

MAY–AUGUST 2022

## What's On program

Free events for women affected by cancer.

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

Covid-19 continues to impact how we run events.  
Most events in this program will be delivered online.

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.

### What's On events

#### Managing uncertainty

Online workshop | Monday 9 May 10.30am–11.30am

When we can't change or control our situation, how can we best manage the way we respond to it? This session will give us some practical skills we can use to lift our mood and our energy so that we're in a stronger state to deal with the situations that challenge us.

#### Creative activity—exploring where to from here

Online workshop | Thursday 19 May 11.00am–12.00pm

What is my next step? Where would I like to be?  
We will use relaxing and creative strategies to explore the possibilities with art therapist Sandra Buchanan.

#### Dru yoga (May workshop)

Online workshop | Monday 30 May 11.00am–12.00pm

Dru yoga uses graceful flowing movement, breathing and visualisation exercises to rejuvenate body, mind and spirit. It can be practised by people of any age, ability or fitness level. The class can be done sitting on a chair.

#### Writing workshop

Online workshop | Thursday 2 June 11.00am–12.00pm

Have you ever wanted to write a journal, delve into prose or poetry, or tell your story for posterity? This workshop will provide opportunities to try different creative writing exercises. No previous writing experience is necessary.

#### Community palliative care

Webinar | Tuesday 7 June 11.00am–12.00pm

Learn about the range of services provided by community palliative care service Melbourne City Mission Palliative Care. We will also hear from a woman about her experience of using a palliative care service when her partner was dying

#### Bollywood dance for wellbeing

Online workshop | Wednesday 15 June 11.00am–12.00pm

Bollywood dance is a multilayered experience where music, dance, drama, storytelling and performance come together to create a magical world where anything is possible!! It is a great reminder to not take things too seriously and to enjoy the pure joy of dance.

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## Events at Counterpart continued

### What's On continued

#### Creative visualisation

Online workshop | Monday 20 June  
10.30am–11.30am

Creative visualisation meditation encourages us to create space for healing within ourselves. We practise learning to move into a quiet internal space for opening up discovery and new possibilities.

#### Dru yoga

Online workshop | Monday 4 July  
11.00am–12.00pm

Dru yoga uses graceful flowing movement, breathing and visualisation exercises to rejuvenate body, mind and spirit. It can be practised by people of any age, ability or fitness level. The class can be done sitting on a chair.

#### Qi gong

Online workshop | Thursday 14 July  
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.

#### Fear of cancer recurrence

Webinar | Tuesday 19 July 11.00am–12.00pm

In this session, we will look at factors which can heighten the fear of cancer recurrence, strategies to lessen it so it does not become overwhelming, and where you can find support to better manage it.

#### Supporting the support people

Webinar | Tuesday 26 July 11.00am–12.00pm

A cancer diagnosis ripples out to affect the family and wider systems of support and connection, like friends and work. We will look at the issues relevant for those friends and family members who're supporting a woman with a cancer diagnosis, to also receive support for themselves.

#### Dance flow

Online workshop | Wednesday 3 August  
11.00am–12.00pm

This session 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, you will be guided into moving into flow: that may be flowing movements or being in the flow of life.

#### Art therapy – what values are important to you?

Online workshop | Monday 8 August 11.00am–12.00pm

Art therapy is a way to explore and express feelings and ideas in a non-verbal way. This session offers an invitation to focus on the values that are most important to you.

#### Mindful self-compassion

Online workshop | Wednesday 31 August  
1.00pm–2.00pm

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

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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 and present.

BOOKINGS  
ESSENTIAL

Scan to view all event  
details and book online.



1300 781 500

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

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



Women supporting women with cancer

MAY– AUGUST 2022

## Making Connections program

Free events for women affected by advanced/metastatic cancer.

### Are you living with advanced/metastatic cancer?

This diagnosis brings its own unique challenges. Making Connections is Counterpart's program of events that is specifically tailored to address issues faced by women living with an advanced/metastatic cancer.

### How to live well with metastatic cancer

Online workshop | Wednesday 22 June 11.00am–12.00pm

The right approach is the one that works for you. However, it can be helpful to consciously reflect on what it is that best supports and strengthens us. Hear from others who live with a similar experience about useful strategies to keep cancer from scaring you out of enjoying life.

### GPs and metastatic cancer – how can they help?

Webinar | August date TBA (check our website)

Learn about the benefits of having a GP (general practitioner) involved in your care if you are living with metastatic cancer. Our speaker is a Victorian GP who has a special interest in treating cancer patients.

### Further resources

Visit [counterpart.org.au/advanced-info](https://counterpart.org.au/advanced-info) for further resources and information on advanced/metastatic cancer.



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