

Making Connections

Living with metastatic/advanced cancer: a handful of insights, options, & supports

Tuesday 16 March
9.30AM—2.40PM

A day of online information sessions and workshops

9.30am–
10.20am

Clinical trials for metastatic cancer

Webinar

Hear from Consultant Medical Oncologist Shirley Wong about some of the issues to take into consideration when deciding whether to participate in a trial. These include eligibility criteria, potential risks, consequences for later treatment options, different phases of trials, time and frequency of regular testing.

10.30am–
11.20am

Mindful self-compassion

Online workshop

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.

11.30am–
12.20pm

Decision-making with your oncology team

Online workshop

There are ongoing decisions to be made together with your doctors: treatment options and managing side effects, how your oncologist makes decisions about your care, sharing your preferences, what's important to you, seeking information or not and accessing supportive care services. Medical Oncologist Dr Michelle White, will present this session and welcomes your input.

1.00pm–
1.50pm

Unseen: the stories we make of our lives

Online workshop

Throughout our lives we are told 'stories' by others about who we are and what our experience means. In this workshop you will learn how to let go of any roles (battler, victim, 'Ms Fix-it', heroine, counsellor) that don't feel good or true for you.

Michelle Irving from michelleirving.com.au will provide strategies to help you return to your own power as the meaning-maker of your own life.

This is a women only session.

2.00pm–
2.40pm

Financial, legal and workplace support

Webinar

Learn about what support is available from Cancer Council Victoria on issues including preparing wills and power of attorney documents, early access to superannuation, insurance claims and disputes, credit and debt issues, managing workplace issues and handling disruption to your small business.

Making Connections

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

What is Making Connections?

Making Connections is Counterpart's program of events that are specifically tailored to address the issues faced by women living with a metastatic/advanced breast or gynaecological cancer. This diagnosis brings its own unique challenges. Counterpart provides connection, support and information relevant to your needs.

Contact us to join the Making Connections mailing list to get regular updates on this program.

Living with metastatic/advanced cancer: a handful of insights, options and supports.

Join our first ever online day for women who are living with metastatic/ advanced cancer. Our selection of information sessions and workshops provides information, practical supports and ideas to sustain your spirit.

Bookings are essential.*

Please go to our website to book sessions. counterpart.org.au/events/metadv_support/

You may attend all or any parts of the day.

You will need to book each session you wish to attend separately.

*Registrations close 5pm Monday 15 March

Who is this day for?

In presenting this program Counterpart is aiming to prioritise the specific needs and concerns of women living with a metastatic diagnosis.

Carers/ family and friends of women living with metastatic cancer are welcome to attend.

Please book yourselves in separately so we have a good idea of numbers.

Health professionals are welcome to attend sessions with the exception of Unseen: the stories we make of our lives.

If you do not fit into any of the above categories we ask you, please, to not register for these sessions.

Please contact Counterpart to speak with staff about your needs.

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



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.