

What's On & Making Connections event program

SEPTEMBER–DECEMBER 2022

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.
Some 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.

Free events for women affected by cancer

Sexuality and intimacy after cancer

Webinar | Wednesday 14 September time–TBA

Support is available to manage side effects and emotions after changes in your sexual function. Hear from Dr Wendy Vaneslow from Royal Women's Hospital about their specialised sexual counselling service for women.

Online wellbeing day

Online workshops | Tuesday 20 September 9.30am–3.30pm

We have organised a very special day of sessions to support and nurture your wellbeing. We hope you can join us for one or more of these online sessions.

They include:

9.30am–10.30am **Feldenkrais** – change your habitual ways of thinking and moving.

10.45am–11.45am **Bollywood dance** – get playful and embrace the joy of dance.

12.00pm–1.00pm **Mindfulness** – learn to meet life with friendliness and curiosity in the moment

1.15pm–2.15pm **Healthy boundaries** – practise balanced care versus over-care.

2.30pm–3.30pm **Dru yoga** – gentle flowing moves in a chair and meditation to close.

Meditation

Online workshop | Tuesday 27 September 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.

Sashiko

In-person | Tuesday 4 October 10.30am–12.00pm

Counterpart Resource Centre, level 2, 210 Lonsdale st, Melbourne.

Learn the basics of sashiko, a decorative form of Japanese embroidery, and create a small piece to take home. All materials supplied and no sewing experience necessary. Covid-19 safety measures will be in place.

Bone metastases*

Webinar | Monday 17 October 10.30am–11.30am

Learn about the current range of treatments available to help reduce pain and other symptoms of bone metastases. Presenter Medical Oncologist Ruwani Mendis.

*This event is only open to women with advanced/metastatic cancer.

SEPTEMBER–DECEMBER 2022

What's On & Making Connections events continued

Free events for women affected by cancer continued

Tai Chi in the Carlton Gardens

In-person | Monday 24 October 11.00am–12.00pm

Try out a Tai Chi session using gentle flowing movement to benefit both body and mind. Register online for directions about where to meet. Covid-19 safety measures will be in place.

Clinical trials

**Webinar | Thursday 27 October
11.00am–12.00pm**

Learn about clinical trials, and the recent changes that make trial participation now more accessible to patients living in regional areas.

Music therapy for anxiety, fatigue and pain

**Online workshop | Wednesday 9 November
11.00am–12.00pm**

Experience a music therapy session and learn how it can be helpful to reduce pain and anxiety, and to improve mood and energy.

Tai Chi at Yarra Ranges Health

**In-person | Wednesday 16 November
1.00pm–3.00pm**

Take the opportunity to try a Tai Chi session and to share a chat and a cuppa afterwards with Peer Support Volunteers from Counterpart. Covid-19 safety measures will be in place.

Care plans

**Webinar | Thursday 24 November
12.30pm–1.30pm**

Survivorship Care Plans promote communication between the oncology/haematology treating team, you, your GP and other health professionals involved in your care.

Photography in the Royal Botanic Gardens

In-person | Thursday 1 December | 10.15am–11.45am

Join some passionate photographers at the Botanic Gardens to capture the sights, shapes and colours of the gardens. Bring along your camera, mobile phone or iPad. Please register your interest to get details of where to meet. Covid-19 safety measures will be in place.

Counterpart end of year event

**In-person | Tuesday 6 December | 10.30am–12.00pm
Counterpart Resource Centre, level 2, 210 Lonsdale st, Melbourne.**

We invite you to join us for morning tea in the Counterpart Resource Centre to mark the end of another year. This year has been an exciting one for us as we have extended our support to include all women with cancer. We'll have our 'best' china out and some delicious treats to share. We'd love to see you in person to share in the celebrations.

**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 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

info@counterpart.org.au