



[www.prettygirlswithcancer.org](http://www.prettygirlswithcancer.org)

# *Pretty Girls With Cancer*

STAYING PRETTY, POSITIVE & POWERFUL  
AGAINST CANCER

MEDIA REPORT

# Hi. I'm Kandice!

## CO- FOUNDER OF PRETTY GIRLS WITH CANCER



In 2010, Kandice confronted cancer for the third time, Hodgkin's Lymphoma. This time, she pursued treatment at the renowned M.D. Anderson Hospital in Houston, TX. Amid her personal battles, Kandice and her high school friend Lindsey founded "Pretty Girls with Cancer™" shortly before Lindsey's unfortunate passing due to ovarian cancer.

Kandice's initiatives have been wide-ranging and impactful over the last ten years. Through "Pretty Girls with Cancer™," she collaborated with the "Be The Match™" program to locate donors for cancer patients. She also served as the Survivorship Chair for the American Cancer Society's "Relay For Life™" and initiated the "Totes of Love" project to provide comfort to cancer patients undergoing treatment at M.D. Anderson, Texas Children, and Methodist Hospitals. Additionally, she developed "Coinz 4 Kids With Cancer" currently in local school districts and the Mind, Body & Soul Therapeutic Retreat for cancer survivors and patients all focusing on mental health and self care.

Awards and Honors includes:

- Top 30 Influential Women Honoree
- White House HIV/AIDS Advocates Committee- President Obama administration
- The Otis Scott Veterans Hero Award:
- Black Hawk Top 30 Under 30 in Houston
- Awarded "Mover and Shaker in Community" Austin's Statements Newspaper
- American Cancer Society Mistress of Ceremonies

Presently, Kandice is a dedicated advocate for mental health, extending her support to all those impacted by cancer diagnoses. She holds a Masters in Social Work and is a Licensed Master Social Worker. Bereaved by the loss of her mother to ovarian and colon cancer, brother to Sacoma, grandmother to Non Hodgkins and great grandmother to breast cancer Kandice is resolute in her mission to empower cancer survivors, patients, and caregivers in matters concerning their mental well-being. Her journey will culminate in becoming a psychotherapist in 2024, a testament to her unwavering dedication to the well-being of others.



**CO-FOUNDER,  
LINDSEY APOSTLO**



# More About PGWC!



## MISSION

Connecting cancer survivors, patients & caregivers together through therapeutic sessions, services & wellness activities to empower their mental health.

"Strong is the new Pretty!!" so come and join the "Pretty Strong Movement."

## WHY PRETTY

By transforming "Pretty" into a powerful concept, we shift the focus from external appearances to the strength, resilience, and compassion that lie within us. It becomes a force that uplifts and empowers cancer survivors, patients and caregivers. Pretty is the act of nurturing ourselves physically, emotionally, and mentally. It's about embracing self-love and self-care, recognizing that we are deserving of kindness and compassion.



## PRETTY STRONG MOVEMENT

The core mission of the movement is to empower cancer survivors and cancer patients, to embrace their unique qualities and recognize their inherent strength. It seeks to build self-confidence and foster a positive self-image. By promoting these values, the movement seeks to empower cancer survivors and patients to lead fulfilling and purposeful lives pre and post cancer diagnoses.



## NEW LOGO



Green, represents mental health awareness along with signifies balance, peace and often indicates healing. Pink, represents feminine, friendship, and hope. It is a positive color inspiring warm and a sense that everything will be okay. The green ribbon is bigger than the pink in our logo for a particular reason. We can not allow cancer to overpower our thoughts, minds and fight to beat cancer.



Pretty Girls With Cancer, primary focuses is on mental health, recognizing the significant impact cancer can have on a person's emotional well-being, self-esteem, confidence committed to helping cancer survivors and patients regain a positive sense of self, building strong relationships and fostering a sense of community. The Support Circle ,includes our support groups, monthly hang outs providing opportunities for survivors, patients, and caregivers to connect with others who share similar experiences. Our sessions are facilitated by our Clinical Advisory Counsel or expertist in their fields.



We raise money for kids with cancer because every child deserves a chance to live a healthy, fulfilling life, free from the burden of cancer. Childhood cancer is a devastating and life-altering diagnosis, not only for the young patients but also for their families and loved ones.

#### **C4KWC Mission**

Empowering young cancer patients and their families through wellness and therapeutic activities to strengthen their mental health and overall well-being.

