

WHAT CAN YOUR SHANTI CARE NAVIGATOR DO FOR YOU?



SHE CAN GO WITH YOU TO APPOINTMENTS.

Going to appointments alone can be hard. Your Care Navigator can accompany you to appointments. She can also help you prepare a list of questions and take notes during the appointment.

SHE CAN GIVE YOU TAXI VOUCHERS FOR MEDICAL APPOINTMENTS.

You may have a lot of appointments in the coming months. When you feel too sick to ride the bus for medical appointments, taxi vouchers can help.

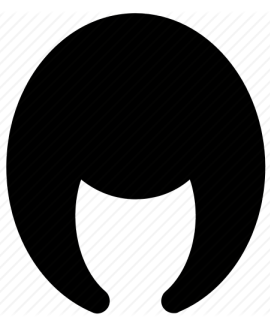


SHE CAN HELP YOU TO APPLY FOR FOOD ASSISTANCE.

Sometimes, cancer treatment can make it difficult to cook for yourself. You may be tired or in pain. Healthy, prepared meals and groceries may be available to you.

SHE CAN HELP YOU FIND RESOURCES FOR FINANCIAL ASSISTANCE.

Having cancer can be expensive, especially if you must leave your job during your treatment. There are financial assistance resources that may help.



SHE CAN HELP YOU FIND A WIG OR HAT.

You may lose your hair to chemotherapy. There are material support resources available to you, such as wigs, hats, bras, prostheses, or lymphedema garments.

SHE CAN INVITE YOU TO SHANTI'S WELLNESS AND SURVIVORSHIP PROGRAM.

Shanti offers many workshops to clients. They include yoga, art therapy, nutrition education, symptom management, and group health chats.



SHE CAN HELP YOU FIND COMPLEMENTARY CARE RESOURCES.

Acupuncture, massage, Reiki, and herbal treatments have made many clients feel more comfortable during treatment.

SHE CAN CONNECT YOU WITH A SHANTI VOLUNTEER.

Shanti volunteers are trained to provide support to our clients. They can help run errands, do chores, or just keep you company.



SHE CAN LISTEN AND SUPPORT YOU THROUGH YOUR CANCER JOURNEY.

The most important role of your Care Navigator is to listen from the heart and support your emotional needs throughout your diagnosis, treatment, and recovery.



Shanti Project | Women's Cancer Program
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