



www.GirlsLoveMail.com

The gift of a hand-written letter to a woman going through breast cancer treatment.

LETTER WRITING PARTY KIT

Writing letters of encouragement for Girls Love Mail is a fantastic college group activity. You can host a party in your dorm, use letters as points for sorority competitions, have a booth on campus at rallies, or just gather your friends at the coffee house!

Included in this kit you have:

- GLM Letter Writing Guidelines
- Kick-off Comments, Writing Tips, and Writing Prompts
- Sample Letter
- Girls Love Mail Custom Stationery (optional)
- Cover Sheet for Mailing (required)

A great way to start is to read through the FAQs to make sure the group is familiar with the Girls Love Mail program. Then you can review the sample letters and use the writing prompts to help you write your letters. Work together and share your personal stories. Girls Love Mail is about inspiring the letter writer as well as the receiver. Breast cancer touches all of us, and we all have words of encouragement to share.

Mail Letters to:

Girls Love Mail
193 Blue Ravine Road, Suite 120
Folsom, California 95630

GLM Contact:

Gina L. Mulligan, Founder
ginamulligan@girlslovemail.com



"Writing letters together was a blast. Our group is so much more bonded now!" - Sara H., Ohio

Writing Letters to Breast Cancer Patients

GLM Letter Writing Guidelines

1. Religion, Language, and Dying

RELIGION

The goal is to help each recipient regardless of race, religion, age, type of treatment, or cancer stage. For this reason, please refrain from religious references and other non-inclusive wording.

LANGUAGE

In our modern age, there are lots of phrases that we all use and hear, especially about breast cancer. So along with banning the use of really bad words (you know the ones), the following terms/words are also banned:

- Cancer Sucks (yes, but may be offensive)
- Kick Cancer's Butt (being extra cautious)

DYING

It may be difficult for someone newly diagnosed to hear about others who have died from cancer or other diseases. You can certainly mention your loved ones without sharing the outcome. For example, "My grandmother fought breast cancer and she liked to wear a different wig every day."

2. Greeting, Signature, and NO Date

The best way to start your letter is with "Dear Friend" or "Dear Sister." We encourage you to sign just your first name and last initial (Gina M.). And because we don't know a distribution time frame, please **do not date** your letters or reference holidays/seasons.

3. Hand-Write Your Letter

You are doing more than writing a letter, you're sending a hand-made gift.

4. Write From the Heart

No matter how clumsy the words, if it comes from the heart you can't miss!

5. Your letter must fit in our GLM envelope, but you do NOT need special stationery or envelopes.

Your letter just needs to fit in the GLM envelope (4.75" x 6.5"). Otherwise, you can use any note card, stationery, or other paper of your choosing. Also, included is the custom Girls Love Mail stationery that you can photocopy and use for your letters.

About the Recipient

What You KNOW :	What you DON'T Know:
<ul style="list-style-type: none">• A Woman• Recently diagnosed with breast cancer.• Currently going through some form of cancer treatment.	<ul style="list-style-type: none">• Race or Religion• Age• Type of treatment• Cancer Stage• Prognosis



Kick-off Comments, Writing Tips, and Writing Prompts

BREAST CANCER STATS

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Each year in the U.S. there are 250,000 women diagnosed with breast cancer. By 2020, experts expect that number to rise to 450,000.
- Breast cancer has a 98% survival rate when caught early.
- Self-exams are important. Not all lumps show in a mammogram.

For an informative discussion about breast cancer, consider a free onsite event with a group called **Check Your Boobies**. CYB provides a variety of health and education requirements for sororities and residence halls. For more info, go to <http://www.checkyourboobies.org/>.

DISCUSSION QUESTIONS

1. How has breast cancer touched your life? Share your story.
2. Think of a time when you were feeling low. Did someone say something that inspired you or changed your attitude? What did they say?
3. What are some words/phrases you find encouraging? (Ex: Stay Strong, Laugh, Thinking of you)
4. Do you have a favorite inspirational quote or poem?

WRITING TIPS

Begin your letter "Dear Friend" or "Dear Sister." Sign with your first name, last initial, and where you're writing from. (Ex: Gina M. Sigma Alpha Sorority, TX)

Think about someone you care about as you write the letter. You can also share your personal experiences with family, friends, teachers, or neighbors.

Start with your favorite inspirational quote or joke. This is a great way to get something on paper right away and then elaborate. Tell why you're sharing the quote/joke and what it means to you.

Tell the truth. It's okay to say you don't know what they are going through.

FAMOUS QUOTES

"Life isn't about waiting for the storm to pass. It's about learning to dance in the rain." -Vivian Greene

"The power of imagination makes us infinite." -John Muir

"Be yourself; everyone else is already taken." -Oscar Wilde

Sample Girls Love Mail Letter

Dear Friend

Hello! My name is Cat. I hope this letter puts a smile on your face!! You should believe in yourself that you are a strong, beautiful, & loved woman. Please don't feel like you are alone in this battle. You are worth every step of the way. You will beat + win this battle.

I may not know exactly how you feel but know that I myself am battling a horrible disease. So I do understand what you are going through w/ regards to treatment. There will be days where you may feel like not doing your treatment but know that you are WORTH the fight. Keep STRONG & KEEP GOING!!

I watched a dear friend battle cancer for five years. He showed me strength that I've never seen before. His strength was completely amazing to me through his battle.

Please know that I am thinking of you and wish you the best during your journey. I keep telling myself that "I am worth getting better!" I believe that "you are WORTH getting better!"

Wishing you All the Best,

Cat M.

Girls Love Mail - Group Cover Sheet

Please **include this cover sheet** with your letters. Thank you in advance for your help.

Group Name/Affiliation : _____

Leader/ Contact Name: _____

Leader/Contact Email: _____

Mailing Address: _____

of Letters Enclosed: _____

If others in your group would like to receive the GLM newsletter and information, please have them complete the information below.

Name

Email

Mail Letters to:
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Folsom, California 95630