#### **C4KWC Goals**

Assisting young cancer patients 18 and younger through wellness and therapeutic activities such as art, music therapy, yoga, storytelling, writing, animal-assisted therapy. Sessions focusing on self-care, confidence, self- love and mental health.

Organizations, sport teams, corporate offices, churches are welcome to participate



Pretty Girls With Cancer therapeutic retreat offers numerous benefits and support for individuals who are battling cancer and their caregivers. Our therapeutic retreats are complimentary to cancer survivors, patients, and caregivers through donations and sponsorships. Retreat includes art, music, massage therapy, natural trails, therapy sessions, games and tons of fun!



# Survivors' Testimonials

“The monthly sessions are a safe space, no judgemental we all learned something from each other. Brilliant!

Dr. Morgan Mitchel

“Organization addressing the often-overlooked emotional struggles that come with cancer is remarkable..

Kim Edward

## AS SEEN IN

**D-Mars  
Magazine**

FORT BEND STAR

**Great Day  
Houston**

HOUSTON  
CHRONICLE

FOX 26 NEWS

**Austin American-  
Statesman**

THE ISIAH FACTOR



## PGWC IMPACT

- ✓ Gulf Coast Marrow Donor Program / Be The Match Houston Trainers and Representatives
- ✓ Totes of Love program in MD Anderson Cancer Hospital in Houston, TX in bone Marrow & breast cancer units.
- ✓ PGWC Pretty Strong apparel distributed in Houston Methodist and MDAnderson Cancer Hospital giftshops.
- ✓ Totes of Love program in MD Anderson Cancer Hospital Over 1,5000 totes provided to cancer patients & survivors.
- ✓ Partnership with Texas Children Medical Center and Katy for signature program Coinz 4 Kids With Cancer
- ✓ Coinz 4 Kids With Cancer implemented in Cy-Fair ISD, Pasadena ISD, Houston ISD, and a variety of charter schools

## STATISTICS

**3k+**

Email Marketing  
Client List

**6k+**

Social Media  
Followers

## OUR CLIENTS

**85%**

Women  
18 & Over

**75%**

30-45 yrs old

**15%**

18 &  
Under

**75%**

Black

**12%**

Hispanic

**10%**

Caucasian

**3%** Other



## PGWC IMPACT

- ✓ 105 women attended PGWC Theapeutic Retreat Weekend
- ✓ Coinz 4 Kids With Cancer program provided over 300 hundred families affected by cancer with school supplies.
- ✓ 225 Education, outreach and health fairs in the Houston and surrounding areas.
- ✓ Over 75 wish for kids and their siblings affected by cancer through Coinz 4 Kids With Cancer program
- ✓ PGWC new partnership with Sweet & Sassy for Coinz 4 Kids With Cancer to educate young girls about self-care, self-confidence and mental health..



## Special Events

### CANCER & MENTAL HEALTH

Monthly sessions provides social, emotional support and educational resources for cancer patients, survivors and caregivers. All cancers matter. Improved mental health: Having a supportive network of friends who are also fighting cancer can help improve mental health and well-being. It can reduce feelings of anxiety, depression, and stress, and promote a sense of resilience and hope.



### COINZ 4 KIDS WITH CANCER & TX CHILDREN HOSPITAL & SWEET & SASSY

We raise money for kids with cancer because every child deserves a chance to live a healthy and a fulfilling life. Our Coinz 4 Kids With Cancer events provide the opportunity for parents to support each other, kids to learn about self-care, confidence, coping skills, peer support and self-love."



### PINK & TEAL FITNESS AFFAIR

Pink & Teal fitness Affair is an opportunity to promote health, raise awareness for breast and ovarian cancer, build community, and provide much-needed support to those affected by cancer. It can be a powerful and meaningful event that leaves a lasting impact on participants and the organization's mission. Proceeds raised goes to assist Coinz 4 Kids With Cancer and Mind, Body and Soul Therapeutic Retreat. Event takes place the last Saturday in September.



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**Let's Connect Socially**

YouTube - Pretty Girls With Cancer  
Instagram: @PrettyGirlsWithCancer  
Facebook: [www.facebook.com/PrettyGirlsWithCancer](http://www.facebook.com/PrettyGirlsWithCancer)

**Donation Link**

[https://swipesimple.com/links/lnk\\_2bbd60ae](https://swipesimple.com/links/lnk_2bbd60ae)