

SEPTEMBER–DECEMBER 2021

# What's On at

**COUNTERPART**   
Women supporting women with cancer

Free events for women affected by breast or a gynaecological cancer.

Counterpart provides general information only.  
For further information, or to discuss your own situation, please consult your treating team.

Counterpart peer support is also available  
Call 1300 781 500 to organise a call-back from one of our trained volunteers. Open 9am–5pm, Mon, Wed, Thurs.

COVID-19 continues to impact how we run events.  
All events in this program will be delivered online.

## EVENTS

### Dance flow

Online workshop | Monday 20 September 11.00am–12.00pm

Join this creative expressive dance class. Move into flow, which can be flowing movements or being in the flow of life. Facilitated by Dance Therapist and Feldenkrais Practitioner Sally Low.

### WeCan OlderCan online resources

Webinar | Tuesday 28 September 11.00am–12.00pm

Learn about these two online resources. WeCan ([wecan.org.au](http://wecan.org.au)) is a supportive care website directing people to the information, resources and support services they may need following a diagnosis of cancer. OlderCan is part of the WeCan website targeted to older people. It provides guidance and support to help older people discuss their needs, values and preferences for cancer treatment and care.

### Healthy eating after cancer

Webinar | Tuesday 5 October 11.00am–12.00pm

After a cancer diagnosis many women want to make sure they are eating well. However, it can be hard to sift through all the conflicting advice and fads to find good advice on this topic. This presentation will outline the guidelines for a healthy diet applicable to everyone.

### Dru yoga

Online workshop | Monday 11 October 10.30am–11.30am

Dru yoga uses graceful flowing movement, breathing and visualisation exercises to rejuvenate body, mind and spirit. It can be practised by people of any age, ability or fitness level. The class can be done sitting on a chair. You'll also want to have a blanket and two pillows handy for the relaxation at the end.

### Fear of cancer recurrence

Online workshop | Monday 18 October 1.00pm–2.00pm

It is common and understandable for people diagnosed with cancer to feel anxious about the possibility of the cancer coming back. Learn what factors can increase the fear of recurrence, and what strategies you can use to lessen it, so it is not overwhelming.

### Mindfulness and emotions

Online workshop | Wednesday 27 October 11.00am–12.00pm

Meditation teacher Kathy Jerin will outline a way to understand what emotions drain or energise us, simple practises to create calm and ease within, and the science of how this changes our physiological experience.

BOOKINGS ESSENTIAL

[counterpart.org.au/events](http://counterpart.org.au/events)

[info@counterpart.org.au](mailto:info@counterpart.org.au)

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## EVENTS continued

### Courage and hope – art therapy session

Online workshop | Thursday 4 November 11.00am–12.00pm

When you register in advance for this session guided by Art Therapist Jackie Burden, we will send you a range of quotes about hope and courage. You can base your artwork around one of these, or another saying that is meaningful to you. We will also send a list of ideas about methods you might use and the materials you'll need to collect before the online session.

### Medicinal cannabis

Online workshop | Monday 8 November 12.00pm–1.00pm

Dr Shu Ng is a doctor whose current practice focuses on medicinal cannabis. Shu will give an introduction to medicinal cannabis and speak about the range of conditions that she treats. These include chronic pain, anxiety, insomnia, neurodegenerative and seizure disorders, autism, and relieving side effects from cancer treatment such as neuropathic pain or nausea.

### Endometrial cancer

Webinar | Thursday 18 November 1.30pm–2.30pm

Learn about endometrial cancer, how it is diagnosed and treated as well as the common issues women can encounter after treatment. Presented by Gynaecology Nurse Consultants from Peter MacCallum Cancer Centre.

### Stepping into Wellness – online

Tuesdays, 5 October – 16 November 11.00am–12.00pm

A free six-week exercise program for women who have experienced breast or a gynaecological cancer. Experience different types of exercise and learn how to safely exercise at home.

### Happy body, calm mind

Online workshop | Tuesday 23 November 11.00am–12.00pm

Sometimes illness and ageing mean we lose trust and ease in our body. Learn practical methods to reconnect with our body in the present moment. This session will include both discussion and practical exercises.

### End of year celebration

Tuesday 7 December 10.30am–12.00pm

Come together at the end of the year to celebrate and affirm our relationships and networks of support. Check our website closer to the time for more details.

#### Are you living with metastatic/ advanced cancer?

Check out Counterpart's Making Connections program to connect with other women living with metastatic breast or gynaecological cancer [counterpart.org.au/advanced](https://counterpart.org.au/advanced)



Counterpart is a service of Women's Health Victoria and is supported by the Victorian Government.

Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.

## BOOKINGS ESSENTIAL

Scan to view all event  
details and book online.



1300 781 500

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