

The Shanti Project has impacted my life strongly with the coping of my cancer—the anxiety of not knowing, the reduction of anxiety. The Shanti Project also improved my quality of life by increasing my ability to do things independently. I have cancer—multiple myeloma—the Shanti Project has provided me with emotional support. I have always felt supported, respected, and valued by the Shanti Project team. Thank you so much. Much love.

—SCP Client



SHANTI CANCER PROGRAM

ABOUT SHANTI

Shanti is a pioneering nonprofit that builds human connections to reduce isolation and improve quality of life.

We believe that meaningful relationships are essential for navigating life's most difficult challenges. Every day, we ease the invisible suffering that can accompany isolation or illness, and combat it through the power of personal connection. Because when we take care of each other, we make San Francisco a healthier and more compassionate community, for everyone.

Shanti's offers services through our HIV Programs, LGBTQ+ Aging and Abilities Support Network, our Cancer Program, Peer Advocate Care Team, and Pets Are Wonderful Support (PAWS).



Shanti Project • Shanti Cancer Program
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Shanti Project @shantiprojectsf @shantiprojectsf

BREAKING DOWN BARRIERS TO CARE

SHANTI.ORG

Shanti Cancer Program helps individuals mitigate the barriers after a cancer diagnosis. Our program augments clinical care and reduces the social, economic, linguistic, and cultural barriers that underserved communities face accessing, maintaining, and completing treatment and transitioning into survivorship. Shanti provides multilingual and culturally competent services, including:

- Referral to safety net resources**
- Transportation assistance**
- Appointment accompaniment**
- Language support**
- Health, wellness, and survivorship activities**

When individuals diagnosed with cancer are genuinely seen and supported, they gain a sense of empowerment about their treatment and their lives.

OUR CLIENTS

88%

Speak a primary language other than English

86%

Live with very low income

74%

Access transportation support



What a Shanti Care Navigator Can Do for You

LISTEN AND SUPPORT

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.

APPOINTMENT ACCOMPANIMENT

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

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.

FIND TRANSPORTATION ASSISTANCE

You may have a lot of appointments in the coming months. When you feel too sick to drive or take public transportation for medical appointments, taxi vouchers or ride-share service can help.

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.

FIND A WIG OR HAT

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

COMPLEMENTARY CARE RESOURCES

Acupuncture, massage, Reiki, and herbal treatments may make you feel more comfortable during treatment.

SHANTI'S WELLNESS & SURVIVORSHIP PROGRAM

Shanti offers virtual and in-person health and wellbeing workshops, fitness activities, arts and crafts sessions, and group health chats. All clients, during and post-treatments, are welcome to join these activities.

CONNECT WITH A SHANTI VOLUNTEER

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