



MY SIBLING HAS CANCER

You might be feeling scared, guilty, angry, lonely, left out, or all (or none) of the above. We get it.

CANTEEN



Whatever the relationship with your sibling was like before, it's likely going to change – for better or worse – now that they have cancer. Canteen is here to support you. We can help you manage changing dynamics and connect you with other rangatahi who understand what you're going through.



We provide a range of services to support rangatahi dealing with a sibling's cancer:



Individual Support Sessions: access free and confidential individual support and therapy. Our team are specially trained to understand the impacts of a sibling'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



Big Picture: a group art therapy programme that provides you with an opportunity to express your emotions in a supported way and will help you develop mindfulness skills and self-compassion.



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