



Catch-Up Bead Help Sheet

Starting your strand- As a new Beads of Courage member you will receive:

- Your first name in beads
- Your first set of beads to symbolize your past treatments. For your “catch-up” beads, please tally up all your past treatments. For every 100 total treatments we will give a 100 Bead Club bead (we do round up) and we will give one colored bead for each treatment category included in the tally. We encourage you to just estimate. On the request form, just submit the total tallies and we will do the math. If you would rather not tally up all your past treatments, you can opt to receive a 100 Bead Club bead for every year spent in treatment.
- Any surgery beads to recognize all of your past surgeries
- One Act of Courage bead and one Special Accomplishment bead. We ask that you provide a description for each Act of Courage and Special Accomplishment bead requested in the comments section of the request form to help us select these beads for you.

Adding to your strand-

As you go through treatment, you will receive a bead for every treatment according to our Bead Prescription and guidelines. You should plan to keep a tally of all your beads you earned. We suggest carrying the Bead Journal with you to your appointments or keeping at your bedside if you are in the hospital. You can submit your tallies on the online request form every month or two as needed! Continue to add a description for any Act of Courage or Special Accomplishment beads earned in the comments section of the request form. We suggest you tie the strands together as it grows. There is a section on the request form for string if you are in need of additional stands.

Please note that we limit Act of Courage beads to one per month and bumpy beads to one per week.



3230 North Dodge Blvd. Suite J | Tucson, AZ | 85716
520.344.7668 (office) | 520.344.7824 (fax)
www.BeadsOfCourage.org