

# Making Connections

**MAY – AUGUST 2020**

Events for women living with advanced/  
metastatic cancer

Keep an eye on our  
website, Facebook page  
or your email  
for newly announced  
online sessions

## Webinar: The emotional load of living with metastatic cancer

**Monday 22 June 11.00am–12.00pm**

If you are living with metastatic cancer that requires ongoing treatment and monitoring, you are also managing a complex range of concerns and stresses. These can include emotions like grief, anger, fear, isolation, sadness; ongoing uncertainty about the future; managing side effects from treatment; changing roles; concerns about the impact of your health on loved ones; lack of understanding from significant others; anxiety about scans, tests and the progression of cancer; financial stress and the list goes on.

Sometimes it can be useful to pause and be aware of the emotional load that you carry. You might appreciate your own strength and resilience or look at what could be changed or done differently in order to lighten the load. Maybe it's time to reprioritise your own needs and wishes, to recognise what "too much" looks like, or time to seek help before things fall apart.

Join our presenter Dr Dani Bullen to consider these issues and how they affect your own life. Dani is a Clinical Psychologist working at Peter MacCallum Cancer Centre who has a particular interest in working with women to manage the emotional and existential issues associated with their cancer diagnosis.



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.

COUNTER  PART  
Women supporting women with cancer

### BOOKINGS ESSENTIAL

**1300 781 500**

**[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 Peer Support

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

### COUNTERPART RESOURCES

#### Podcast

[Living with uncertainty](#) – for women living with advanced cancer.

### OTHER SUPPORT SERVICES

#### Ovarian Cancer Australia

The helpline is available weekdays between 9am–5pm (AEST) for the cost of a local call. Call **1300 660 334** or email [support@ovariancancer.net.au](mailto:support@ovariancancer.net.au)

#### Breast Cancer Network Australia

Counselling service for women with metastatic cancer and general helpline **1800 500 258**. Visit [BCNA's My Journey site](#) for a COVID-19 update including podcast.