

# Returning to Work after Cancer: Where to Learn More



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## [Returning to Work after Cancer Treatment](#)

Returning to work after cancer treatment can be complex and sometimes intimidating. There's lots to consider, from setting professional boundaries and reorienting to the job, to coming to terms with the 'new normal' and dealing with co-workers' questions about your cancer experience. All of these stressors are completely normal and understandable. It's recommended that you take some time to mentally prepare for returning to work by exploring questions or concerns that are coming up for you before your first day back on the job. The following are resources we recommend as you work through the process of preparing to return to work.

## Resources

- ☞ Cancer and Careers – a non-profit aimed at empowering people with cancer to thrive in their workplace.
  - <http://www.cancerandcareers.org/en/at-work/back-to-work-after-cancer/back-to-work>
  
- ☞ Triage Cancer – a non-profit specializing in navigating cancer survivorship.
  - Quick Guide to Reasonable Accommodations After Cancer:  
<http://tragecancer.org/wp-content/uploads/2016/07/Quick-Guide-to-Reasonable-Accommodations.pdf>
  - Resources on Employment - <http://tragecancer.org/employment>
  
- ☞ For other questions or concerns, contact your clinic's social worker. If you don't know who that is, call the Cancer Resource Center at 415-885-3693 to find out.

