

SUPPORTS AND SERVICES

You are not alone. There are supports available to help families cope—emotionally, practically, and spiritually.

Depending on where you live, your local cancer centre may offer home care, respite, or meal delivery services. For Métis citizens, the Métis Nation of Ontario (MNO) offers several programs to support you and your family during this journey.

MNO HEALING AND WELLNESS SUPPORTS

Healing and Wellness Coordinators

Your regional Healing and Wellness Coordinator can help you connect with local cancer supports, healthcare providers, and community resources.

Community Support Services

This program provides practical help and advocacy to help people stay in their homes as long as possible and to ease the load for caregivers. Supports may include:

- Friendly visits
- Medical transportation services
- Caregiver support and information

This program primarily serves individuals who are elderly, chronically ill, or facing terminal illness.

Mental Health and Addictions Program

Available to Métis citizens of all ages, this program offers support in person, by phone, or through video sessions—in both English and French. Services include:

- Help finding services and supports
- Mental health and addictions assessments
- Individual counselling for crisis, trauma, stress, depression, anxiety, or addiction
- Family therapy to strengthen relationships and resolve conflict

One MNO Navigators

OneMNO provides a single point of access to all MNO services. Navigators can help guide you to the right supports quickly and easily.

- One point of contact for all MNO programs
- Personal guidance through available services
- Faster, coordinated connections to support

Contact Information

If you have questions or would like to connect with **Community Support Services**, the **Mental Health and Addictions Program**, or any other MNO program, contact:

1-800-263-4889 ext. 7
ContactUs@metisnation.org

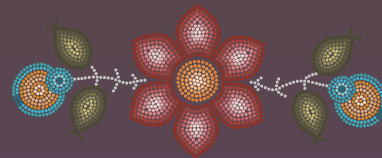
Remember

It's okay to ask for help.

It's okay to feel overwhelmed.

You don't have to face this alone –

The Métis Nation of Ontario is here to help you find care, community, and hope.



Métis Nation
of Ontario ∞

COPING WITH A CANCER DIAGNOSIS IN THE FAMILY

A cancer diagnosis affects more than one person—it impacts the entire family. Each person may experience their own emotions, challenges, and ways of coping. Understanding what you and your loved ones may be feeling can help you support one another through this difficult time.

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UNDERSTANDING EMOTIONAL REACTIONS

When someone in your family is diagnosed with cancer, it's normal to feel a mix of emotions. Everyone responds differently, and there is no right or wrong way to feel.

You may experience:

Shock – It may not feel real at first. You might have difficulty focusing or taking in new information.

Fear and anxiety – Worrying about the future or what treatment will look like is common. You may feel restless or on edge.

Denial – Sometimes people find it hard to face the facts right away. Denial can be a way to protect yourself emotionally, and it often fades as time passes.

Anger – It's natural to feel angry about the unfairness of the situation. You may direct that anger at the illness, yourself, or others.

Guilt – You might wonder if there was something you could have done differently or feel bad about not being able to help in the way you'd like to.

Loneliness – Changes in routines, new caregiving roles, and time spent at treatments can leave you feeling isolated.

Sadness – Sadness may come and go at different times—after diagnosis, during treatment, or even after recovery.

Hope – Hope can be a powerful part of coping, though it may feel difficult to hold onto at times. It's okay for hope and fear to exist together.

GRIEF AND LOSS

Grief isn't only about death—it's also about change and loss. Family members may grieve the loss of their loved one's health, their old routines, or plans for the future.

Everyone grieves differently. Some people want to talk about their feelings, while others prefer quiet time alone. There is no set timeline or "right way" to grieve.

You may experience emotional, physical, and behavioural symptoms such as sadness, guilt, anger, fatigue, reduced appetite, restlessness, or difficulty concentrating. These are all normal responses to loss. Be gentle with yourself and others as you navigate these changes.

CARING FOR YOURSELF AND SUPPORTING YOUR FAMILY

Taking care of yourself is not selfish—it's essential. When you look after your own health and well-being, you're better able to care for your loved ones.

Self-care can include:

- Getting enough rest and eating balanced meals
- Staying physically active in ways that feel right for you
- Attending to your emotional needs and seeking support when needed
- Making time for small joys, like reading, walks, or connecting with friends

Communication within the family is also key. Share responsibilities such as caregiving, transportation, or household tasks to avoid burnout. Family meetings can help everyone stay informed and feel supported. Tools like shared calendars or notebooks can help track appointments, medications, and contacts.

If children or youth are involved, use age-appropriate and honest language. Reassure them that the illness is not their fault and keep routines as consistent as possible. Stability and openness help children feel safe.

When supporting your loved one with cancer:

- Encourage open communication and listen without judgment
- Allow them space for their own emotions—silence can also be comforting
- Offer practical help, such as preparing meals, driving to appointments, or simply being present

