Cancer can affect family and friends, not just the person with the disease. People in your life may feel worried, angry, or afraid. Family members may be very supportive, or they may start acting differently towards you. Some may feel guilty that they’re not sick, or they may feel helpless, not knowing how to help you.

When you find out you have cancer, daily routines may change for everyone. Schedules may be focused on treatment. Someone in your family may need to take time off from work to drive you to treatments. Or perhaps you need help paying bills or cooking meals, help with chores or errands.

If your family is having trouble talking about cancer related issues and changes, ask for help from your health care team who may be able to refer you to someone who can help.

Content adapted from websites below.

Local Organizations providing support for anyone impacted by cancer:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Wellness Center</td>
<td>Northern Suburbs</td>
<td>Cancerwellness.org 847-509-9596</td>
</tr>
<tr>
<td>Gilda’s Club Chicago</td>
<td>Chicago</td>
<td>Gildasclubchicago.org 312-464-9000</td>
</tr>
<tr>
<td>Living Well Cancer Resource Center</td>
<td>Far West Suburbs</td>
<td>Livingwellcrc.org 630-262-1111</td>
</tr>
<tr>
<td>The Cancer Support Center</td>
<td>South Suburbs</td>
<td>CancerSupportCenter.org 708-798-9171</td>
</tr>
<tr>
<td>Wellness House in Chicago</td>
<td>Northwest &amp; West Suburbs</td>
<td>Wellnesshouse.org 630-323-5150</td>
</tr>
</tbody>
</table>

Access an interactive map of these local resources at: http://cancer-help.me/communitycancerresourcecenters

Websites for communicating, organizing help and support

- My Cancer Circle
- MyLifeLine
- CaringBridge
- CaringBridge (Spanish)
- Take them a meal
- Meal train
- PostHope
- Lotsa Helping Hands

Resources for Additional Information and Recursos en Español:

- NIH, NCI, Changes for the Family Español
- American Cancer Society, After Diagnosis: A Guide for Patients and Families Español
- American Cancer Society, Helping Children when a Family Member Has Cancer Español
- American Cancer Society, When Someone you Know Has Cancer Español
- Cancer.Net, How Cancer Affects Family Life Español
- Cancer.Net, Talking with Family and Friends
- NCCN, Support for Patients & Caregivers
- Cancer Support Community, Family and Friends

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