

Cancer can be scary  
and overwhelming



# SUPPORT FOR MOB IMPACTED BY CANCER

# Canteen is here to help if families are hurting



We support young people, their kin and communities and our services are always free.



## Knowing

What's going to happen? How will I cope? We can help you get answers and walk beside you to get support for your family.



## Feeling

Talking to someone about how you're feeling can really help. Our staff are here to listen and to give you the support you need to cope.



## Community

You don't have to go through this alone. You can connect with people who get what you're going through at in-person events or online.





**Ngalaya (Dharawal for ally or friend in battle), is an artwork commissioned by Canteen created by Kamilaroi and Jerrinja woman and artist Jasmine Sarin.**



## Acknowledgement of Country

Canteen acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of this land. We pay respect to Elders past, present and future. We are committed to providing inclusive and appropriate support for Aboriginal and Torres Strait Islander young people, their kin and community impacted by cancer.

Read more about Canteen's Reconciliation journey at [canteen.org.au/reconciliation](https://canteen.org.au/reconciliation).



## Contact Canteen

Visit [canteen.org.au](https://canteen.org.au) for more information or call us on 1800 226 833. Canteen staff who are part of our Cancer Hub team can help you or your kin get support from Canteen as well as other organisations.

