

Every woman's experience of cancer is different but talking to another woman who has had cancer can help.

Counterpart can support you from diagnosis, during or after treatment. We can help you at any time.

All our services are free and confidential.

'A place of tremendous unspoken caring, it was there, it's a feeling, it's an atmosphere.'

Artwork featured here was created for Women's Health Victoria by artist Madison Connors, a proud and strong Yorta Yorta (Wolthica), Dja Dja Wurrung and Gamilaroi woman. You can read this beautiful artwork's creation story and more information about Madison on the Women's Health Victoria website. whv.org.au

Contact Details

Call 1300 781 500

Visit counterpart.org.au

Email info@counterpart.org.au

Resource Centre:

Level 5, Queen Victoria Women's Centre 210 Lonsdale Street, Melbourne VIC 3000

(The Resource Centre is closed while COVID-19 restrictions apply.)

Post: GPO Box 1066, Melbourne VIC 3001

Connect:

 CounterpartSupport

 @CounterpartAU

Health professionals

Find out how we can support the women you work with and how you can refer them to us.

 counterpart.org.au



Counterpart is a service of Women's Health Victoria.

Counterpart acknowledges the support of the Victorian Government.

Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work, the people of the Kulin Nation. We pay our respects to them, their culture and their Elders past and present.

COUNTERPART 
Women supporting women with cancer

Are you looking for support?

Counterpart connects, supports and informs women living with breast or a gynaecological cancer to live well.

Connect with someone who understands

Counterpart's trained and experienced **Peer Support Volunteers** understand what it is like to be a woman who has cancer, as they have had a cancer diagnosis themselves.

Our volunteers:

- listen to you
- give you time and space to talk through your feelings
- help you find reliable information
- direct you to services that provide practical help, medical advice or support
- share ideas and tips to help you look after your wellbeing
- help you find ways to adjust to life following a cancer diagnosis.

You can speak to a trained Peer Support Volunteer:

- in person at our Resource Centre (subject to COVID-19 restrictions)
- call us on **1300 781 500**
- or ask us to call you

 counterpart.org.au/get-support
 info@counterpart.org.au

Counterpart Resource Centre

Open Monday, Wednesday and Thursday, 10am–5pm.

Peer Support Volunteers are available on these days from 10am–2pm



Other ways to connect

Connect at events

- Information sessions and webinars with qualified professionals.
- Creative and wellness workshops, some of which are online.
- Gentle exercise programs.

See upcoming events at

 counterpart.org.au/events

Connect to evidence-based information

- **Download** our Counterpart Navigator app or view online.
- **Watch** a recording of a past webinar.
- **Contact us** if you are looking for specific cancer-related information.

 counterpart.org.au/information

Connect with other women with advanced cancer

Women with advanced/metastatic cancer are welcome at Counterpart. In addition to our other services, we offer a specific program of events (called Making Connections) for women living with advanced cancer.

 counterpart.org.au/advanced