

Relationships After Cancer



SUMMER 2026

Common Relationship Challenges After Cancer and How to Handle Them

When you or a loved one is diagnosed with cancer, you need connection, support, love, and friendship more than ever. But not only does a cancer diagnosis upend your life, it can also strain your relationships. And as you're trying to process the whirlwind of changes that this diagnosis brings, you might not be prepared for the abrupt shifts that can take place in your relationships.

"When you get a cancer diagnosis you get a treatment plan, but nobody gives you a map in terms of how to navigate all of these relationship changes that happen," says Alexandra Huffman, LCSW, OSW-C, CST, Director of Supportive Care and Integrative Oncology at UT Southwestern Simmons Comprehensive Cancer Center.

Navigating changing relationships after cancer can be difficult and painful, and especially destabilizing when you're blindsided by them. To help you get through this and tap into the support and connection you need, we've highlighted some of the most common relationship challenges you can expect to face after you hear the words "You have cancer" – and how to handle them.

Friendship

Changes in friendships tend to hit AYAs (Adolescents and Young Adults between the ages of 15 and 39) the hardest, because in this stage of life, friendships are often people's primary relationships, Huffman notes. In this age group, people see their major life milestones, such as graduating from college, starting their first job, and getting married, mirrored back to them through their friends, she says.

After a cancer diagnosis, suddenly you are on a totally different path than that of your peers; they're going to after-work happy hours and you're going to oncology appointments. "Not feeling understood by your friends is the universal response I hear," Huffman says.

While these changes may be the most pronounced



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among AYAs, shifts in friendships can impact everyone regardless of age, and it always hurts to have your closest confidants not know how to relate to you anymore or pull away.

What to Do: Having honest, vulnerable conversations with your friends is the path to connection, Huffman says. Talk to them about what you're going through and ask them specifically for what you need. And know that these needs often change from day to day.

For example, one day you might want to share the details of your recent chemotherapy appointment. The next day, you might not want to talk or think about cancer at all! On those days, you can say something like, "I want to get my mind off things. I'd love it if we could just watch a reality TV show and laugh like we used to."

Oftentimes you just want a listening ear, but your friends jump into advice-giving mode. When you want to vent and your friend starts telling

you what diet they think you should try or what questions you should be asking your oncologist, you can say, “I know you just want to help and I appreciate it. But right now I don’t want advice; I just want someone to listen.”

It can feel very vulnerable and uncomfortable to tell your friends how you’re feeling and what you need. But there’s a big payoff on the other side of that discomfort – it helps your friends understand what you’re going through and allows them to be there for you.

Spouses and Romantic Relationships

Challenges in romantic relationships happen on several interconnected fronts, including logistical, emotional, and sexual.

On the logistical and emotional sides, a cancer diagnosis affects household roles, responsibilities, and how much someone is feasibly able to manage with treatment side effects and cancer; parenting; dreams and plans for the future, including financial and family planning; communication; and more, Huffman says.

On the intimacy front, which naturally is tied to emotional connection, it’s common to experience side effects that impact sexual functioning, such as fatigue, vaginal dryness or atrophy, erectile dysfunction, and decreased libido. Body image insecurities can also play a part, says Huffman. Surgical scars, weight loss or gain, and other changes can affect how you feel about your body – and subsequently, your desire to be intimate with your partner.

What to Do: Again, communication is key, says Huffman. Don’t let resentment fester – talk with your partner!

One of the simpler tasks to tackle is household management: Sit down together and divvy up household roles and responsibilities according to changing abilities and energy levels. Make lists of what you need help with, from meal prep to childcare to finances, and try to identify people and resources in your community that can help.

Emotional and sexual challenges can be a little more complicated. Huffman recommends counseling, both individual and couples sessions, to help work through the emotional toll of cancer on your relationship. “Counseling helps you pick up tools that you can take back and apply in your

relationship in healthy ways,” she says.

