



CCF Heart Buddy Program

We are glad that you are interested in participating in CCF's Heart Buddy Program! To make the program as successful as possible, we ask that all participants follow these guidelines and take into consideration the tips below when communicating with their buddy. We hope that you will find the support that you are looking for, and that you will develop a life-long friendship.

Guidelines

1. Being a buddy is about being a good friend. Please treat everyone with the same courtesy and respect you would want to be treated with.
2. Avoid using obscene or abusive language in conversations and written communication.
3. Avoid controversial topics (religion, politics) that your buddy may find upsetting.
4. Respect each other's privacy, especially when someone shares personal or confidential information.
5. Understand that buddies may be of different ages, come from different types of families with varying economic, cultural, and/or educational backgrounds. Some may have customs and beliefs that are different than your own. Please be open-minded and tolerant.
6. Offer support and encouragement to your buddy. Try to keep a positive tone, and express interest and concern for what your buddy shares with you. For some, it can be difficult to open up, so it is important for buddies to feel that they are in a safe space.
7. If at any point you are no longer able or interested in participating in the program, please let CCF know as soon as possible.

Tips for Communicating with Your Buddy

1. Matched buddies should decide how they want to communicate and how frequently given their school and activity schedules. Buddies may choose to communicate by phone, email, letters, and/or social media.
2. Keep the relationship ongoing by responding to the news, information, and questions that your buddy shared in their last communication. Also, share what is going on in your life.
3. Pace the revelation of personal information. Telling too much about your life or feelings too soon could scare away a new friend.
4. Be yourself! Your buddy wants to get to know you, so be honest in what you communicate.
5. End each conversation or letter on a positive note and encouragement for your buddy to reply (for example, "I hope to hear from you soon," or "Can we talk again next week?").
6. Try to schedule the next conversation or have a general idea or when you will communicate again (next week, next month, etc.) Try not to let too much time go by before you talk to your buddy again, especially in the beginning when the friendship is developing and there is a lot to learn about each other.

To get started, please complete the buddy matching form and participant release by clicking here.

Please direct any questions or concerns to CCF at info@childrenscardiomyopathy.org. Thank you for your interest in the program!