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
730 Polk St., 3rd Floor
San Francisco, CA 94109
415-674-4770