

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](mailto:volunteer@nbcf.org)