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BeatCancer

Center for Advancement in Cancer Education

Founded 1977

Welcome

Welcome to **Support My Healing**.

Whether you are personally facing cancer, supporting someone you love, honoring the memory of someone special, or raising support for BeatCancer's mission, we're grateful you've chosen to begin this journey with us.

First, take a deep breath.

You don't need to have everything figured out today.

Support My Healing was created to help you move forward one step at a time.

This isn't simply a fundraiser.

It's an opportunity to build your **Circle of Hope**—a community of family, friends, coworkers, neighbors, and others who want to encourage you, support you, and walk alongside you.

Some people may offer a kind word.

Others may share your story.

Some may volunteer their time.

Some may pray with you.

Others may choose to make a financial gift.

Every act of support matters.

This Guide will introduce you to the Support My Healing resource library and show you the recommended path through each publication.

You'll discover that you don't have to do everything at once.

Simply begin with the next step.

One page.

One conversation.

One act of courage.

One Circle of Hope.

We're honored to walk this journey with you.

Welcome.

Before You Continue...

The Support My Healing resources were designed to work together.

Each guide has a different purpose, and together they create a complete system to help you build your Circle of Hope with confidence.

On the next page, you'll see how everything fits together.

Need Assistance?

The BeatCancer team is here to help.

Visit BeatCancer.org or contact us if you have questions as you move through these resources.

How the Support My Healing Library Works

Support My Healing is more than a single guide—it's a complete resource library designed to walk with you every step of the way.

Each publication has a unique purpose, and together they provide the guidance, tools, and encouragement you'll need to build your Circle of Hope with confidence.

You don't need to use every resource all at once.

Simply move through them at your own pace, returning to them whenever you need support or inspiration.

Your Recommended Path

1. Reference Guide (*You're Here*)

Begin by learning how the Support My Healing library is organized and how the resources work together.

↓

2. Support My Healing Guide

Discover the philosophy behind building a Circle of Hope and learn how sharing your journey can invite meaningful support from others.

↓

3. Companion Workbook

Reflect on your own journey, your story, and the people who make up your Circle of Hope as you work through the guided journal pages.

↓

4. Every.org Quick Start Guide

Follow simple, step-by-step instructions to create your Support My Healing page and begin sharing your journey online.

↓

5. Communication Library

Find practical examples, templates, and ideas to help you invite others into your Circle of Hope, provide updates, and express gratitude along the way.

Your Journey at a Glance

Every person's journey is unique, but the path to building a Circle of Hope follows a series of simple, meaningful steps.

You don't need to learn everything today.

Simply focus on the next step, knowing that each resource in the Support My Healing library is there to guide you along the way.

1. Learn

Begin by understanding the philosophy behind Support My Healing and why building a Circle of Hope can make such a meaningful difference.

Learn More:

- **Support My Healing Guide** – *Chapters 1–3*
- **Reference Guide** (this guide)

2. Reflect

Take time to think about your journey, your story, and the people who have been part of your life. These reflections will help you communicate authentically with others.

Learn More:

- **Support My Healing Companion Workbook**
- **Support My Healing Guide** – *Chapters 1–3*

3. Build

Create your Support My Healing page by adding your story, photos, fundraising goal, and other details that invite others into your Circle of Hope.

Learn More:

- **Every.org Guide**
- **Support My Healing Guide** – *Chapter 4*

4. Share

Invite family, friends, coworkers, neighbors, and others to become part of your Circle of Hope through thoughtful, authentic communication.

Learn More:

- **Communication Library**
- **Support My Healing Guide** – *Chapter 5*

5. Stay Connected

Keep your supporters informed by sharing updates, celebrating milestones, expressing gratitude, and letting them know how they're making a difference.

Learn More:

- **Communication Library**
- **Support My Healing Guide** – *Chapters 6–7*

6. Grow Your Circle of Hope

Your journey doesn't end after your page is published. As your story continues, your Circle of Hope may grow through new relationships, renewed friendships, and ongoing encouragement.

Return to these resources whenever you need guidance, inspiration, or practical ideas.

Helpful Resources:

- **Support My Healing Guide**
- **Companion Workbook**
- **Communication Library**
- **Every.org Guide**

Remember...

You don't have to complete every step today.

Each conversation...

Each update...

Each expression of gratitude...

