# **INFORMATION FOR FAMILY MEMBERS ABOUT THE NUEVO AMANECER PROGRAM**

## **What is Nuevo Amanecer?**

* *Nuevo Amanecer* is a 10-week program designed to teach Latinas special skills to help them cope with their cancer experience.
* Once people learn these skills, they can use them throughout life to help with everyday stress.

## **What do women in the Nuevo Amanecer program learn?**

Women will learn how to:

* Get information and resources about breast cancer.
* Communicate effectively with doctors and family members.
* Relax and think in positive ways about cancer and life.
* Manage stress so that they feel more in control of their lives.
* Learn to identify personal strengths and gain a sense of control over their lives.

## **How can I support my family member as she goes through the program?**

* Encourage her to attend regularly.
* Ask her to tell you about what she is learning in the program.
* Ask her to talk about how she feels and listen to her.
* Ask her if there is anything you can do to help her.

## **How do I talk to my family member?**

![MP900448491[1]]()Cancer affects the entire family. Family members may feel many of the same emotions (fear, panic, anger, sadness, depression) as the person diagnosed with cancer. Sometimes, family members do not want to talk about the illness to other people or even to other family members. Family members who feel they do not know what to say often stop communicating or keep their distance. Some women may interpret this silence as being insensitive and non-supportive. Miscommunication can lead to misunderstandings and resentments. Here are some tips on how to communicate with your family member:

* Create a safe space. Make sure the place you choose for your talk is private.
* Pick a time to talk when you and your family member are not stressed out, exhausted, and won’t be interrupted by phone calls or children.
* **Stay calm:** Try to remain calm so that you do not forget what you want to say.
* **Maintain eye contact:** Look into their face to get their attention. They may not take you seriously or they might stop listening if you are looking in another direction.
* **Use a clear voice:** Speak in a tone of voice that is clear and firm. If you speak too softly or shout and yell the person will stop listening.
* Discuss your concerns and fears with your family member.
* **Learn how to express your feelings:** Express your feelings using “I” statements and avoid using “you” statements. The following statement can help you when talking about your feelings.

“I am worried about\_\_\_\_. I would like to talk with you about this. I feel\_\_\_\_ when you\_\_\_\_. I’d prefer if\_\_\_\_.”

* Talk about ways to feel close and connected and put more fun into your lives.
* If you feel your relationship is in trouble, talk openly about the problems that exist rather than pretending everything is fine.
* Get professional help from a counselor, priest or minister if you feel you need it.

## **Whom can I call if I have any questions?**

* For more information about cancer, call the Cancer Information Service at 1-800-422-6237. It provides free and accurate cancer information.
* To speak to a psychologist who specializes in cancer, call Carmen Ortíz at 1-415-648-9423.
* For any questions about the research study or Nuevo Amanecer program, call Jasmine Santoyo-Olsson at the toll-free number 1-855-755-8273 or jasmine.santoyo-olsson@ucsf.edu or Anna Nápoles at 1-415-476-6290 or anapoles@ucsf.edu (se habla español).