

## NBCF ENCOURAGEMENT CARDS

### Helpful Tips

These cards, each handwritten by volunteers, are delivered to both women facing breast cancer and healthcare professionals who work tirelessly to provide support and treatment to women facing breast cancer.

Please choose either a healthcare professional or a woman facing breast cancer in writing your card. No matter who you write, your words will bring hope to those who need it most!

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



**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.
  - Thank you SO much for your hard work!
  - I am so grateful for you helping women face breast cancer with strength and grace.
  - What you do means so much to so many—keep up the great work!

**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](mailto:volunteer@nbcf.org)

