

# For Spouses/Partners

## Listen

Listen to her without judgment or advice. Don't try to "fix" her cancer

## Write love notes

## Help out

Help out with household chores or hire a professional

## Take her out

Take her out on "dates"

## Help her heal

Keep in mind that treatment can compromise her immune system and drain her energy - let her rest

## Bring her flowers

## Engage friends & family.

Encourage friends and family to stop by or help with baby-sitting

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Breast Friends of Oregon



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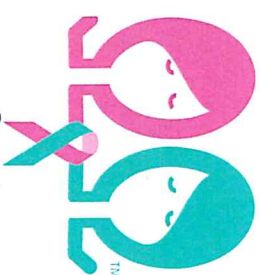
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*Breast Friends*

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**Ideas to support  
someone going  
through breast  
cancer**

## Ask for her "To Do" List

Complete her chores or errands

### Child Care

Arrange for a babysitter, or bring her children to your home for the day

### Be a companion

Accompany her to her doctor's appointment or chemo to serve as a second set of eyes and ears

### Be proactive

Don't wait for her to ask for help

### Girl time

Offer to stop by for girl time or a movie night

### Drop off a surprise

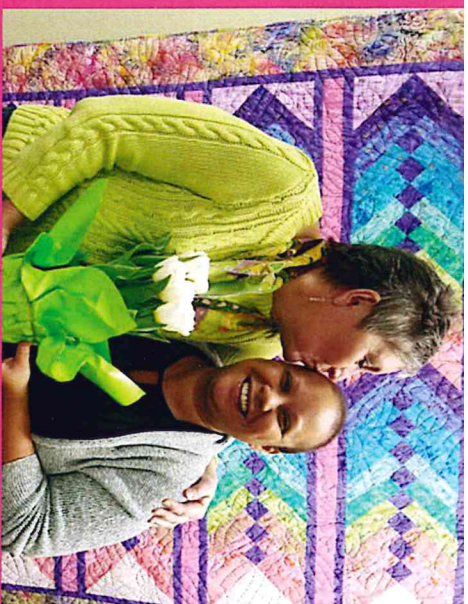
Leave a surprise at her door

### Double a recipe

Drop by with a meal for the family

### Share a hobby.

Knit together, or create a joint craft project



Not everyone wants or needs help, but it's good to know you are there if needed.



## Plan short outings

Offer to take her out to do something fun!

### Check-In

Send a quick text or call just to chat.

### Get the word out

Offer to set up and manage a caring bridge and meal train

### Help with thank yous

Offer to help write thank you notes or return dishes

### Keep trying

If she declines help try again another day

### Grocery Run

Call/text to see if she needs anything

### Send her a gift card

Take up a collection to purchase housecleaning, window washing, or yard work