People often accept changes to sexual function as par for the course in cancer treatment, but there are actually many things that can help improve this. Pelvic floor therapy is a type of physical therapy available to people of all genders that can help address some of the sexual side effects of cancer treatment and improve sexual function. And sex therapy, which is a combination of talk therapy, sexual education, and guidance navigating intimacy concerns, can help with both the physical and emotional challenges, Huffman says.

If you experience issues with sexual function during or after cancer treatment, don’t suffer in silence! Talk to your oncology team about the various options available and which ones might be right for you.

When You’re Single

As a single person going through cancer treatment, you don’t have the built-in caregiver that married and partnered people do. “On the practical side of things, you need a person, somebody to come with you,” says Huffman. “You need someone to drive you [to appointments], sit with you, stay with you.”

This leads to one of the biggest relationship challenges that single people face – asking for and accepting help, Huffman says. This can be difficult for everyone, but when you’re used to being independent and self-sufficient, it can be especially hard.

What to Do: Get clear on your wants and needs. Do you need someone to pick up groceries because you’re too immunocompromised to go to a crowded store? Drop off pre-cooked meals on the weeks you receive chemotherapy because you don’t have the energy to cook? Do your laundry? Drive you to and from appointments? Stay with you when you’re recovering from surgery? Make a list and write it all down, Huffman advises.

That way, when someone asks what they can do to help, you won’t draw a blank. Refer to your list and give them a concrete way to help you.

It can also be useful to expand your idea of who can be of assistance – is there a friendly neighbor you always see in your building lobby or another regular at your local coffee shop who you exchange smiles with? Sometimes the people



closest to us let us down, and people we barely know surprise us by exceeding our expectations.

...And Dating

Dating is hard enough when you're in perfect health. Add to that cancer treatment side effects, body image insecurities, and issues with sexual function, and it turns into a minefield! It's common for people who've been diagnosed with cancer to think of ourselves as "damaged goods" when we consider dipping a toe into the dating pool, and many of us struggle with this. Please know though that this absolutely is not true!

What to Do: Huffman advises approaching dating with "protected vulnerability," meaning that when you meet someone new, only disclose a little bit at a time. That way you can test the waters and see how they respond when you bring up anything about your diagnosis.

If they don't respond kindly and compassionately, don't take it personally. Think of dating as an

information-gathering mission that helps you learn what kind of partner somebody will be. If they don't handle what you share with them with care, it could be time to move on.

Dating during or after cancer treatment can feel especially vulnerable and isolating, so Huffman advises enlisting support. This could be from a therapist, a cancer support group, a peer mentor, or a private cancer Facebook group or other online support community. It helps to have people, especially a trained therapist or others who've also been diagnosed with cancer and understand what you're going through, to lean on during dating ups and downs, she says.

Relatives

Some people might find that a cancer diagnosis can help mend family dysfunction, prompting relatives to release years-old grudges, make more of an effort to communicate effectively, and come closer together.

However, be aware that the opposite can also happen: Unhealthy patterns – such as a controlling or emotionally unavailable parent or a selfish sibling – might become *more*, not less, pronounced after a cancer diagnosis.

"Cancer places relationships under enormous stress. Rather than changing long-standing patterns, that stress often amplifies them," Huffman says. "People tend to revert to their familiar ways of coping, so existing strengths can deepen, but existing cracks often become more visible as well."

What to Do: If you experience dysfunctional family patterns increasing after a cancer diagnosis, it can be helpful to set boundaries, advises Huffman. When your energy is already diminished from cancer treatment, it becomes very important to protect yourself from draining people and situations.

"We have to set boundaries so we can put our energy toward the places it needs to go most," she says. This might mean limiting interactions with certain relatives or acknowledging to yourself that now might not be the time to work on repairing a relationship that's been fractured for years, she adds.

You Don't Have to Be the One With the Diagnosis to Experience Relationship Challenges

Cancer fighters and survivors aren't the only ones impacted by this life-altering diagnosis: Caregivers and previvors (people with a hereditary genetic mutation or other inherited risk factor that increases their likelihood of developing cancer) also experience challenges in their relationships.¹

Caregivers

Cancer can impact caregivers differently than the individual diagnosed with cancer, but the challenges, while not the same, are no less difficult, says Huffman. "It doesn't have to be the 'suffering Olympics,'" she says. "No one has it less hard – it's all hard."

