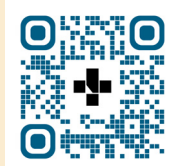


# Resources to help you before your first cancer care appointment

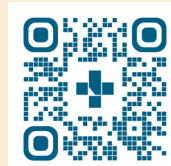
**Cancer Care Alberta (CCA) is here to help.**

Being diagnosed with cancer can be life-changing. CCA is here to help. We are part of Alberta Health Services and provide care at 17 centres across the province.

Try starting with these trusted resources on [cancercarealberta.ca](https://cancercarealberta.ca)



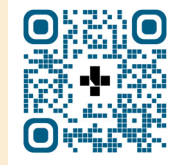
**In Between Your Diagnosis and First Appointment (Interactive Module)**



**Supports for People with Cancer Handout**



**Newly Diagnosed with Cancer Book**



**Guide to Cancer Care for Newly Diagnosed Indigenous People Book**

## You can also check out

- **Wellspring Alberta** offers supportive programs and spaces, in person and virtually across Alberta
- **Canadian Cancer Society** has information on different types of cancer, treatments, and supports

As you prepare for your first appointment, know that it can be hard to remember everything you want to ask and everything you hear. Make a plan to help. You can:



Bring someone with you



Take Notes



Audio record with the *My Care Conversations* app