

FEBRUARY – APRIL 2021

## What's On at



Women supporting women with cancer

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

Counterpart provides general information only.

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

Counterpart peer support is also available

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

COVID-19 continues to impact how we deliver programs.

All events in this program will be delivered online.

When restrictions allow, we will provide some sessions face to face.

### EVENTS

#### Sexual health and wellbeing after cancer

Webinar

Wednesday 10 February 10.00am–11.00am

After cancer, some of the issues that can affect our intimate relationships are physical changes, emotional effects such as adjustment to a changed body, and communication difficulties. In this session we will look at practical strategies to communicate well about sexuality, to build sexual confidence and enhance intimate relationships.

*This is a women only session. It is for any woman undergoing or recovering from breast or a gynaecological cancer, whatever your sexuality or relationship status.*

#### Dance flow

Online workshop

Wednesday 17 February 11.00am–12.00pm

Sally Low, Dance Therapist, Feldenkrais Practitioner and Physiotherapist will facilitate this session, which is suitable for anyone wanting to explore ease, joy and connection in your body and your brain. From a place of support and connection with your body, Sally will guide you into moving into flow: that may be flowing movements or being in the flow of life.

#### Pelvic floor problems after gynaecological cancer treatment

Webinar

Thursday 25 February 12.30pm–1.30pm

In this session we'll discuss the importance of the pelvic floor muscles after treatment for gynaecological cancer. Surgery, radiation, chemotherapy and hormone treatment are all risk factors for pelvic dysfunction. Learn what's available to help with symptoms such as sexual issues and bowel or bladder problems including incontinence, pain and prolapse.

#### Lymphoedema

Webinar

Tuesday 2 March 1.00pm–2.00pm

#### March is Lymphoedema Awareness Month.

Learn about what lymphoedema is, the early warning signs, how to minimise the risk of developing lymphoedema and what to do if it does occur. Physiotherapist and Accredited Lymphoedema Practitioner, Helen Eason has over 20 years' experience in this field.

BOOKINGS ESSENTIAL

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

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

1300 781 500

# What's On at Counterpart

## EVENTS CONTINUED

### Chair yoga

Online workshop

Thursday 11 March 11.00am–12.00pm

Join a small group for a gentle yoga session, done from a chair. Yoga teacher Sarasvati is experienced in making modifications for people with illness and injury. Wear clothes you can move in. An upright type of (kitchen) chair is better than a comfy chair you sink into.

### Advance care planning

Webinar

Thursday 25 March 11.30am–12.30pm

Ensure that your loved ones and doctors know what your preferences are for future health care. In this session Volunteer Community Ambassadors from Advance Care Planning Australia will provide easy to understand information about what advance care planning is, how it may benefit you and how to do it. There will be plenty of time for questions and discussion.

### Introduction to mindful self-compassion

Online workshop

Wednesday 14 April 11.00am–12.00pm

Mindful self-compassion is a compassion training program that teaches participants to respond to difficult moments in their lives with understanding, care and kindness instead of self-criticism, self-isolation, or self-absorption. Suzanne Peyton from The Mindful Well will give an introduction to the ideas and practices of mindful self-compassion.

### Bras and breast forms

Webinar

Tuesday 20 April 10.00am–11.00am

After breast surgery women need bras, and for some, a breast form (prosthesis), that are comfortable and promote confidence in their appearance. Learn about wire free and front fastening bras, breast forms and partial shapers, pocketed mastectomy bras, lymphoedema bras, lingerie, and swimwear from a specialist breast care/ surgical garment fitter.

**Plus: Women talk about wearing a breast form.** Watch a recorded conversation between three women talking about their decision-making process and experience of wearing breast forms.

### Qi gong

Online workshop

Thursday 29 April 10.30am–11.30am

Qi gong practice can help with balance, flexibility and strength, as well as calming the mind. Come along and learn a simple routine with Qi gong teacher Dorota Swiderski. Wear loose comfortable clothing.

Do you have metastatic/  
advanced cancer?  
if so check out Counterpart's  
Making Connections program



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.