Changes to a relationship with a spouse or romantic partner – such as shifting roles and responsibilities; less physical intimacy as the result of physical and emotional tolls of cancer and its treatment; and the potential loss of hopes, dreams, and plans for the future as a couple or family – can all be difficult and painful for caregivers, too, Huffman says.

There's also the isolation component. Being a caregiver often takes up a lot of time and energy. This can leave you too tired and depleted to engage in your usual social interactions, and feeling disconnected from your friends, other family members, and loved ones who don't understand what you're going through.

"We really need to give caregivers [places] to be able to share their experience and perspective and have it validated," Huffman says. "[They shouldn't have to] feel like they don't have as much voice because they're not the ones living it. They are very much living it."

Previvors

Huffman describes being a previvor as "isolation within isolation."

As a previvor, you're often out of step with your peers, who may be dating and starting families



while you're worried about your next high-risk screening mammogram or deciding if you should have a major surgery to reduce your risk of developing cancer.

But you don't exactly fit into the cancer community, either. Previvors often express not feeling welcome in spaces, like meetups and support groups, designed for people who've been diagnosed with cancer.

And then there can be tensions with family members who don't understand the choices you are making. "[As a previvor], you're making decisions [about cancer screenings and surveillance and potential preventative surgeries] based on information about probability. That's so difficult and so individualized in terms of how that process looks," notes Huffman.

"[We have] to validate that [being a previvor] is life altering and that it will impact relationships," she says.

To work through the relationship challenges with friends, family members, and significant others that being a previvor brings, it can be helpful to connect with others in a similar situation. Some options include one-on-one support from a peer mentor; private, moderated online forums; and previvor support groups.

Whether you've been diagnosed with cancer or are a caregiver or previvor, it's important to find support that's specifically tailored to your situation and needs, Huffman says. "Not to minimize or dismiss [anyone else's experience], but to ensure you get the right level of support you need in the way that you need it."

Relationship Benefits After Cancer

It's not all doom and gloom – a cancer diagnosis can also strengthen some relationships in certain ways and introduce you to new relationships, Huffman points out.

“A life-altering diagnosis can call us to pay attention to what matters most and focus on values-based living and our priorities, whether that's as an individual or in a relationship,” she says. Cancer can be a wake-up call that prompts you to make positive changes in your life, including in your relationships.

This can mean cutting out relationships with toxic people who drain you and strengthening the relationships with friends, partners, and family members who remain. Going through a cancer diagnosis and treatment alongside a loved one can add a level of commitment and trust, Huffman says.

A cancer diagnosis in yourself or a loved one can also introduce you to new friendships. Cancer survivors, for example, have a shared language. You don't have to explain what “scanxiety” (the anxiety leading up to getting a scan or waiting for the results afterward) is or how fatigued you feel after chemo to another survivor – they just get it.²

“In [cancer] support groups, I see friendships that seem to get to the level of closeness in two meetings that a friendship 10 years in the making may not have reached,” Huffman says. “When people are navigating something as life changing as cancer, they're often talking about the things that matter most – their fears, hopes, relationships, and identity. That level of honesty and shared understanding can create deep connections in a very short amount of time.”

A cancer diagnosis can lead to challenges in all types of relationships, but you don't have to face them alone. Whether you're a cancer fighter, survivor, caregiver, or previvor, there are resources that can help you navigate these difficulties and get the connection and support you need.

Not sure where to begin? We've pulled together a list of resources that can help. Keep reading to learn more.

Alexandra Huffman, LCSW, OSW-C, CST is not affiliated with Imerman Angels and was not compensated for her participation in this article.

When it comes to relationship challenges, it helps to have someone who knows what you're going through – because they've been through it, too. Imerman Angels provides trained peer mentors (called Mentor Angels) with similar circumstances for free, one-on-one psychosocial support for cancer fighters, survivors, previvors, and caregivers.

