

2017 (September – December)

COUNTER  PART
Women supporting women with cancer

Making Connections

Events for Women Living with
Advanced* Breast and Gynaecological Cancers

* Advanced cancer can also be called metastatic cancer

Tea, Nurturing and Mindfulness

Thursday 12 October
10.30am – 11.45am

**Acknowledging
Metastatic
Breast Cancer
Awareness Day**

Sarah Cowell has spent time on tea farms, absorbing wisdom from tea masters across China, Japan, Taiwan and Korea. She will share the amazing undiscovered world of specialty tea and demonstrate the steps to create a tea ritual at home.

Until recently metastatic breast cancer was rarely mentioned during October, Breast Cancer Awareness Month. What is acknowledged can be changed. What is kept hidden and not discussed will not be changed. Since 2009 in the United States, a day (October 13) has been designated to put metastatic breast cancer patients and their needs in front of the public and stakeholders within the breast cancer community. We are commemorating this day at Counterpart on Thursday 12 October with this special session.

All are welcome. Come for the tea session or drop by for a chat with volunteers.

Nurturing Hope and Optimism

Monday 20 November
1.00pm – 2.30pm

This session will explore creating hope, optimism and the will to live. Knowing how to create a sense of hope in your life can help you face cancer survivorship with strength and confidence. Lack of hope is hopelessness and it can lead to anxiety and depression, even despair. A strong support network can provide both support and inspiration. There are many other healthy lifestyle factors that can create hope. This session will explore those factors.

Paul Bedson has been the Senior Therapist at the Gawler Cancer Foundation for 16 years. He has been working in the field of mind/body medicine for over 25 years as a counsellor, psychotherapist, meditation instructor and natural therapist.

Bookings are essential

Please register your interest early so we know you'd like to attend.

Phone: 1300 781 500

Email: info@counterpart.org.au

Web: www.counterpart.org.au

Counterpart connects, supports and informs women with breast or a gynaecological cancer to live well.

Ongoing Programs at Counterpart

What's On: Free information sessions and activities for all women diagnosed with breast and gynaecological cancers. The current *What's On* program has lots of interesting sessions to attend, including *Moving On: Exercise After a Gynaecological Cancer* on Thursday 28 September, *Sashiko* on Monday 9 October and *Mindful Dance and Movement* on Monday 23 October.

Please see the full program online at www.counterpart.org.au/events/ or phone us on 1300 781 500 and we will post a program to you.

Reflexology: Reflexology is a gentle therapeutic foot massage provided by a qualified reflexologist. Counterpart offers free 40 minute reflexology appointments once a month on Thursdays. Bookings are essential, so please phone us on **1300 781 500**.

Feel Good is a gentle exercise program held fortnightly in the city and conducted by a qualified fitness instructor. Sessions are open to all ages and all levels of fitness. Phone us on **1300 781 500** to find out how you can register to be involved and when the next session is being held.

Connecting from Home

We offer some sessions as webinars so that you can take part online. Look for this symbol to show that a session is being broadcast simultaneously as a webinar. In the current program the following are offered as webinars:



- *Body Image, Self esteem and Sexuality After Cancer* on Wednesday 20 September
- *A New Treatment for Vaginal Dryness* on Thursday 26 October
- *Scalp Cooling* on Monday 27 November
- *Chemobrain* on Thursday 30 November

To register for the webinar for these sessions see our website www.counterpart.org.au/events/. You will need to click on the webinar link for the session you are interested in.

Remember you can go to the website to access past webinars at www.counterpart.org.au/past-webinars. These include past *Making Connections* sessions.

Stay Connected

If you are a woman living with advanced cancer and would like to receive this *Making Connections* program regularly please contact the Resource Centre on **1300 781 500**, email info@counterpart.org.au or visit www.counterpart.org.au/join-our-newsletter/

iCan Adapt Trial for People Living with Advanced Cancer

St Vincent's Hospital in Sydney is currently recruiting for a trial of an online program treating anxiety and depression in people living with advanced cancer. The program is conducted entirely online and runs for 12 weeks. For more details and to check your eligibility go to the website <http://www.icanadapt.org.au/> or contact **Dr Michael Murphy on 02 8382 1400**.

Counterpart Resource Centre:
Level 5, Queen Victoria Women's Centre
210 Lonsdale Street, Melbourne

Phone 1300 781 500
Email info@counterpart.org.au
Web www.counterpart.org.au

Open 10.00am–5.00pm
Monday, Wednesday and Thursday
(Peer Support 10.00am–2.00pm)

 /CounterpartSupport

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