

The Marie Keating Foundation hosts several free services for people with a BRCA1 or BRCA2 alteration.

- We trained 10 wonderful ladies with a BRCA gene alteration to provide support to
  others in the Republic of Ireland who have a BRCA1 or BRCA2 alteration. This is our Peer
  Support Volunteer service and you can read more about this service here: <a href="BRCA Support">BRCA Support</a>
   Marie Keating Foundation
- You can also view each peer's profile on this BRCA support page. People have the option
  to state which peer they would like to speak with. We do our best to match individuals
  with the peer of choice, but this may not always be possible as we mind our peers and
  limit number of referrals each peer receives monthly.
- We host 6 <u>free</u> BRCA Online Support meetings each year. Generally, we close registration when 17 people have registered so it is important to sign up for those free online support meetings sooner rather than later. Our next free meeting is due to take place this Thursday April 17<sup>th</sup>, from 6 7.30pm. I am delighted to hear that you have registered for this meeting. You will get lots of support for several other ladies who are also on their BRCA journeys.
- We host a BRCA seminar each year and currently we are planning our 8<sup>th</sup> annual BRCA seminar. This will take place on May 9<sup>th</sup>, 2025, in the Springfield hotel, Leixslip. Unfortunately, we will not have the option not come in online, but we will be recording the event. Registration is mandatory via the Event Section of our website <a href="The BRCA Seminar 2025">The BRCA Seminar 2025</a> Marie Keating Foundation. This is a free event, and we will have a great line up of expert speakers around all things BRCA. We will also have some wonderful ladies who will privately show their reconstruction to others who are planning reconstruction.
- We also have a BRCA WhatsApp group for people with a BRCA1 or BRCA2 alteration.
   People with a BRCA alteration are very welcome to join this group but will need to speak with one of our BRCA peer support volunteers in advance of joining. They will explain the types of conversations that take place and advice on self-management while participating in this WhatsApp group. Currently we have 89 women in this

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group. Everyone is very supportive of each other and at different stages of the BRCA journey.

There is lots of information also on our website about BRCA. Here is a link to this information and some video's that may be of interest to you: BRCA - Marie Keating Foundation

Here are the links to the recordings of our 2020, 2021, 2022, 2023 & 2024 BRCA Seminars/Conferences. There is a lot of information in each recording, and you have access to presentations by experts including Breast Surgeons, Menopause experts, discussions around cancer types associated with having a BRCA alteration etc. etc. Please listen at your own pace as it can be very easy to become overwhelmed.

- BRCA Webinar 2020 with some FAQ's from the day https://www.mariekeating.ie/cancer-information/brca/brca-fags/
- BRCA Webinar 2021 https://www.youtube.com/watch?v=kwrN1cccEsQ&ab\_channel=MarieKeating
- BRCA Seminar & Webinar (Hybrid) 2022 <a href="https://youtu.be/uq250gopT8s">https://youtu.be/uq250gopT8s</a>
- BRCA Day 2023 Recordings:
  - Video 1 Morning <a href="https://youtu.be/4cGwpgaIbX0c">https://youtu.be/4cGwpgaIbX0c</a>
  - Video 2 Dr Mc Veighs Presentation <a href="https://youtu.be/WbWE0u54AFU">https://youtu.be/WbWE0u54AFU</a>
  - Video 3 Afternoon https://youtu.be/TJoLFaLAS8I
- BRCA Seminar 2024 Recordings:
  - BRCA Seminar Session one
  - https://youtu.be/86xb f-Knss
  - BRCA Seminar Session two
  - https://youtu.be/j60LiM80zCc

## Bernie

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