Sign-up is easy: Just go to imermanangels.org or call **866-IMERMAN (463-7626)** to get started.

What Our Mentor Angels Have to Say

“Getting diagnosed with a terminal cancer at 47, outliving my prognosis, being a long-term survivor and still being here three years later, I feel like I've been through a TON of relationship challenges – dating, estrangement with my only child, losing my career, recurrence of my cancer. Because of my faith, I don't fear death, but my heart aches for the grief that my loved ones will experience. And as my cancer progresses, that ache and anticipatory grief has increased,”

– Erika, Mentor Angel

“I chose to be single after my diagnosis for a variety of reasons. I am older and twice divorced at 52. It just made sense for me, and I don't miss it at all. It is something I feel I just don't need to worry about in my life. I was also ghosted by many people, but the ones who stuck around mean so much more to me. I also ghosted others and got rid of the stressful or complex relationships to make room for new friendships with deeper purpose.”

– Michelle, Mentor Angel

“My cancer journey gave me a deeper understanding of how people respond to someone else's struggles. Some showed unwavering support and checked in often, while others seemed hesitant to ask questions – or didn't ask at all. At first, I found myself judging those reactions. Over time, though, I chose to extend grace. That experience made me vow to be more intentional about showing compassion, offering support, and simply being there for others when they need it.”

– Chris, Mentor Angel

Mentor Angel quotes have been edited for length and clarity.

¹ Previvor: Definition & Support, FORCE website, <https://www.facingourrisk.org/previvor-resources>

² Scanxiety, RadiologyInfo website, <https://www.radiologyinfo.org/en/info/article-scanxiety>

Navigating Relationships Resources

DESCRIPTION	LINK
Connection & Coping	
Back to Normal : A Cancer Survivor Documentary	Watch
Balancing Life With Cancer	Watch
Base2Summit Camp	Live
Consider It Pure Joy – Free Digital Book	Read
Cultivating Relationships – Resources and Reflective Guide	Read
Experiencing Grief: You're Not Alone	Watch
Finding a New Normal – Resources and Reflective Guide	Read
Having Difficult Conversations	Listen
How Do I Support Someone Facing a Diagnosis or Grieving the Loss of a Loved One?	Watch
How Do I Tell People I Have Cancer?	Read
How to Help a Friend Who Has Cancer	Read
How Not to Say the Wrong Thing	Read
I Am... One of Many Men	Read
Navigating Change – Resources and Reflective Guide	Read
Navigating Changing Relationships Following a Pediatric Brain Tumor Diagnosis	Watch
Talking to Someone With Cancer	Listen
The Post-Treatment Plot Twist: Sadia Haque Zapp on Style, Relationships, and Body Image After Cancer	Read
The Power of Connection	Read
The Power of Peer Support	Listen
The Reluctant Brotherhood: Don't Face Prostate Cancer Alone	Read
Three Ways to Keep Growing After a Brain Tumor Diagnosis	Read
What Comes Next: Finding Support After Diagnosis	Watch
When Cancer Shakes Up Friendships	Listen
Why Consider a Support Group?	Read

Family Dynamics

Cancer in the Family	Read
Family Dynamics: Confronting Cancer Within the Family	Watch
Family Resource Navigation	Read
Family Ties: Navigating Multiple Myeloma Together	Listen
What If Your Family Is... Extremely Unhelpful	Read

Fertility & Family Building

Chick Mission	Read
Family Building Resources	Read
Fertility and Family Building for Lymphoma Survivors	Watch
Navigating (In)fertility: Coping With Uncertainty	Watch
Navigating (In)fertility: Fertility Preservation	Watch
Navigating (In)fertility: Fertility Treatments	Watch

