

Our mission

A Fresh Chapter helps people around the world navigate the emotional complexities of cancer by providing skills, support, and a sense of belonging — so they can move forward in meaningful ways.



Tony, AFC's Mizizi Lead Facilitator, engages with attendees during the launch of our newest grassroots Mizizi Workshop — expanding our Mizizi Workshop library to three workshops. This newest workshop focuses on processing losses due to cancer and envisioning new possibilities for the future.

Our year in numbers



2,007 PATIENTS, SURVIVORS, CAREGIVERS, & ADVOCATES served around the world



20 COLLABORATIONS with other cancer organizations globally



6 PROGRAMS delivered virtually and in-person worldwide

"During a time when I was already facing an identity shift, AFC offered me a community and a renewed sense of purpose. AFC provided skills that deepened my relationships with friends and family, helping me to see that my cancer experience has armed me with resilience, wisdom, and confidence. Most importantly, the people I've connected with through AFC, particularly in the Elevate program in Kenya, inspire me daily to show up as my best self, trusting that the rest will follow."



— Lynne Raspet, Ignite Experience Alum & 2024 Elevate Fellow, U.S.

Our impact

Across our programs, participants report transformative shifts in skill-building, social support, meaning & direction, and social connectedness.

93%

of participants globally reported that our program(s) provided them with new tools & perspectives and instilled confidence in their ability to apply these newfound insights

80%

of participants globally reported increased sense of social support

71%

of participants globally reported increased meaning & direction

63%

of participants globally reported improved sense of social connectedness

*AFC utilizes standard, validated instruments at multiple points both pre- and post-program.



Our inaugural AFC Africa Summit, held in Nairobi in September during our Africa Elevate Fellowship Program, brought together patients, survivors, caregivers, advocates, and industry leaders from Kenya and beyond to 'Build Bridges' and strengthen the fabric of cancer support across the country.

Our work would not be possible without the generosity of our donor community and the funding support of our partners — *thank you so much.*

