

## The Emotional Impact of Cancer

A cancer diagnosis can affect you and your family in many ways. Decisions need to be made at a time when you may be feeling stressed. Feelings of worry, fear, sadness, anxiety, grief, loss, and depression are common. Talking about your feelings can help you and your family during this time.

### Psychosocial Oncology Services at CancerCare Manitoba

We have social workers, a psychologist, a psychiatrist, a spiritual health specialist and other health professionals available free of charge. We can help you and your family deal with many of the issues people experience when they are diagnosed with cancer, are going through treatment and even after treatment. We work as part of the health care team with your doctors and nurses.

## Étenitamiskákot óma awiyak ká mancósiwáspinét

Óma nistam ká kiskénitaman é mancósiwáspinéyan kakinaw awiyak pá pakán isi pakamiskáko. Éko piko nántaw ta itasowániwak kiyám apók awiyak mékwác é animénitamihikot kékwán. Mitoni nanátok kitisi maci ániménitamihikon kékwán éko tápitaw éwí macamacihoyan. Étásitamék kékwániw óma ká itiskákoyan éko éténitamihikoyan é kakwé wícihikon ta paskinátaman.

### Psychosocial Oncology Paminikewina nété CancerCare Manitoba

Niwítatóskémánánik nánátok itowa maskikáwininiwak, onánátawíwéwak éko ákosiwina ká paminakik ta wícihiwécik éko móna kékwán ta tipahikániwak. Kikakí wícihitinán éko anihi ki wicéyámákanak ta nisitotamék óma wéci ispanik éko tánisi kéki itótámék ta wá wíciyáyék awa ká natawitániwahnik anima mancósiwáspinéwin ká ayát. Nimámawatóskáténán óma natawíwéwin.

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## Étenitamiskákot óma awiyak ká mancósiwáspinét

### We can help you:

- understand how the health care system works
- talk about your feelings, thoughts, fears and reactions to a cancer diagnosis and treatment
- move forward with your life after treatment
- live with ongoing cancer and end of life issues

### We provide:

- individual, couple, and family counseling
- support groups and programs
- information about how to find community programs and financial services

If you have questions, would like to talk with someone or need support, please contact Patient and Family Support Services at 204-787-2109 or toll-free at 1-866-561-1026.

### Kikakí wícihitinán ta:

- isi atoskémakak óma awiyak ta nanátawihit
- ta isi ayamitotaman óma oci ákosiwin éko tánisi kéti itáspinémakak apó ápatakwáki maskikiya wéká anima miníwi manáskisikéwin
- tánisi ta isi nákcihisoyan ispík kí kisi natawihikawiyani
- tánisi ké itótaman kiskénitamani éká éwí mino ayáyan éko wá isicikatamék nakataskíwániwaki

### Óma nitisi wícihiyánán:

- pápéyak isi wéká nimámáwi kakitótananik ókik ininiwak kékwána ká ániménitamihikocik
- ká paminakik óki ká nátamákécik ispík ká macipanihikot awiyak óméniw oci mancósiwáspinéhi ákosiwin
- t a miskaman ité tékokí óki ká paminakik cíkic nété ki titáwinik éko ité kéki otinit sóniyáw ékose ta itápatisit

Kisáspin kitayán kékwána kakwécikémowina wéká kinóté kakitótáw awiyak ékwéniw oci, óki ayamihik Patient éko Family Support Services nété 204-787-2109 éko éká kékwán ta tipahikéyan 1-866-561-1026.