Parenting & Kids

Centering the Experience of Dads Talking to Kids About Cancer	Watch
Discussing Cancer With Your Children	Read
Empowering Parents Navigating Metastatic Cancer	Read
Family Cancer Support Kit	Read
Navigating the Pediatric Cancer Experience	Watch
How Can I Help My Kids Feel Comfortable Asking Questions About a Diagnosis?	Watch
How Do I Remain Hopeful Talking to Kids About a Diagnosis?	Watch
How Do I Tell My Kids About a Diagnosis?	Watch
How to Talk to Kids About a Brain Tumor Diagnosis	Read
How to Talk to Kids About Rare Cancer	Live
How to Talk to Your Kids About Brain Tumor Treatment and More	Read
Maintaining Healthy and Supportive Relationships While Parenting Through Cancer	Watch
Parenting During Colorectal Cancer	Read
Parenting Through Cancer	Listen
Parenting Through Cancer Treatment's Side Effects	Read
Parenting With a Brain Tumor: Practical Tips for Families	Read

Parenting With Blood Cancer	Read
Parenting With Cancer Resource Fair	Watch
Pickles Group YouTube Channel	Watch
Practical Guide to Parenting With Cancer	Read
Talking to Kids About Cancer Guide	Read
What Do I Say (or Not Say) to a Child Whose Parent Is Dying?	Watch
Intimacy & Dating	
Cancer Wellness Center (CWC) Staff Chat: Sexual Well-Being & Cancer	Watch
Dating After Cancer	Watch
Dating and Cancer History: To Disclose or Not to Disclose?	Read
Dating and Relationships During and After Cancer	Read
Dating, Sex & Intimacy: Oh My! Part 1	Watch
Dating, Sex & Intimacy: Oh My! Part 2	Watch
How to Find Intimacy After Breast Cancer UHealth Collective	Read
Intimacy & Relationships	Listen
Intimacy After Breast Cancer	Live
Intimacy in the Head & Neck Cancer Population	Watch
Intimacy Redefined: Navigating Sexuality During Bladder Cancer Treatment	Watch
Jadey's Sex + Dating Collection	Read
Living Fully With Cancer: Intimacy, Confidence, and Connection for Older Adults	Watch
Navigating Connection With Cancer: Sexuality, Dating, and Identity for Young Adults	Watch
Prowl the LAB Podcast	Listen
Reclaiming Intimacy – A Safe Space for Your Body & Mind Post-Diagnosis	Watch
Sex After Cancer: Maintaining Intimacy in the Shadow of Cancer	Watch
Sexual Health After Cancer UHealth Collective	Read
Sexual Health After Treatment: Dr. Bober	Watch
Sexual Health – Fight Colorectal Cancer	Read
Sexual Health Resources – Dana Farber Cancer Institute	Read
Young, Strong, Resilient: Intimate Relationships and Sexual Health During and After Cancer	Watch

Navigating Cancer Single

Alone and Going Through Cancer Treatment – One Woman's Advice from Personal Experience [Read](#)

Coping With Cancer When You're On Your Own: How to Get the Support You Need [Read](#)

How to Assemble Your Chemo Squad + Downloadable Template [Read](#)

How to Cope With Cancer When You Live Alone [Read](#)

I Had Ovarian Cancer, Was Single, and Living by Myself. But Going Through Treatment I Was Never Alone [Read](#)

What to Expect: Jadey's Essential Guide to Gynecologic Cancer Surgery and Recovery [Read](#)

Caregiver Support

A Practical Guide to Cancer Rights for Caregivers [Read](#)

Becoming a Melanoma Caregiver... Now What? [Listen](#)

Care Partners Guide [Read](#)

Caregiver Resources Hub [Read](#)

Caregiver-Survivor Relationship [Watch](#)

Caregiving Over Coffee: Giving Yourself Grace [Watch](#)

Communicating as a Caregiver [Read](#)

Communication Between Cancer Survivors and Caregivers [Read](#)

Cancer Wellness Center (CWC) Staff Chat: Adult Child Caregivers [Watch](#)

CWC Staff Chat: Caregiving [Watch](#)

Emotional and Mental Health Support for Caregivers [Watch](#)

Legal, Practical, and Financial Issues for Caregivers to Consider [Watch](#)

Suffering in Silence – Overcoming the Hidden Struggles of Bladder Cancer Caregivers [Watch](#)

Supporting Caregivers [Watch](#)