Each person who joins your Circle of Hope...

is another step forward.

Take one step at a time.

We'll be here to help along the way.

When you're ready, turn the page to discover a few simple things that will help you get started with confidence.

Before You Begin

You don't need to have everything ready before you begin.

In fact, many people start with just an idea and continue improving their Support My Healing page as their journey unfolds.

The most important thing is simply getting started.

The following checklist will help you gather a few things that may make the process easier.

A Simple Checklist

- ☐ A little time set aside without distractions.
 - ☐ A willingness to share your story honestly.
 - ☐ A few favorite photos (optional).
 - ☐ The names of family, friends, coworkers, neighbors, or others who may become part of your Circle of Hope.
 - ☐ A notebook or your **Support My Healing Companion Workbook** for recording your thoughts and ideas.
 - ☐ An email address to create your Every.org account.
 - ☐ A heart that's open to receiving encouragement and support from others.
-

Ready to Build Your Page Right Now?

That's perfectly okay.

If you're eager to get your **Support My Healing** page online, you don't have to wait until you've read every guide or completed every workbook reflection.

Simply go directly to the **Every.org Quick Start Guide**, follow the step-by-step instructions, and create your page.

Once your page is published, you can return to the other Support My Healing resources at any time to:

- Strengthen your story.
- Add photos and updates.
- Grow your Circle of Hope.
- Learn effective communication strategies.
- Express gratitude to your supporters.
- Discover additional ideas that can help your page become even more meaningful and successful.

Remember, your page isn't set in stone.

It's designed to grow and evolve as your journey continues.

Need Help?

If you're unsure where to go next, the Support My Healing library has a resource to help.

Want to understand the philosophy?

→ Read the **Support My Healing Guide**.

Want to organize your thoughts?

→ Use the **Companion Workbook**.

Ready to build your page?

→ Follow the **Every.org Guide**.

Ready to invite others into your Circle of Hope?

→ Use the **Communication Library**.

There is no perfect order.

Choose the path that feels right for you.

Just don't wait for perfection before taking your first step.

When you're ready, turn the page for a few simple tips that can help make your journey even easier.

Seven Simple Tips for Success

As you begin building your Circle of Hope, remember that you don't have to do everything perfectly.

The most successful Support My Healing pages aren't necessarily the most polished—they're the most genuine.

Keep these simple ideas in mind as you move forward.

1. Be Yourself

People connect with authenticity. Write and communicate in your own voice.

2. Don't Wait for Perfection

Your page can always be updated. It's better to begin today than to wait for the "perfect" time.

3. Start with the People Who Know You Best

Family, close friends, and trusted supporters are often the easiest place to begin building your Circle of Hope.

4. Remember That Support Comes in Many Forms

Not everyone will give financially, and that's okay. Words of encouragement, prayers, sharing your page, volunteering, and simply checking in are all meaningful ways people can support your journey.

5. Keep People Updated

Your supporters care because they care about you. Sharing occasional updates helps them stay connected to your journey and reminds them that they're making a difference.

6. Say Thank You Often

Gratitude is one of the most powerful ways to strengthen your Circle of Hope. A simple thank-you can leave a lasting impression.

7. Keep Taking the Next Step

You don't have to know everything today.

You don't have to finish everything this week.

Simply keep moving forward—one conversation, one update, and one act of courage at a time.

Want to Learn More?

Each of these ideas is explored in greater detail throughout the Support My Healing library.

- **Support My Healing Guide** — Learn the philosophy behind building a Circle of Hope.
- **Companion Workbook** — Reflect on your journey and develop your story.
- **Every.org Guide** — Build and manage your Support My Healing page.
- **Communication Library** — Discover practical ways to invite, update, and thank your supporters.

Remember...

Progress is more important than perfection.

When you're ready, turn the page for answers to some of the most frequently asked questions about Support My Healing.

Frequently Asked Questions

Do I have to be a cancer patient to create a Support My Healing page?

No.

Support My Healing was created for anyone whose journey is connected to BeatCancer's mission. Whether you are personally facing cancer, supporting someone you love, honoring the memory of someone special, or raising support for BeatCancer's educational and support programs, you can build a Circle of Hope.

Learn More:

- **Support My Healing Guide** – *Chapter 1: You Are Not Alone*
-

Do I have to ask people for money?

