

## 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.

## Enamanji'owin Amogowin Ayaayan

Bebakaan inendamooog gaa-wiindamawindwaa amogowin ayaawaad odinawemaaganiwaa' gaye. Aaniin waa-izhichigeyan ji-giizhichigeyan migoshkaadendam. Giwawaanendam, gigotaan, gimaanendam, gimigoshkaadendam, gibiigwendam, gizhagadendam, gigashkendam gidinamanjiw o'o apii. Dazhindaman aaniin enendaman giga-wiiji'igon o'o apii.

### **Gaa-wiiji'iwewaad Amogowin onji imaa CancerCare Manitoba**

Gaa-wiiji'iwewaad daabishkoo wiidookaageg gidinendamowin onji, ginaagadendamowin, gidizhitwaawin zhigwa bebakaan awiyag ayaawag ji-wiiji'ikwaa. Gaawiin memwech ji-diba'igeyan. Giga-wiiji'igoog zhigwa gidinawemaagana' apii gikendaman amogowin ayaayan gemaa nanaandawi'igooyan iwe onji. Giwiiji'igoog gaye ishkwaaw giizhi-dazhiikawikwaa. Wiidanokiimaawaa' mashkikiwininiwa' zhigwa mashkikiwikwe'.

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## Enamanji'owin Amogowin Ayaayan

### 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.

### Gidaa-wiiji'igoo:

- aaniin enanokiimagak wiiji'iwewin mino-ayaang izhi
- dazhindaman aaniin enamanji'oyan, enendaman, gwetaman zhigwa aaniin ezhiseyan wiindamaagooyan dago gaye dazhiikaagooyan
- aaniin ji-izhichigeyan ishkwaaw giizhi-dazhiikaagooyan
- wii-gigi-bimaadiziyen amogowin gemaa ishkwaaw ayaawin

### Niwiji'iwemin:

- bezhigowaad, wiidigendid zhigwa inawemaaganag gaagiigidoyaang
- bakaan awiyag ezhiwebiziwaad zhigwa wiiji'iwewinan
- wiindamaagewinan aandi ge-izhaayamban gemaa zhooniyaa ezhi-wiiji'iweng

Giishpin gegoo noonde-gagwedweyan, awiya noonde-gaganoonad gemaa ji-wiiji'igooyan, izhi-giigidon Patient and Family Support Services imaa 204-787-2109 gemaa ji-diba'igesiwan 1-866-561-1026.