



About CanTeen

CanTeen is a national organisation that has been supporting young people impacted by cancer for more than three decades.

We work with 12-25 year-olds who are dealing with:

- a parent, brother or sister's cancer
- having cancer themselves
- the death of a parent, brother or sister

CanTeen's specially trained staff help young people develop the skills and resilience they need to cope with the impact cancer is having on their life.

Through CanTeen, young people affected by cancer can also connect with others their age who are in the same boat and have some much needed fun too.

Our services

There's no one size fits all at CanTeen. We work with each young person individually to work out what sort of support will help them the most and our services are completely free.



Recreation & events

CanTeen offers a variety of free programs tailored to a young person's cancer experience and age. They are an opportunity to make new friends, develop skills to cope with cancer and have some much needed fun too. Our events range from summer retreats, to adventure & surf camps along with local activities such as movie nights, self care or art therapy workshops, and many other options. canteenconnect.org.au/events



Online support

CanTeen Connect is a secure, online community where young people dealing with cancer can connect to others in a similar situation and share experiences using blogs and discussions. They can also chat instantly to a counsellor seven days a week and find useful youth-specific resources and information on cancer. canteenconnect.org.au



Youth friendly information and advice

CanTeen's website has information and advice about the challenges young people face, from how to talk to friends about cancer to what all the medical jargon means. We also have a wide range of free resources available to order or download. canteen.org.au/resource



Counselling

CanTeen counsellors are specially trained to understand the challenges cancer brings and will help develop strategies for young people to deal with the impact cancer is having on their life.

Support is available seven days a week. Phone, email and online counselling through CanTeen Connect is available 10am-10pm AEST weekdays and 11am-6pm AEST weekends.

Face to face counselling is available at most CanTeen offices, during normal business hours with scheduled after hour sessions also offered. To speak with a CanTeen counsellor visit canteenconnect.org.au or call 1800 835 932



Access to live music

Created by Australian band Hilltop Hoods and now proudly led by CanTeen, Side of Stage gives young people impacted by cancer free access to some of the country's best live music gigs, festivals and experiences. sideofstage.org.au



Youth Cancer Services

If your son or daughter is 15-25 and has been diagnosed with cancer, specialist age-appropriate treatment and support is available through the hospital-based Youth Cancer Services (YCS). To find out more or to get a referral to the YCS, speak to your child's GP or oncologist, your local CanTeen office or visit youthcancer.com.au.



Leadership development

CanTeen is passionate about empowerment and is proud to have young people providing direction and advice at all levels of the organisation, including the Board of Directors. If your child is keen to get involved, encourage them to speak to their local CanTeen staff.



When mum was diagnosed, I didn't know how to react because all I knew about cancer was that people died from it. I was scared for her and didn't want to lose her. These were the only things going through my head, all day, every day. CanTeen helped me cope. If it wasn't for CanTeen, I don't think I'd be the person I am today.

Oli, aged 17.

We also support Parents too:

CanTeen Connect for Parents

An online community where parents impacted by cancer can connect with each other, find evidence-based information and chat to a counsellor.

parents.canteenconnect.org.au

Parenting through cancer

This booklet provides practical advice and tips to parents impacted by cancer on communicating and supporting their children through cancer. Available in print and online. canteen.org.au/resource

Get in touch :

Call: 1800 835 932

Email: support@canteen.org.au

Website: canteen.org.au