

## What to expect from Cancer Coaching Sessions

Most cancer patients need more support up front, at the time of diagnosis, when they are trying to make sense of the changes occurring in their life. It is often difficult to remember everything that has been shared by the healthcare team. Sometimes a specific word or action becomes the focus of thoughts and bringing that focus into perspective becomes essential. We suggest a 3-session package with additional sessions as needed.

- Session 1 - Work through diagnosis, questions, and understanding of cancer treatments.
- Session 2 - Become empowered to ask for more information, know the questions to ask, and find resources for improving your day-to-day journey.
- Session 3 - Learn more about managing your treatment side effects and how nutrition can improve outcomes
- Email support available throughout the process.



# GUIDE FOR HOPE

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## CANCER COACHING:

**Offering a  
Shelter  
in the  
Storm**

**Ruth Phillips, BSN, MS, OCN, BCMAS  
President  
Certified Cancer Coach  
Tel: 610-764-5990**

## Individualized Cancer Coaching

A diagnosis of cancer brings numerous emotions and often a feeling of being overwhelmed. People with cancer may find themselves with many questions after they leave the doctor's office. This is a normal experience, as the amount of information provided can cover multiple topics and unfamiliar medical terms can cause confusion. Get the support and attention you need to tackle your situation and to live well during and after your cancer treatment. Let Guide for Hope provide support and assistance in navigating this journey.

**Contact us today @**  
**info@guideforhope.com**



Ruth Phillips, BSN, MS, OCN, BCMAS  
Certified Holistic Cancer Coach

Guide for Hope started organically as friends and family reached out to Ruth for support and advice after being diagnosed with cancer. As a licensed registered nurse in Pennsylvania with 25 years of clinical experience in Oncology, Ruth was able to take her passion for helping cancer patients and extend it from the clinical environment to supporting individuals at home. Ruth offers a guiding hand to help you with questions from understanding your pathology report to personalized information with support options reflective of your individual diagnosis.

We provide you with ongoing support through these services:

- Cancer Coaching
- Resource Options
- Guidance on managing treatment related side effects
- Presentations on:
  - ♦ Nutrition
  - ♦ Understanding a cancer diagnosis
  - ♦ Incorporating complimentary therapies into care
  - ♦ Financial Resources and Cancer Related Financial Toxicity

Get the strength you need to survive and thrive with cancer. Aside from your oncologist and your loved ones, our cancer coach is here to support you through your journey.

Schedule Your Appointment today at:  
**www.guideforhope.com**

