

## Getting help from a Cancer Nurse Navigator

Cancer Nurse Navigators are experienced Registered Nurses who work closely with a person diagnosed with cancer, their families or support people, and their health care team to offer support and guidance through their cancer journey.

They are available to people in all stages of their cancer journey from diagnosis, through treatment, and into survivorship.

As part of your support team, the Cancer Nurse Navigators can be a familiar face and point of contact to help navigate the sometimes complex journey you are on.

### Contact

Interested in learning more or referring yourself to the program?  
Contact the Cancer Nurse Navigation Team directly by calling:

**1-866-313-7989**

Or you can email the team at:  
**[cancer\\_navigator@gov.nt.ca](mailto:cancer_navigator@gov.nt.ca)**

**Northwest Territories Health  
and Social Services Authority**

Box 1320, Yellowknife, NT  
X1A 2L9



**NORTHWEST TERRITORIES**  
**Health and Social  
Services Authority**

**Supporting Your  
Loved One During  
Cancer**

Support People Resource

## Lending a hand

### Take on necessary chores and housework.

Raking leaves, shovelling snow, cleaning a bathroom, vacuuming, folding laundry, or caring for pets are ways you can offer support to a person with cancer.

### Help with childcare or getting kids to and from activities and school.

Children can require increased support if their loved ones are dealing with cancer. Take them to the park, watch a movie, go for a walk, or offer to babysit if the parents need to go to an appointment or just need some time away.

### Bring dinner, precooked meals, or groceries.

Have a freezer-ready meal or all the fixings for a meal when they need it.

**Having cancer is hard and it can be hard to keep up with life, everyday things like cooking and cleaning can fall through the cracks.**

**Often times people will not ask for help, but that doesn't mean it is not wanted or needed. If you are searching for ways you can support your friend or loved one these are a few ways you can help.**



## Showing support

### Offer to attend doctor's appointments or cancer treatments.

It is helpful to have friend or family member there for emotional support.

### Visit and maintain your friendship.

Sometimes your loved one may want to talk, cry, and work things out and need someone to just listen. Other times they may not feel like talking but don't want to be alone. Be there for whatever they need.

### Take no offense and never stop showing that you care.

Connecting on social media, sending a card or a text, or making a phone call to say you're thinking of them will be appreciated.