



**Mentoring Minds can offer a wide range of services aimed at supporting individuals recovering from cancer physically, emotionally, and practically. Here's a breakdown of the key services we might provide:**

### **1. Emotional Support**

- One-on-one mentoring sessions (in person, phone, or video)
- A listening ear from someone who "gets it"
- Encouragement and support during treatment and post-treatment challenges
- Help dealing with fear of recurrence or anxiety

### **2. Practical Guidance**

- Sharing personal strategies for managing fatigue, brain fog, or pain
- Guidance on nutrition, gentle exercise, or sleep routines
- Assistance with goal-setting for daily routines or returning to work
- Navigating follow-up medical appointments or scans

### **3. Lifestyle Coaching**

- Support with rebuilding confidence and self-esteem
- Tips on returning to social life and relationships
- Motivation for developing new hobbies or routines

### **4. Resource Connection**

- Referrals to support groups or community programs
- Information on financial aid, transport, or home help services
- Sharing trusted online resources or survivor networks

### **5. Advocacy & Empowerment**

- Helping clients advocate for their needs with doctors or employers
- Encouraging a sense of purpose and post-cancer identity
- Empowering clients to set boundaries and manage energy