



## **Welcome to Survivorship! Helping You with Your Transition**

The Compass Survivorship program is about helping survivors transition back to “normal” life. One-on-one visits with specially trained, advance practice providers are offered to every patient following treatment. These visits provide individualized care plans with focus on common symptoms such as fatigue, distress and neuropathy. Recommendations are provided for nutrition and lifestyle changes. In addition, the survivorship team offers group sessions to help deal with memory issues, depression, fatigue, problems with intimacy and nutrition. The group setting fosters information sharing and allows our survivors to give strength to one another. With education, support and prevention, there is a rich and rewarding life after cancer.

### **Survivorship Appointments Available at all Compass Locations**

360 944 9889 - Vancouver Cancer Center

971 708 7600 - West Cancer Center

503 280 1223 - Rose Quarter Cancer Center

503 239 7767 - East