

25 Ways to Support a Friend with Cancer

(Abbreviated version)

♡ Be...

- present.
- a confidant.
- selfless.

♡ Listen...

- to hear their heart.
- without trying to fix anything.
- to preferences/requests.

♡ Offer...

- to go with them to appointments, scans, treatments, or a support group.
- to take notes at appointments.
- to organize meals.
- to organize text and email chains.
- to clean their home and run errands for them.
- to have playdates and/or drive their kids to school/activities.

♡ Give...

- your time.
- thoughtful gifts.
- productive advice/feedback, when it's asked for.
- permission to not reply or send a thank you note.

♡ Honor and Respect...

- physical and mental space.
- desire for normalcy.
- decisions they make, whether you agree or not.

♡ Pray...

- for your friend.
- for their family.
- for the doctors, medical staff, care team, including yourself.

♡ Remember...

- it's not about you, it's about them.
- to acknowledge their loved ones too.
- stay in touch with them once treatment ends.