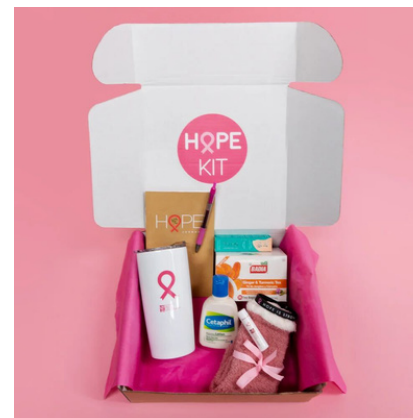


NBCF ENCOURAGEMENT CARD KIT

For those facing breast cancer, receiving a handwritten note can mean the world. As we send HOPE Kits to women undergoing breast cancer treatment, your beautifully written card of encouragement holds a special touch. Thank you for joining the encouragement crew!

HOW THESE CARDS WILL BE USED

Each card, handwritten from the heart, will be placed in a HOPE Kit. HOPE Kits are boxes filled with comforting items delivered to women undergoing treatment for breast cancer.



HOPE KIT

Dear Sister,

I am writing you to wish you the very best on this new and maybe unexplored journey. I know you are amazing and can do anything - I just know it! My biggest wish is for you to feel loved supported and cherished. With hope and admiration,

Teagan P. - NBCF Volunteer

TIPS AND GUIDELINES

HAND-WRITE THE LETTER WITH LOVE

Please make sure to write at least 3 sentences of love and support.

NO DEATH, BAD LANGUAGE, OR RELIGIOUS CONVICTIONS

It can be hard to read about death when facing cancer. No matter the stage of cancer, we want to be helpful and steadily look at the positives. Bad language includes words like "sucks," "hell," and any dirty jokes. Please share words of support, but don't include religious scriptures or telling a recipient who they should worship. Saying "I'm praying for you" is okay.

STARTING AND FINISHING YOUR LETTER

Start with "Dear Friend" or "Dear Sister," and **please sign the end of your letter with your first name and last initial (Lisa D.)**. Children are encouraged to include their age or grade level. Please do NOT include the date or a holiday reference in the letter.

SAMPLE ENCOURAGEMENT CARD

A sample encouragement card is provided above that you can copy or see for an example.

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

TIPS	BAD	GOOD
Keep positive	I know someone who died from cancer.	You are a beautiful light in this world. I am sending you love and support.
Be supportive & friendly	I had a hard time last season, but I never got a card.	Count me as a fan and friend. I am lifting you up from Florida!
Focus on the person, not the cancer	My mom had breast cancer and got through it.	You are not alone in this. I am here for you and thinking of you!
Be in the "now"	Think about five years from now when you are a survivor.	My wish for you in your journey is to feel loved, supported, and cherished.
Don't place blame on the patient	Keep trying, and you will be a survivor.	Your strength and beauty shine bright. You have my support!
Eliminate harsh words	Fight hard and kick cancer's butt! Save the tatas.	I hope this poem brings you joy today: [poem]



Mail in all cards in one envelope, flat, or package to:

National Breast Cancer Foundation
Attn: Volunteers
7460 Warren Pkwy, Suite 150
Frisco, TX 75034

Need more cards?
Scan below.



HAVE QUESTIONS?
Contact us at
volunteer@nbcf.org