



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

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 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 Sessions: access free and confidential individual support and therapy. Our team are specially trained to support you with the challenges you're facing.



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



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

Rangatahi don't have to face cancer alone. Canteen is a safe space for rangatahi aged 13-24 to connect, share the tough stuff, and get a break from cancer when they need it.

CANTEEN

canteen.org.nz
0800 226 8336
info@canteen.org.nz