Supporting the Supporter: Real Talk for Caregivers [Listen](#)

The Caregiver Balancing Act [Listen](#)

The Lung Cancer Care Partner Toolkit [Read](#)

Tips for Caregivers Handbook [Read](#)

What Care Partners Should Know [Watch](#)

Young Adult Cancer Canada (YACC) Caregiver Chats [Read](#)

Previvor Support

Confessions of a Single Previvor [Read](#)

The Previvor [Read](#)

“Where Do I Go? Who Do I Go To?": BRCA Previvors, Genetic Counselors, and Family Planning [Read](#)

Workplace Support

Addressing Comments at Work: From the Well-Intended to Outright Insensitive [Read](#)

Balancing Work & Cancer [Live](#)

Cancer+Careers Free Publications [Read](#)

Setting Professional Boundaries [Read](#)

Support Groups + Events

Cactus Cancer Society: 30-Minute Tune-Up Journaling Sessions Thursdays 12 pm ET / 11 am CT / 9 am PT [Learn More](#)

CancerCare: Closed Caregiver Support Group for Spouses/Partners Varies [Learn More](#)

Elephants and Tea: Sitting Together in Empathy and Emotional Perseverance – Loneliness 9/15 7 pm ET / 6 pm CT / 4 pm PT [Register](#)

Imerman Angels: Navigating Relationships After Cancer Virtual Community Event 9/29 7 pm ET / 6 pm CT / 4 pm PT [Register](#)

The Cancer Network: Support Groups for LGBTQIA+ Individuals Who've Been Diagnosed With Cancer Mondays 4 pm ET / 3 pm CT / 1 pm PT and Wednesdays 2:30 pm ET / 1:30 pm CT / 11:30 am PT [Learn More](#)

Worth the Wait: Oncofertility Support Group Varies [Learn More](#)

Recursos en Español

Balancear el Trabajo y el Cáncer [Ver](#)

Cómo Hablar con mis Niños Acerca de un Diagnóstico de Cáncer [Ver](#)

Cuidadores – Cancer+Careers [Leer](#)

Guía Práctica Para los Derechos Sobre el Cáncer Para Cuidadores [Leer](#)

Videos Educativos – Cancer+Careers [Ver](#)

COMING SOON

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Caregiver Toolkit



A Brand-New Resource for Caregivers

Caregivers: We know it's crucial for you to have resources and a space tailored to your specific experiences, challenges, and needs.

That's why we've been working hard to create our Imerman Angels Caregiver Toolkit, a free, comprehensive guide to navigating the psychological and emotional complexities of caregiving, designed with your needs front and center.

This guide will provide:

- Understanding, comfort, and validation
- Tangible information and resources
- Actionable tips and tools from leading caregiving experts and our Caregiver Mentor Angels
- Printable templates, checklists, and worksheets

Imerman Angels Caregiver Toolkit will be released in November 2026 – subscribe to our newsletter to be sure to receive it!

[SUBSCRIBE](#)

“



I love my Mentor dearly! She is a testimony because she is still standing in the midst of what she went through, and makes me believe that I can get through it... She [provides] an ear and just listens, and sometimes that's just what I needed because I can't take on other people's emotions when I need to process my own.

This was my first recurrence, and I wanted someone who's dealt with it and [helps me] deal with it so I can make sure I'm on the right track. It has given me a lot of insight on how to move forward. Listening to my Mentor's experience reminds me that I've got to fight through it.

[Imerman Angels] gives people [impacted by cancer] a Mentor and it's necessary – you can't do this by yourself. If people don't get the mentorship they need, it can destroy relationships, and even the person, since they don't have an outlet beyond themselves... It helps to have [a Mentor] who's been through it and helps you handle the emotions. If you don't have anyone else, let Imerman Angels be your village!”

– LaShawne, Mentee, Stage 3 Ovarian Cancer

Mentee quotes have been edited for length and clarity.

Partner Spotlight



The Ahmad Butler Foundation (ABF) is a national nonprofit organization dedicated to supporting families battling pediatric cancer and other life-threatening childhood diseases while improving their quality of life.

