

# Making Connections

MAY–AUGUST 2021

Events for women living with advanced/  
metastatic breast or gynaecological cancer

Online workshop: Mindful self-compassion

Wednesday 26 May 11.00am–12.00pm

Mindful self-compassion is a practice that teaches participants to respond to difficult moments in life with kindness, care and understanding. This skill can help to soothe and comfort ourselves when we're hurting, to forgive ourselves, admit our shortcomings, and relate with authenticity and wholeheartedness to ourselves and others. There are three components: self-kindness, a sense of common humanity and mindful awareness. This session will introduce these three principles and provide an opportunity to try out some practical exercises. Our facilitator for this session is counsellor and educator Jo Gniel.

Webinar: Treatment options for metastatic breast cancer

Tuesday 22 June 10.30am–11.30am

Treatment for metastatic breast cancer aims to stop the cancer from growing or spreading, and to control pain, discomfort and other symptoms. Most women will be treated with some type of drug therapy, and new drugs and combinations of drugs are continually coming into use. Learn about the current treatment options and new emerging treatments on the horizon.

Medical Oncologist, Dr Belinda Yeo practises at the Austin Hospital, and at Olivia Newton-John Cancer Research Institute as a Clinician Scientist with a specific interest in breast cancer.

BOOKINGS  
ESSENTIAL

see page 2  
for details

COUNTERPART   
Women supporting women with cancer

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

## COUNTERPART RESOURCES

### Past webinar recordings

[Managing symptoms of metastatic cancer](#) - Dr Adrian Dabscheck, Palliative Medicine Consultant Western Health. Recorded October 2020.

[Bone metastases and breast cancer](#) - Dr Bianca Devitt, Medical Oncologist, Eastern Health. Recorded September 2020.

## COUNTERPART SUPPORT

### Counterpart Peer Support

Phone or email us to organise a call from one of our trained volunteers.

**Join our Making Connections mailing list if you are living with metastatic cancer**

1300 781 500  
counterpart.org.au/events  
info@counterpart.org.au

# Making Connections continued

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**Webinar: Managing metastatic cancer pain**

**Tuesday 17 August 11.00am–12.00pm**

Pain is a common and much-feared symptom among people being treated for cancer. Cancer pain can be caused by the disease itself, its treatments, or a combination of the two. Controlling your pain is part of cancer treatment. Uncontrolled pain often results in unnecessary suffering; it can have an impact on quality of life and interfere with all aspects of life and activity: physical, emotional and mental.

Associate Professor Brian Le is a specialist in both medical oncology and palliative medicine. He is the Director of the Parkville Integrated Palliative Care Service (Royal Melbourne Hospital and Peter MacCallum Cancer Centre).

## Webinars and online workshops for women with all stages of cancer

[Gut microbiome](#) Wed 19 May

[Sleep and cancer](#) Thurs 15 July

[Toxic chemicals in everyday products](#) Wed 28 July.

[It's in the genes](#) Wed 4 August

[Creative activity exploring resilience](#) Mon 23 August

All event details and registration also available by quick QR scan.



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## OTHER SUPPORT SERVICES

**The thing about advanced cancer: information and insights for challenging times**

Cancer Council has launched five new episodes of its podcast *The Thing About Advanced Cancer*, focused on supporting carers and families of people who are in their last months of life. These episodes feature interviews with respected cancer experts covering the practical and emotional aspects of the carer's role as well as deeply personal insights from people caring for their loved ones.

Available at [cancerCouncil.com.au/advanced-cancer-podcasts/](https://cancerCouncil.com.au/advanced-cancer-podcasts/)

## BOOKINGS ESSENTIAL

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**[counterpart.org.au/events](https://counterpart.org.au/events)**

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

If you would like more information about our webinars, please get in touch or visit our website.



Counterpart is a service of Women's Health Victoria. Counterpart 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.