

SHOW UP WELL

Showing up for someone matters more than knowing what to say. Here are five ways to show up for those you love, whether they are battling Breast Cancer or something else:

1

Offer something specific. Rather than “let me know if you need anything,” try something more specific, such as “I’m free Thursday, let me bring you dinner?” Or just drop off dinner.

2

Listen without fixing. Let them be scared, sad, angry, or hopeful. You don’t need to change how they feel, they just need to feel heard.

3

Follow their lead. Ask before visiting, advising or sharing their news. When things feel overwhelming, good help lets them stay in control.

4

Stay past the finish line. Recovery doesn’t end when treatment does. Check in after the cards and casseroles stop coming.

5

Remember the caregiver too. Bring them a meal, take over a shift, ask how they are doing, as well as the patient. Sickness affects a whole family.



We're making strides towards a cure and for the people we love.

IF YOU OR SOMEONE YOU LOVE NEEDS MORE SUPPORT

Susan G. Komen Breast Care Helpline 1-877-465-6636

CancerCare 1-800-813-4673

American Cancer Society 1-800-227-2345

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The Portfolio Strategy Group

The Family Behind Your Family



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