

HOW CANCARE HELPS

- Matches you with a survivor of the same or similar type of cancer that you have
- Allows you to talk freely and openly about experiences, side effects and concerns
- Is available to patients with any type and stage of cancer
- Matches your loved ones to our experienced caregivers
- Helps you find Hope after a diagnosis of cancer
- Is free and confidential



TOGETHER, WE ARE FIGHTING
CANCER WITH HOPE.

ABOUT CANCARE

CanCare provides one-on-one emotional support to cancer patients and their families from a trained volunteer who has survived a similar type of cancer.

Our volunteers help patients cope with a cancer diagnosis, give support during treatment and enable patients and family members to move forward with Hope.

Founded in 1990, CanCare now partners with more than 100 corporations, hospitals and congregations of varied faiths. All of our services are confidential and provided without charge.

CanCare does not provide medical advice or take the place of support you receive from healthcare professionals.



9575 Katy Freeway, Suite 428, Houston, Texas 77024
www.cancare.org
713.461.0028 or 888.461.0028

CanCare is a 501(c)(3) nonprofit organization.

TEN TIPS FOR HELPING YOUR FRIEND WITH CANCER



888.461.0028 (toll free)
713.461.0028
www.cancare.org

TEN TIPS:

THE MISSION OF CANCARE IS TO IMPROVE THE QUALITY OF LIFE FOR CANCER PATIENTS AND THEIR FAMILIES.



1 BE POSITIVE

Today there is so much Hope in dealing with cancer. Your friend with cancer needs a handshake or a hug of confidence. A cancer diagnosis is a crisis, but do not assume your friend will die of cancer. After treatment, many cancer survivors live out their normal lifetime cancer-free.

2 LISTEN!

Your friend with cancer needs to talk about what has happened and express honest feelings. Stay in touch. A second visit shows that you really care.

3 TEARS ARE O.K.

Your friend may also need to cry with you.

4 REMEMBER, CANCER AFFECTS THE WHOLE FAMILY

Kindness shown to family members helps the person with cancer. You could offer to come and stay with your friend to give the family a break or take children out for some diversion.

5 LOVE AND SUPPORT ARE NEEDED

People dealing with cancer don't need pity. Pity doesn't help morale. Encouragement gives confidence to face the realities of cancer. Your friend may be lonely and afraid. Send cards or a book or a video for a laugh. Bring a favorite dish. Show love by celebrating life.

6 PRAY FOR YOUR FRIEND WITH CANCER

Channels for healing are opened by your prayers. God's desire is for healthy, whole, happy people. God's presence brings peace, strength and Hope.

7 OFFER SPECIFIC HELP

Do not say, "Call me any time," if you don't mean it. Say what you are willing to do. "I can drive you anywhere or do any errand for you on Tuesdays," or "I'll bring supper the next two Monday nights. Are there any foods I should avoid?"

8 USE THE WORD "CANCER"

It is only a word for the disease, not a sentence. It makes your friend feel bad if you avoid the word and refer to cancer as "your problem." Avoid making decisions for your friend. Help them be a part of any decision making. Include them in as many "usual" events as possible.

9 MAKE PHONE CALLS AND VISITS SHORT AND UPBEAT

Your friend with cancer needs success stories, diversion, friendship and Hope. Staying away sends a bad message. Short visits show love and consideration, but call before you visit.

10 GET PERMISSION FROM YOUR FRIEND TO CALL CANCARE

CanCare's phone number is 713.461.0028 or toll free 888.461.0028. Every person with cancer deserves to have a friend who has been there. CanCare volunteers are trained to know how to help.

