Please support our corporate champions. Their generosity and leadership moves us forward and makes TNBC Day possible.

 triple negative breast cancer awareness raising ideas

If you want to participate in TNBC Day, but you’re more comfortable focusing on raising awareness than raising funds, here are some ideas. All of these can also be incorporated in fundraising events. Awareness of TNBC is critical to our efforts and ultimately helps us find new donors and partners.

explore awareness

**Spread the word** about the services the Triple Negative Breast Cancer Foundation (TNBCF) offers to patients. The more patient navigators and clinicians that know about our work, the more patients will be told about TNBCF at their point of diagnosis — when we can help them the most. Pick the three largest hospitals in your area, give them a call, and ask to speak with the representative in charge of patient navigation. Tell them about TNBCF so that they can tell their patients.

“**Like” us on Facebook:** We love to communicate with our community and we use Facebook frequently to get our messages out. Invite all of your friends to like us too! When you read an interesting post — whether it’s information about the prevalence of TNBC in America or a promising new study — please “share” it with your friends.

**Follow us on Twitter and Pinterest:** We also engage with our community on other social media, including Twitter and Pinterest. In the time leading up to Triple Negative Breast Cancer Day, we will be using these sites to spread the word as well. Please re-tweet and repost to help us reach as many people as possible!

**Share photos:** If you attend a TNBC Day event take pictures and share them through social media. If posting to Twitter, use the hashtags #TNBCF, #TNBCDay and #TripleNegativeBreastCancerDay. If you would like us to share your photos on our official Facebook, Twitter and Pinterest pages, just email them to us at info@tnbcfoundation.org.
Post to the Forums on www.tnbcfoundation.org: Over 5,500 people from around the world use our forums to exchange information and support one another. Offer a message of support today and use your voice to help others.

Write to your Congress people: Make sure that your representatives in Washington know that investing in cancer research matters to you. Critical research comes out of the National Institutes of Health and the National Cancer Institute. Tell your Congress people that their support of these institutions is vital. To find your Representatives (including their email and other contact information), visit www.whoismyrepresentative.com.

Organize a letter-writing campaign: While even a single letter can make a difference, asking a large number of people to reach an office with letters, phone calls, and e-mails can have a huge impact. Write a powerful letter, email or talking points for a phone call using the information in the TNBCF Fact Sheet. Share what you produce with friends and family, so they have strong samples to refer to — and ask them to join your campaign with letters/emails/calls of their own.

Full logo wear is available for purchase to support any event at www.tnbcfoundation.org.