

What's On at Counterpart

SEPTEMBER – DECEMBER 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, all of our sessions will be delivered online so women affected by breast and gynaecological cancers can still participate in group activities, wherever you are across Victoria. If we are able to provide some face-to-face sessions we will, when the Victorian pandemic situation eases.

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.

EVENTS

Belly dance

Online workshop

Monday 14 September 11.00am–12.00pm

Join a small group of women to learn some basic belly dance techniques in a fun and supportive environment. No particular level of fitness or experience is necessary.

Cancer-related fatigue

Webinar

Thursday 24 September 10.30am–11.30am

Tiredness can be alleviated by a quick cat nap or a good night's sleep. Fatigue, especially as a result of cancer treatment, isn't as easy to overcome. Elizabeth Pearson will discuss practical strategies for managing cancer-related fatigue.

You are welcome to submit questions for Elizabeth before the session, by Tuesday 22 September. You will also be able to ask questions in the session.

Scars, cording & swelling: recovery after breast cancer surgery

Webinar

Monday 5 October 11.00am–12.00pm

Physiotherapist and Lymphoedema Therapist Sach Ganhewa shares information and practical tips for managing scars, cording and breast swelling after surgery and radiotherapy for breast cancer.

Mindful self-compassion

Online workshop

Wednesday 21 October 1.00pm–2.00pm

Research shows that mindful self-compassion enhances emotional wellbeing, boosts happiness, reduces anxiety and depression and helps to maintain healthy habits.

This session will introduce the main principles of mindful self-compassion and provide the opportunity to try out some practical exercises.

Heart health: links to cancer treatment

Webinar

TBC in October

Cancer treatments including some chemotherapy and radiotherapy regimes may have long-term impacts on heart health. Cardiologist, Professor Liza Thomas will outline the links and discuss what you can do to lower your risk of heart-related problems.

This session is presented in partnership with The Heart Foundation.



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.

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EVENTS CONTINUED

Online Cancer and Wellbeing Day

Online workshops and information sessions

SAVE THE DATE

Wednesday 11 November

Cancer and treatment can challenge our physical and mental wellbeing. Emerging evidence shows cancer patients may benefit from lifestyle choices and mind-body therapies like meditation, yoga, tai chi and exercise. They are used alongside standard medical treatment to reduce side effects and improve wellbeing.

Join us on this day for two information sessions and two interactive workshops.

Register your interest now.

More details to follow.



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.

Early menopause and cancer

Webinar

Monday 16 November 10.00am–11.00am

An expert panel discusses this topic. Panellists include a gynaecologist, endocrinologist, sociologist, researcher, and a woman with lived experience of early menopause after cancer treatment. This webinar will also be streamed on Facebook Live.

This session is presented in partnership with Monash Centre for Health Research and Implementation.



[View the Early Menopause: Women's Experiences digital resource.](#) On this site you can read watch and listen to stories of 30 young women, including some who have experienced early menopause after medical treatment for cancer.

Restorative yoga

Online workshop

Wednesday 25 November 10.30am–11.30am

This gentle class will offer slow flowing movement, breathing techniques and meditation. This style of yoga is suitable for anyone and requires no prior experience.

Wear loose comfortable clothing.

All is calm

Release of pre-recorded session

Tuesday 1 December

This time of year comes along with many social gatherings that can be enjoyable. However they also take time and energy. Lynda Evans outlines strategies to look after ourselves and enjoy the festivities while remaining as calm and stress free as possible. The video will be available on our website from 1 December. No booking required.

Counterpart end-of-year event

To be confirmed

Tuesday 8 December 10.30am–12.00pm

Save the date to celebrate the end of 2020 with Counterpart staff, volunteers and special guests

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Counterpart peer support

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