NATIONAL BREAST CANCER FOUNDATION, INC.®

HOPE KIT

NBCF ENCOURAGEMENT CARDS

Helpful Tips

These cards, each handwritten by volunteers, are delivered inside a HOPE Kit to women facing breast cancer all across the United States.

Below are some helpful tips and ideas to write your own letter of encouragement.



HOPE KIT

BEGIN — *Hi Friend, Dear Sister, Hello there,*

ENCOURAGE

- I am sending lots of love and encouragement to you.
- You are not alone
- Count me as a fan and friend—lifting you up from Georgia!
- My wish for you in your journey is to feel loved, supported, and cherished.
- You are brave, strong, and loved more than you know.
- I want you to know I am cheering you on from New York. You have a friend here.
- Your strength and beauty shine bright. You have my support!
- You are enough, and you are amazing!
- You have me as a supporter through everything.
- Sending hugs your way.

CLOSE — *From/Love/Hugs/Your friend, First name*

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TRY TO AVOID

"My mom had breast cancer and got through it."
Focus on the person, not the cancer

"Think about five years from now when you're a survivor."
Be in the "now"

"Keep trying, and you will be a survivor."
Don't place blame on the patient

"Fight hard and kick cancer's butt! Save the tatas."
Eliminate harsh words

HAVE QUESTIONS? Contact us at volunteer@nbcf.org