

IMIZWA

evamile yeziguli

zomdlavuza



Intukuthelo – ungadinwa ukuthi lokhu kwenzeka kuwena, akufanele nokuthi alikho iqiniso



Ukudangala – ungazizwa udangele noma ungenathemba kuthi khala noma uvame ukukhala



Ukuzisola – Ungazibona unecala ngokuthwalisa kanzima abantu obathandayo ngenxa yomdlavuza noma ubone sengathi umdlavuza uyisijeziso sokuthile



Ixhala/Ukukhathazeka – ungakhathazeka ngokuthi ungakwazi yini ukuqhubeka usebenze, ukuthi wubani ozobheka umndeni wakho ngenkathi ugula, ukuthi imithi izosebenza noma cha nezinye izinto eziningi



Ukwesaba – ungesaba imithi okufanele uyidle, wesabe ukuthi kungenzeka ufe

Yonke le mizwa ijwayelekile uma ubhekene nomdlavuza kodwa kunzima ukubhekana nayo uwedwa. Thola umngani noma umuntu wakini ozoxoxa naye ngemizwa yakho noma uthole **usizo lwe-Tele Counselling ku: 0800 22 66 22 | info@cansa.org.za**



Toll Free 0800 22 66 22 | www.cansa.org.za



Join our Facebook support groups 'CANSA Survivors – Champions of Hope' and 'CANSA Caring for the Caregivers of Cancer Patients'

072 197 9305
071 867 3530

ENGLISH,
AFRIKAANS
XHOSA, ZULU,
SOTHO, SIWATI