No.

Support My Healing is about inviting people to become part of your Circle of Hope. Financial gifts are one meaningful way people may choose to help, but encouragement, prayers, sharing your story, volunteering, and simply staying connected are equally valuable expressions of support.

Learn More:

- **Support My Healing Guide** – *Chapter 3: Building Your Circle of Hope*
 - **Communication Library** – *Inviting Others to Join Your Circle of Hope*
-

What if I don't like writing?

That's perfectly okay.

Your story doesn't need to be long or professionally written. The most meaningful stories are honest and authentic. Begin with a few simple thoughts today and add more as your journey continues.

If writing feels difficult, start by answering the reflection prompts in your workbook.

Learn More:

- **Support My Healing Guide** – *Chapter 2: Your Story Matters*
 - **Support My Healing Companion Workbook** – *Section 2: Your Story Matters*
-

Can I update my Support My Healing page after it's published?

Absolutely.

Most Support My Healing pages continue to grow over time. You can add updates, new photos, milestones, words of gratitude, and additional information whenever you wish.

Your page should grow as your journey grows.

Learn More:

- **Every.org Guide** – *Managing and Updating Your Page*
 - **Communication Library** – *Sharing Updates*
-

What if I don't have many people to invite?

Every Circle of Hope begins with one person.

Start with the people who know and care about you. As your story is shared, others may naturally become part of your journey.

Remember, the goal isn't to have the biggest Circle of Hope.

The goal is to build meaningful relationships.

Learn More:

- **Support My Healing Guide** – *Chapter 3: Building Your Circle of Hope*
 - **Communication Library** – *Building Your Contact List*
-

What if I make a mistake?

Don't worry.

Nothing has to be perfect before you begin. Most parts of your Support My Healing page can be edited and improved over time.

Progress is far more important than perfection.

Learn More:

- **Every.org Guide** – *Editing Your Page*
 - **Support My Healing Guide** – *Chapter 4: Creating Your Support My Healing Page*
-

What if I need help?

You're never alone.

BeatCancer has created this entire resource library to help guide you through each step of the process. If you still have questions, our team is here to help.

Helpful Resources:

- **Support My Healing Guide** — Understanding the philosophy behind building a Circle of Hope.
 - **Support My Healing Companion Workbook** — Reflecting on your journey and preparing your story.
 - **Every.org Guide** — Building and managing your Support My Healing page.
 - **Communication Library** — Invitations, updates, thank-you messages, and ongoing communication.
-

How long should I keep my page active?

There is no set timeline.

Some people use their page during treatment, while others continue sharing updates, celebrating milestones, honoring loved ones, or supporting BeatCancer's mission for months or even years.

Your page should remain active for as long as it continues to serve your journey and your Circle of Hope.

Learn More:

- **Communication Library** – *Keeping Your Circle of Hope Connected*
 - **Support My Healing Guide** – *Chapter 6: Keeping Your Circle of Hope Connected*
-

Remember...

There is no perfect way to build a Circle of Hope.

There is only **your way**.

Be authentic.

Take one step at a time.

Allow others the opportunity to walk beside you.

When you're ready, turn the page for one final thought before you begin.

You're Ready

Congratulations!

By reading this Reference Guide, you've taken the first step toward building your Circle of Hope.

Remember, Support My Healing isn't about creating the perfect page or saying all the right things.

It's about inviting the people who care about you to become part of your journey.

As you move forward, remember these simple principles:

- **Be yourself.**
- **Take one step at a time.**
- **Focus on relationships before fundraising.**
- **Accept help with gratitude.**
- **Allow your story to grow naturally.**
- **Keep your Circle of Hope informed and involved.**
- **Remember that you are never alone.**

Every great journey begins with a single step.

You've already taken yours.

Now it's time to continue building your Circle of Hope.

We look forward to walking this journey with you.

Your Next Step

Choose the resource that best fits where you are today.

I want to understand the philosophy.

→ Read the **Support My Healing Guide**.

I want to organize my thoughts.

→ Begin the **Support My Healing Companion Workbook**.

I'm ready to build my page.

→ Open the **Every.org Guide**.

I'm ready to invite others.

→ Use the **Communication Library**.

No matter which path you choose next, remember...

Progress is more important than perfection.

One step at a time.

Welcome to your Circle of Hope.