

## What you can do to help

Everyone knows someone affected by cancer – be they a cancer survivor, their family or friends. People want to help but many find it difficult – they may be afraid to say the wrong thing or feel they don't know what to say. Here are a few suggestions.

- Give them the opportunity to talk through their feelings.
- Don't worry so much about what to say; just listen
- Respect their values and beliefs regarding their experience
- Provide them with non-judgemental feedback whenever possible.



**S**upport is healthy whether you get it, or give it, it is...

**U**nderstanding someone by listening without judging.

**P**eople find support among family and friends.

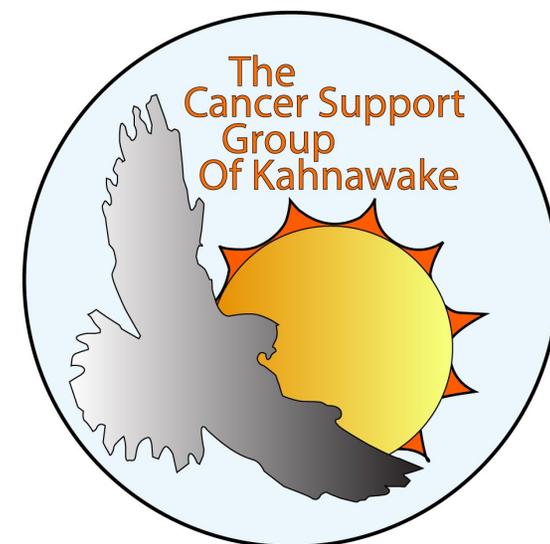
**P**eople find support in groups or with professionals

**O**pportunities to give and get support are everywhere.

**R**elying on each other makes us all stronger, so...

**T**ogether let us be encouraging, caring and honouring..

***A supportive community  
is a healthy community***



The Cancer Support Group of Kahnawake's meetings are open to people with cancer, their families, supporters and anyone wanting to learn what the group is about. The group meets every first Tuesday of the month in the Boardroom of the Kateri Memorial Hospital Centre at 7:00 p.m.



*The Cancer Support Group of Kahnawake  
celebrates 23 years of supporting  
Kahnawakero:non*

## The Cancer Experience

Many cancer survivors say their diagnosis brought about many strong emotions – anger, fear, guilt or sadness. These feelings are very hard to talk about or share, and many cancer survivors experience isolation. It can be hard for them to find someone who will listen.

**“Our stories are all the same, the hurt, the loneliness and pain. We just talk it out and be there for each other.”**

**An excerpt from Josie McGregor’s Song “ The Cancer Support Group of Kahnawake”**

## To help support cancer survivors and their families

The Cancer Support Group of Kahnawake started 23 years ago in response to a need recognized by a number of Kahnawake:non – men and women – with different types of cancer. They met at a Montreal hospital where they were being treated for cancer. They found value in talking and sharing their experiences with each other and decided to meet as a group.

Meetings are held every first Tuesday of the month at 7:00 p.m. in the Boardroom of the Kateri Memorial Hospital Centre. Participants are people with cancer, their families and their supporters.

## How to contact us

For more information on cancer support,

Please contact:

Cancer Support Group of Kahnawake

Brenda Dearhouse-Fraguito,  
(450) 699-8202

Josie McGregor  
(450) 632-7202

For more information on cancer prevention awareness, education, resources or support contact  
Candida Rice, BScN  
Kateri Memorial Hospital Centre

Cancer Care & Services  
(450) 638-3930 Extension 324