

NBCF ENCOURAGEMENT CARD KIT

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

WHAT YOU WILL FIND

- Card writing tips and guidelines
- Sample letter
- Encouraging writing prompts
- Return sheet for mailing
- NBCF custom stationery

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. For Jill, this box offered hope and support.



"This is exactly what I need right now as I was just diagnosed, and I am recently widowed so I don't have a lot of support at home."

Jill, HOPE Kit recipient

With an added card, you can help Jill and other women like her feel special!



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

National Breast Cancer Foundation

Attn: Volunteers

2600 Network Blvd, Suite 300

Frisco, TX 75034

TIPS AND GUIDELINES

HAND-WRITE THE LETTER WITH LOVE:

This tiny gift is huge to the recipient! 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 their 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.

TIPS	BAD	GOOD
Keep positive	I know someone who died from cancer.	You are one of the many beautiful things in this world. Today I am sending love and support to you.
Be supportive & friendly	I had a hard time last season, but I never got a card.	Count me as a fan and friend--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're 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]

WRITING PROMPTS

WRITE TO YOUR FAVORITE PERSON:

Imagine if your mom or best friend were diagnosed with breast cancer. What would you want to tell them?

DESCRIBE YOUR FAVORITE DAY AND INVITE HER ALONG:

What does your favorite day look like? Smell like? Taste like? Invite the woman who receives your card along with you as you sit on beach on a warm afternoon or trek through the beautiful mountains of Colorado.

WRITE TO YOURSELF:

What words or quotes would you want to be surrounded by if you were sick and needing encouragement and inspiration? Would you draw yourself a picture?

SAMPLE LETTER

HOPE KIT

Dear friend,

I know things can feel so strange right now. Through everything, you are a shining light, shimmering through the light as well as the dark. I want you to know I am cheering you on from New York. You have a friend and supporter here.

From Lucy B.

nbcf.org

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,


Sally B., 5th grade


nbcf.org


LETTER TEMPLATE




 HOPE KIT

 nbcf.org



 HOPE KIT

 nbcf.org

ENCOURAGEMENT CREW CARD WRITING RETURN SHEET

PLEASE FILL OUT AND RETURN WITH YOUR LETTER TO:
National Breast Cancer Foundation
Attn: Volunteers
2600 Network Blvd, Suite 300
Frisco, TX 75034

GROUP/COMPANY NAME: _____

CONTACT NAME: _____

CONTACT EMAIL: _____

MAILING ADDRESS:

