons I will continue to admire to the end of my time. I met wonderful people, worked with them, learned from them, laughed with them. And sometimes I lost them too.

Many of our supporters donate in memory of the people they lost. The saddest part for me is that cancer diagnosis does not surprise much anybody these days anymore. It almost went from a taboo topic to a normality of life. But it shouldn't. It should not be a normality. That is why Breast Cancer Action Quebec's work is so important. In the words of Rose Alper, "this organization has worked tirelessly to ensure that our message about environmental toxins and their links to breast cancer is heard by the public and our government". Thank you from the bottom of our hearts for contributing to this cause.



Naoual:

It's been over a year now since I joined the BCAQ team, driven by a deep conviction. This choice was motivated by a personal story: someone dear to me was affected by breast cancer. Despite no family history, this diagnosis turned our lives upside down and raised essential questions for me about the links between the environment, pollution, and this disease. This journey revealed painful realities but also allowed me to discover a committed community determined to act for a

healthier and more just future.

BCAQ, with its intersectional feminist approach and activism, showed me how we can create real change for a healthier environment less controlled by industrial lobbies, by targeting the roots of the problem. We are all affected in different ways, based on our backgrounds, experiences, and lives—differences that must be considered when advocating for everyone's rights. More than just a mission, this is a collective struggle: to protect our health, our environment, and our bodies, including those of future generations, and to hold polluting and toxic industries accountable. By joining BCAQ, by donating or joining our fights, you too can become part of this change. Together, we can build a world where social and environmental justice are not just ideals but realities.



Péguy:

When the opportunity to join the BCAQ team arose, I first looked into the organization. I immediately found myself both in admiration and in love—not only because of all the work accomplished but especially because of the values that define it and the battles it has fought for over 30 years. Battles for greater inclusivity, at a time when intolerance and discrimination threaten to erode the efforts and

progress made towards openness. For environmental justice, which cannot be minimized or excluded from the broader struggle for justice in its fullest sense—an essential path to equity. For a collective responsibility in supporting people with breast cancer. And above all, for the long-awaited prioritization of breast cancer prevention.

I consider it a privilege to be part of something this impactful, to be where my own values find resonance. It's an honor to contribute my own piece to this visionary structure that you have supported from its beginnings and continue to support year after year. I humbly allow myself to think that the need to strengthen the organization and ensure the longevity of its actions in society is beyond question in your mind. Today, more than ever, BCAQ needs you—your generosity and your involvement. To keep raising and addressing new issues, to continue innovating and paving new paths as it has always done. On this depends the legacy we leave for future generations.



Milena:

I'm delighted to be back at BCAQ, an organization whose mission on breast cancer prevention I wholeheartedly believe in—challenging the status quo, encouraging critical thinking, and making connections between health, environment and justice that aren't always immediately obvious. My journey with BCAQ began many years ago, working with the youth program, and I'm excited to

return now as the Education and Advocacy Coordinator.

What's truly remarkable about BCAQ is how it has taken a devastating disease and transformed it into a dynamic movement for community health, all through an intersectional feminist lens.

With a background in feminist and community health organizing, I understand how challenging it can be to put an intersectional approach into action and be fully committed to it as an organization. BCAQ, for instance, highlights the diverse experiences of people with breast cancer such as the unique experiences of Black women with the disease—examining the specific risk factors, health outcomes, and needs they face; the exclusion of women with physical disabilities from screening programs; and how marginalized communities are specifically impacted by plastic production, use and waste management, putting them at higher risk for hormone related diseases like breast cancer. While intersectionality can sometimes feel like an abstract concept, BCAQ puts it into practice every day, drawing attention to the specific experiences and needs of historically marginalized populations.

I'm consistently impressed by the organization's unwavering commitment to education and community-building, as well as its role in advocating for stronger environmental policies. BCAQ doesn't shy away from asking the hard questions: Why aren't we talking about the root causes of breast cancer? Who is left out of current screening programs? What can the government do to create safer, healthier environments for all?

I hope you consider donating to us this year, so we can continue doing this impactful and important work.

The Breast Cancer Action Quebec team