By combining direct family support with national leadership, strategic partnerships, and a commitment to improving outcomes for children with pediatric cancer, the Ahmad Butler Foundation is working to ensure that no child or family faces pediatric cancer alone, while helping build a brighter future for children across the United States.

At Imerman Angels, we share the same mission: ensuring that no one faces cancer alone. Through free peer support (Mentor Angels) for cancer fighters, survivors, previvors, and caregivers, we provide the compassion and understanding that comes from truly shared experience. Together with ABF, Imerman Angels is united in supporting children and families impacted by cancer.

[LEARN MORE](#)

I stumbled upon Imerman Angels and was drawn to the mission. I was involved in some cancer caregiver support groups, but I wasn't finding a lot of affinity from them. Imerman Angels matches [you] with a Mentor [tailored to your situation] and speaks to what an individual like me needs. It's like someone really heard what I needed. You don't realize how often you make do with things that are good enough – to be understood at that level was really special.

The match [with my Mentor] felt so illuminating – my Mentor was so receptive and open and invited me to share. But it doesn't feel like we come together to commiserate; it always feels uplifting. It has made me feel stronger as someone who needs to show up every day with resilience and fortitude as a caregiver. People can be kind and willing to listen, but it's not the whole picture of what someone needs. It's important to have a space to move those things out of you to [someone who is] receptive to this, and that is how Imerman Angels fits so well. It... helps lighten the load.”

– Liza, Mentee, Caregiver to a Loved One With Grade 4 Glioblastoma

Navigating Relationships After Cancer

Virtual
Community
Event



**TUES
SEPT 29**



**6PM CT
7PM ET**

Not only does a cancer diagnosis upend your life – it can significantly impact your relationships. Join us for an honest and compassionate conversation about the realities of navigating relationships after cancer. Through personal stories and expert insights, we'll explore the highs and lows of how cancer can affect relationships with parents, siblings, children, partners, friends, and more.

Designed for cancer fighters, survivors, previvors, caregivers, family members, and friends, this session will highlight common relationship challenges after a diagnosis and provide validation and practical guidance for understanding and strengthening connections after cancer.

In this session, we'll discuss:

- Identifying common relationship challenges after a cancer diagnosis – and how to handle them
- Managing expectations, setting boundaries, and coping with unhealthy relationships
- Parenting through and beyond a cancer diagnosis
- Adjusting to changing relationship dynamics with your significant other, family members, and friends – for both the cancer survivor and their caregivers
- Navigating relationships in survivorship



REGISTER

Moderator Joycelyn M. Lee, PhD and panelists are not affiliated with Imerman Angels and were not compensated for their participation in this event.



MODERATED BY:

DR. JOYCELYN M. LEE, PHD

PANELISTS:



DAVID DIAZ



LARA RANEY



MICHELLE REISS



SADIA H. ZAPP

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Additional Resources

ADOLESCENTS AND YOUNG ADULTS (AYA) RESOURCES

[Bright Spot Network](#)

[Dear Jack Foundation](#)
[Community](#)

[Elephants and Tea Virtual](#)
[Happy Hour](#)

[Stupid Cancer](#)

[The Ahmad Butler](#)
[Foundation](#)

[The Cassie Hines Shoes](#)

[Cancer Foundation](#)

[Young Survival Coalition](#)

BILINGUAL RESOURCES

[ALAS Wings](#)

[CancerCare](#)

[Latinas Contra Cáncer](#)

[LatinaSHARE](#)

[Nueva Vida](#)

[The Latino Cancer Institute](#)

[Triage Cancer – Seguros,](#)
[Empleo, Finanzas](#)

[Chinese Community](#)

[Cancer Information Center](#)

[New Hope Chinese Cancer](#)
[Care Foundation](#)

CANCER-SPECIFIC RESOURCES

[305 Pink Pack \(Breast\)](#)

[American Lung Association](#)

[Bladder Cancer Advocacy](#)
[Network](#)

[Blood Cancer United](#)

[Colontown](#)

[Ewing Sarcoma Institute](#)

