

MAY–AUGUST 2021

What's On at

COUNTERPART



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.

EVENTS

Feldenkrais

Online workshop

Tuesday 11 May 11.00am–12.00pm

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.

Gut microbiome

Webinar

Wednesday 19 May 10.30am–11.30am

Naturopath Sandra Villella will speak about the gut microbiome, and the impact of this on our digestive and general health. She will use a series of recipes to illustrate how to nourish and restore the gut microbiota.

Breast reconstruction

Webinar

Monday 24 May 11.00am–12.00pm

Learn about the different types of breast reconstruction and what to consider before deciding on what is right for you. This session is presented by Mr Dean Trotter, Head of Breast Plastics at the Women's and Royal Melbourne Hospitals.

Meditation

Online workshop

Monday 7 June 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.

Nipple Tattooing

Webinar

Thursday 17 June 10.30am–11.30am

Monique Baldacchino, Breast Care Nurse, the Women's Hospital, will talk about nipple tattooing and answer your questions.

Restorative yoga

Online workshop

Tuesday 29 June 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.

BOOKINGS ESSENTIAL

counterpart.org.au/events

info@counterpart.org.au

1300 781 500

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What's On at Counterpart

EVENTS CONTINUED

Sleep and cancer

Webinar

Thursday 15 July 11.00am–12.00pm

Many people with cancer have sleep problems. Dr Oliver Holmes from Peter MacCallum's 'Can-Sleep' service will talk about what we can do to improve sleep.

Belly dance

Online workshop

Tuesday 20 July 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.

Toxic chemicals in everyday products

Webinar

Wednesday 28 July 12.00pm–1.00pm

What do we know about the toxic chemicals in our environment and how they may affect our bodies? How can we lower our toxic load by choosing healthier alternatives? Our presenters are a researcher, and a woman who has learned all she can about this subject following her own cancer diagnosis.

It's in the genes: how genetics can influence cancer and its treatment

Webinar

Wednesday 4 August 11.30am–12.30pm

Dr Yoland Antill, Medical Oncologist and Cancer Genetics specialist will present on how genetics can influence cancer and determine treatment options.

Qi gong

Online workshop

Thursday 12 August 11.00am–12.00pm

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.

Creative activity exploring resilience

Online workshop

Monday 23 August 10.30am–11.30am

Join this creative workshop to think about the strategies you have used for building resilience in your life and to develop new ones. No artistic skill or experience is required.

You will need paper and pencils, pens, or whatever you'd like to use to draw and colour.

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.

**BOOKINGS
ESSENTIAL**

Scan the QR code, visit our
website or get in contact.



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