

## Want to help? Here are 3 easy ways!

### Do you Knit or Crochet?

**Be someone's Phyllis.** Patterns for download and an address to send your finished knockers can be found at our website [www.knittedknockers.org](http://www.knittedknockers.org). Every knocker counts. We fill requests from all over the world.

### Donate.

Even if you are not a knitter, you can help provide comfort to women by monetary donation. \$10 can help cover the costs of providing a pair of knockers to a woman in need of love, support, confidence and comfort. Donations can be made at our website: [www.knittedknockers.org](http://www.knittedknockers.org) or mailed to:

#### Knitted Knockers Support Foundation

1405 Fraser St. #F103  
Bellingham, WA 98229

### Spread the word!

Share and Like Knitted Knockers on social media.



## ¿Ud quiere ayudar? ¡Hay tres modos fáciles!

### ¿Sabe Ud. tejer (con gancho o dos agujas)?

**Haga prótesis para otras.** Se puede encontrar patrones para tejer en nuestro sitio web. Usa la dirección de Knitted Knockers en el sitio para enviarnos prótesis hechas a mano. Cada Knocker es importante. Recibimos pedidos de todas partes del mundo.

### Donar.

Aún si no sea Ud. tejedora, puede apoyar a otras por una donación. \$10 paga el costo de enviar un par de knockers a una mujer que necesite amor, apoyo, confianza y comodidad. Se puede contribuir directamente en nuestro sitio web:

[www.knittedknockers.org](http://www.knittedknockers.org)

o enviar a la dirección en el folleto.

### ¡Corre la voz!

Compartir y dar un 'like' por redes sociales

[www.knittedknockers.org](http://www.knittedknockers.org)



## How to Get Your Knockers

Request your free knitted knockers at:

[www.knittedknockers.org](http://www.knittedknockers.org)

by email to [contact@knittedknockers.org](mailto:contact@knittedknockers.org) or by phone to (360) 595-3278.

Please include your name, mailing address, and size, from A to DD, (larger sizes available on request, as available). Let us know if you need a single or a pair, and what color you prefer. We offer neutral, bright, or dark colors. Special color requests are filled as they become available.

Remember to send us your email and/or phone number in case we need to clarify your request.

We strive to help you feel confident and comfortable.



## Cómo pedir sus Knitted Knockers:

En nuestro sitio web [www.knittedknockers.org](http://www.knittedknockers.org). Se puede pedir en español por correo electrónico a [lindac.preston@gmail.com](mailto:lindac.preston@gmail.com), o por teléfono a 860-458-6498

Favor de incluir la siguiente información: nombre y apellido, dirección postal, tamaño del sostén (de A hasta DD, o más grande, por pedido especial). Indica si pide una o dos prótesis, y también el color preferido. Ofrecemos colores neutrales (claro o oscuro) y colores brillantes. Cuando sea posible, se ofrece colores específicos por pedido especial.

Es importante incluir su número de teléfono si haya preguntas sobre el pedido.

Esforzamos apoyarle en sentirse más cómoda y segura.



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 **knitted  
knockers**

*soft, comfortable, knit prosthetics  
for breast cancer survivors*



**Free Breast Prosthetics  
for women experiencing  
mastectomy**

**Prótesis Mamarias  
Gratis para sobrevivientes  
de cáncer de mama**



[www.knittedknockers.org](http://www.knittedknockers.org)

Barb's story began in 2011 when she was diagnosed with breast cancer. Hoping to be immediately reconstructed after having the mastectomy, she only told a few close friends.



Due to complications, she hoped for reconstruction did not happen. Barb was now faced with the choice of what to do to appear "normal."

While exploring options for prostheses, Barb's doctor commented that some women were not satisfied with many of the traditional prosthetics. They could be hot, heavy and uncomfortable against tender skin.

When Barb asked what she should do, he asked if she knit. When she said yes, he showed her a photo of a "knitted knocker" and gave her a link where the pattern could be found.

At the time Barb wasn't in any condition to make one of these knockers herself, so she contacted a dear friend, asking for a favor. Her friend and super knitter, Phyllis, quickly agreed.

Phyllis delivered Barb's first knockers the following Sunday, while attending church. Barb hurried to the bathroom as soon as she received them and, abandoning the sock in her bra, she replaced it with the soft, lightweight, huggable, hand-knit substitute.

She knew immediately that these beautiful Knitted Knockers needed to be made available, for free, to women who need them, world wide.

For more of the Knitted Knockers story, check out our videos on [www.knittedknockers.org](http://www.knittedknockers.org)

## About Knitted Knockers

"When fighting cancer, sometimes the smallest things can make the biggest difference."

## What is a Knitted Knocker?

Knitted Knockers are soft, comfortable handcrafted breast forms, made with love by volunteers, for women who have had mastectomies.

Placed into most regular bras, they can provide a suitable alternative to traditional prostheses. They are soft, beautiful, light, huggable, and free to anyone who requests them.

## Who are we?

Knitted Knockers Support Foundation is a 501(c)(3) non-profit organization that is run by volunteers. Our primary focus is the free distribution of handcrafted breast prostheses to breast cancer survivors.

## Sobre Knitted Knockers

"Cuando luchamos contra el cáncer, a veces lo mas pequeño hace una gran diferencia."

## ¿Qué es un Knitted Knocker?

Los Knitted Knockers son prótesis suaves y cómodas, hechas a mano con amor por voluntarias para las mujeres después de mastectomía.

Usado en la mayoría de sostenes regulares, son una alternativa adecuada a la prótesis tradicional. Son suaves, bellas, ligeras, abrazables, y gratis para todas que las pide.

## ¿Quiénes somos?

La Fundación de Apoyo de Knitted Knockers es una organización no lucrativa de 501(c)(3) dirigida por voluntarias. Nuestro foco es distribuir prótesis mamarias gratis hecho a mano a las sobrevivientes de cáncer de mama.

"Julie, a nurse, said to me, 'I sure wish you could be there when we have a woman who is dejected, wondering what they are going to do and we bring out the bag of knockers. They always bring a smile to their face at a difficult time, and sometimes tears.'"

"I don't need to be there to see it. I know, because I was one of them."

-Barb

## Testimonials

"I just received the most beautiful pair of soft pink knockers! I slip them into my sports bra....and my whole appearance has changed. My clothes fit, I feel amazing and there is absolutely no pain or pressure on my scars, which are so sensitive. I'm completely huggable, and I actually feel pretty again. It's been a tough year....thank you for your life changing gift."

"Thank you so much for this service! I have been struggling for 5 years now for a solution, and I'm sure this will be what I've been looking for. I'm 62 and am active, so it's the perfect answer. Please pass my gratitude to those who are making these for women like me."

"I have just received my knitted knocker. Could not wait to place it. It is so comfortable. I normally do not wear a bra around the house ever. But today will be an exception. I want to say thank you again and again. Am going to pass the word around to the other ladies I know who would love wearing them. Once again thank you thank you thank you for making me comfortable again."

"Acabo de recibir un par de knockers rosadas tan suaves y bellas! Las pongo en mi sostén deportivo y ¡mi apariencia ha cambiado completamente! Me cabe bien la ropa, me siento increíble, y no hay ningún dolor ni presión contra mis cicatrices tan sensitivas. Estoy completamente abrazable, y me siento bonita de nuevo. Ha sido un año difícil. Muchas gracias por tu regalo; me ha cambiado la vida."