[Fight Colorectal Cancer](#)

[For the Breast of Us](#)

[GYN Cancers Alliance](#)
[\(Gynecological\)](#)

[Head & Neck Cancer](#)
[Alliance](#)

[Hope for Stomach Cancer](#)

[Kidney Cancer Association](#)

[Kidney Couch](#)

[Lary's Speakeasy](#)
[\(Laryngectomy\)](#)

[Learn Look Locate \(Breast\)](#)

[Leukemia Research](#)
[Foundation](#)

[Male Breast Cancer Global](#)
[Alliance](#)

[Melanoma Action](#)
[Coalition](#)

[Melanoma Research](#)
[Foundation](#)

[MPN Research Foundation](#)

[National Brain Tumor](#)
[Society](#)

[National Ovarian Cancer](#)
[Coalition](#)

[Northwest Sarcoma](#)
[Foundation](#)

[Sarcoma Alliance](#)

[The Breast Cancer Club](#)

[The Paula Takacs](#)
[Foundation for Sarcoma](#)
[Research](#)

Additional Resources

GENETICS

[Alive and Kick'n – Lynch Syndrome](#)

[Decoding Genetic Tests for Parents-to-Be](#)

[FORCE: Facing Our Risk of Cancer Empowered](#)

[Jacqueline Rush Lynch Syndrome Cancer Foundation](#)

[KRAS Kickers – KRAS Biomarker](#)

[Living LFS – Li-Fraumeni Syndrome](#)

[What If I Test Positive for Genetic Mutations – Should I Tell My Family?](#)

[What Is Genetic Counseling and Genetic Testing? What Are Previvors?](#)

RESEARCH & CLINICAL TRIALS

[Black Women and Cancer Study](#)

[Couples Dealing With the Financial Difficulties of Cancer](#)

[Emotion Regulation and Psychological Well-Being Among Cancer Caregiver-Patient Dyads](#)

[FOCUS On Us – LGBTQ+ Cancer Patient or Caregiver](#)

[Head and Neck Squamous Cell Carcinoma Patient & Caregiver Needs Survey](#)

[How Genes Influence Breast Cancer Risk and Advance Research](#)

[Open Clinical Trials Related to Hereditary Cancers](#)

[Organ Transplant and Cancer Study](#)

[Participate in the Inherited Genetic Cancer Registry](#)

[Pediatric Health Related Quality of Life of School-Aged Cancer Survivors](#)

[Relapsed or Hard-to-Treat Acute Myeloid Leukemia or Acute Lymphoblastic Leukemia](#)

[Self-Perception and Intimacy After the Cancer Experience](#)

[Share Your Experience: Chest/Breast and Endometrial Cancer](#)

[The Childhood Cancer Identity Project](#)

[The SAFE in Cancer Care Study](#)

MISCELLANEOUS

[Alliance for Fertility Preservation](#)

[Byrd Cancer Foundation](#)

[Camp Kesem – A Child's Friend Through and Beyond a Parent's Cancer](#)

[CancerCare – Free Professional Support Services and Information](#)

[Cocktails & Caregivers](#)

[Cure Today – Online Magazine](#)

[Empowering Intimacy](#)

[Epic Experience – Adventure Camps](#)

[Global Leadership in Oncology & Wellness](#)

[Livestrong Foundation](#)

[Patient Empowerment Network – Education](#)

[Pickles Group – Kids Supporting Kids](#)

[Team Maggie's Dream – Fertility Preservation](#)

[Triage Cancer – Insurance, Employment, Finances](#)

[Twist Out Cancer – Creative Arts Programming](#)

[Worth The Wait – Fertility Treatments, Adoption, and Surrogacy](#)



Imerman Angels Grief Toolkit

A guide to coping and supporting the grief process.

[DOWNLOAD](#)

Links to more helpful cancer-related resources:

[Resource Page + Videos](#)

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Become a Mentor Angel

Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors, and caregivers.

[LEARN MORE](#)



Share Your Journey



Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it's a story of survivorship or your experience as a caregiver, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

Connect With Us

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