

What's On at Counterpart

MAY – AUGUST 2020

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

The coronavirus pandemic is impacting us all, but Counterpart is continuing to connect, support and inform. In this program, we are running more online sessions so women affected by breast and gynaecological cancers can still participate in group activities. All face-to-face activities have been cancelled for now, in line with government directions to reduce the spread of the virus.

ONLINE EVENTS

Meditation

Online workshop

Monday 4 May 10.30am –11.30am

Join Matt Young from the Melbourne Meditation Centre to learn and practise a variety of meditation techniques. Matt will also provide tips on how to squeeze meditation into a busy life.

Feldenkrais

Online workshop

Tuesday 12 May 10.30am–11.30am

Join this session to get a practical introduction and a gentle 'try out' in the Feldenkrais Method. This is a form of movement education that uses gentle movement and directed attention to change habitual ways of moving and thinking.



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.

COUNTER  PART

Women supporting women with cancer

Counterpart provides general information only.

For further information, or to discuss your own situation, please consult your treating team.

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

Self care and return to work

Online workshop

Wednesday 3 June 10.30am–12.30pm

Returning to work after cancer treatment can be challenging physically and emotionally. This workshop covers prioritising self care, communication skills and decision making about your future direction.

Ductal carcinoma in situ (DCIS)

Webinar

Wednesday 8 July 11.00am–12.00pm

Dr Meron Pitcher is a breast surgeon and Head of the Breast Clinic at the Western Hospital. Meron will present a clinical perspective on the diagnosis, treatment and prognosis of DCIS, and on any emerging evidence relating to these. She will also outline how DCIS differs to breast cancer.

About cervical cancer

Webinar

Monday 31 August 2.00pm–3.00pm

Gynaecological oncologist, Dr Deborah Neesham will present a clinical perspective on the diagnosis and treatment of cervical cancer. She will also offer insight into emerging trends and developments.

BOOKINGS ESSENTIAL

1300 781 500

counterpart.org.au/events

info@counterpart.org.au

If you would like more information about our events, 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.