Ideas to Support Someone Going Through Breast Cancer

Connect with us!

www.MilkFriends.org

Breast Friends of Oregon

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Encourage friends and family to stop by or help.

Engage friends & family

Bring her flowers

Energy - let her rest.

Her immune system can compromise.

Keep in mind that

Help her heal

Take her out on “dates”

Help out with household chores or hire a professional.

Write love notes

Don’t try to “fix” her cancer.

Listen to her without judgment.

For Spouses/Partners
Not everyone needs anything.
Call/text to see if she needs anything.
Keep trying.
Offer to help write thank you notes or return dishes.
Get the word out.
Offer to set up and manage meals.
Send a quick text or call just to chat.
Plan short outings.

Not everyone has a job to do:
- Grocery Run
- Take up a collection to Send her a gift card.
- Recommend a charity

Oftentimes help is needed, not just good wants or needs.

For the family:
- Drop by with a meal
- Drop off a surprise
- Leave a surprise on her door
- Offer to shop by for girl time
- Offer for help

For the Home:
- Get a second set of eyes and ears
- Accompany her to her doctor's
- Be a companion

For the Day:
- Bring her children to your arrangement for a babysitter
- Child Care
- Ask for her "To Do" list
- Complete her chores

A joint craft project
- Knit together, or create a hobby
- Double a recipe

The Family:
- For the family
- Drop by with a meal