

# My parent has cancer

If your parent or carer has cancer, there are probably heaps of questions, feelings, and new thoughts running through your head. We get it.

**canTeen**

Supporting young people  
living with cancer

Getting the right information, advice, and support can really help. CanTeen is here to support you. We can help you manage changing dynamics, provide individual support and therapy, and connect you with other rangatahi who understand what you're going through.



We provide services and programmes specifically for rangatahi dealing with a parent or carer's cancer:



#### Truce:

connect with other rangatahi who have a parent or caregiver with cancer. You'll be supported to deal with difficult thoughts and feelings and learn to live a life based on your values.



#### Individual support and therapy:

access free and confidential individual support and therapy. Our team are specially trained to understand the impacts of a parent's cancer.



#### CanTeen Connect:

an online community where you can connect with other rangatahi going through similar stuff, join online events, or chat to a CanTeen Connect counsellor. [canteenconnect.org.nz](https://canteenconnect.org.nz)



#### Peer support:

connect with other rangatahi who understand what you're going through and have a break from cancer at our peer support events organised by our Youth Workers.



#### Rangatahi Development Grant:

a financial grant you can apply for that aims to support you to grow and thrive. There is an application intake every quarter and a select committee decides the recipients.





## CanTeen Aotearoa

CanTeen supports rangatahi aged 13-24 impacted by cancer across Aotearoa, whether it's their own diagnosis, that of a sibling or parent, or the death of a loved one.

To find out more about our support services, visit [canteen.org.nz](https://canteen.org.nz), call 0800 2268 336 or email [info@canteen.org.nz](mailto:info@canteen.org.nz).

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