

2018 (February – April)

COUNTER  PART  
Women supporting women with cancer

# Making Connections

Events for Women Living with  
*Advanced\* Breast or Gynaecological Cancers*

\* Advanced cancer can also be called metastatic cancer

## *Trials and Treatment for Metastatic Breast Cancer*

**Thursday 15 March**  
**10.00am – 11.30am**  
Counterpart Resource Centre



Clinical trials are an important way to improve treatments for people with cancer. Trials may look at whether a treatment is safe, its side effects, or how well a treatment may control symptoms or improve quality of life.

Dr Catherine Oakman, Medical Oncologist from Western Health, will guide us through this session, which explores trials and treatments for women with metastatic breast cancer. The session will cover current trials, emerging findings and any new treatments that are in development or on the horizon.

## *Finding Some Inner Calm with Yoga*

**Wednesday 18 April**  
**10.30am – 12.00pm**  
Counterpart Resource Centre

Come and join a gentle yoga session tailored for women with advanced cancer. Yoga is a whole body/mind practice, involving breathing work, stretching exercises, postures and meditation.

Regular yoga practice may help manage the stress, anxiety and fatigue often experienced by women with cancer. Many palliative care facilities now offer yoga programs, as it may help manage pain and improve the emotional and physical health and quality of life of women with advanced cancer.

Our instructor Swamiji (Swami Karunananda) delights in bringing the joy of yoga to others and offers practices and understanding to help others engage with life, right where they are. Her study and work has been varied; from work in yoga studios, schools, hospitals, teacher training, and retreats in India, Nepal and Tibet. Please note this session will be conducted in seating or standing position and no prior yoga experience is required. Loose and comfortable clothing is recommended.

### **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](mailto:info@counterpart.org.au)

**Web:** [www.counterpart.org.au](http://www.counterpart.org.au)

### **Counterpart Resource Centre:**

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

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

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

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## 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 *Breaking Down Depression and Building Resilience* on Monday 19 February, *Bras, Boobs and Breast Forms* on Thursday 1 March, and *City Street Photography* on Wednesday 11 April.

**Please see the full program online at [counterpart.org.au/events](http://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. 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.

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## 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 What's On program the following sessions are offered as webinars:



- *Gynaecological Cancers: New Treatment and Trials* on Thursday 22 February
- *Sleeping Soundly* on Monday 19 March
- *The Law and Cancer* on Monday 16 April

To register for the webinar for these sessions see our website [counterpart.org.au/events](http://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 [counterpart.org.au/past-webinars](http://counterpart.org.au/past-webinars). These include past *Making Connections* sessions.

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## 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](mailto:info@counterpart.org.au) or visit [counterpart.org.au/join](http://counterpart.org.au/join).

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## Trial: Online Program for Advanced Cancer Patients Living with Depression/Anxiety

The Clinical Research Unit for Anxiety and Depression (CRUfAD) at St Vincent's Hospital in Sydney is collaborating with the Psycho-oncology Co-operative Group (PoCoG) to evaluate a new online treatment program for depression and anxiety in people who have advanced cancer. They are still looking for participants, so if you or anyone you know may be interested, please head to the following link: [icanadapt.org.au](http://icanadapt.org.au).

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