

# What's On & Making Connections event program

FEBRUARY–APRIL 2023

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

### Dru yoga – February

**Online workshop | Wednesday 15 February 10.30am–11.30am**

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.

### Belly dance

**Online workshop | Tuesday 21 February 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.

### Scanxiety for women living with metastatic cancer\*

**Online workshop | Tuesday 28 February 10.30pm–11.30am**

'Scanxiety' is a term that's used to describe the stress and anxiety people commonly feel when they're waiting for the results of scans and other medical tests. This anxiety can be an ongoing challenge for people living with advanced/metastatic cancer and may affect emotional, mental and physical health. Join psychologist Ella Sexton to learn about this topic and strategies for managing it. Bring along your questions.

\*This is a Making Connections session for women living with advanced/metastatic cancer.

### Counterpart at BRICC

**In-person | Thursday 2 March 12.00pm–1.30pm**

**BRICC (Ballarat Regional Integrated Cancer Centre) Wellness Centre,  
1 Drummond Street North, Ballarat (enter via Sturt St).**

Counterpart staff and peer support volunteers will be at the BRICC Wellness Centre from 12pm to 1.30pm on this day. Come and have a chat with women who have had a cancer diagnosis and treatment, and find out how our service can support and inform you.

You can also join us for a Qi gong session at 12pm. Bookings are essential for Qi gong at [bit.ly/BRICC-wellness](https://bit.ly/BRICC-wellness) or via phone 03 5320 8614

*Counterpart is partnering with the BRICC Wellness Centre to run this session.*

### Lymphoedema

**Webinar | Monday 6 March 10.30am–11.30am**

Learn about what lymphoedema is, the early warning signs, how to minimise the risk of developing it, and what to do if it does occur.

Physiotherapist Helen Eason has over 20 years' experience in this field.

# What's On & Making Connections events continued

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## Free events for women affected by cancer continued

### Dru yoga – March

Online workshop | Wednesday 15 March 10.30am–11.30am

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

In-person | Tuesday 21 March 11.00am–12.00pm

Counterpart Resource Centre, Level 2, 210 Lonsdale St, Melbourne.

Learn a simple Qi gong routine of gentle flowing movements to aid self-care.

### Wellbeing day Wonthaggi

In-person | Tuesday 28 March 9.45am–2.45pm

Summersalt, 6/120 McKenzie St, Wonthaggi

Come along to meet other women diagnosed with cancer and take part in some fun and informative activities that may enhance your wellbeing.

See our website for details. Sessions include:

- Qi gong – gentle meditative movement practice
- Sashiko – decorative Japanese stitching class
- Fatigue after cancer (information session).

No cost but **registration is essential by 21 March.**

*Counterpart has organised this event in partnership with Taryn Robinson, McGrath Breast Care Nurse, Bass Coast Regional Health.*

### Meditative painting and drawing – for women living with metastatic cancer\*

Online workshop | Monday 3 April | 1.00pm–2.00pm

Join our online art therapy workshop to explore a range of meditative art techniques like neurographic drawing and 'blind' drawing. Come prepared with paper and pens/paints, etc.

*\*This is a Making Connections session for women living with advanced/metastatic cancer.*

### Dru yoga – April

Online workshop | Wednesday 19 April 10.30am–11.30am

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.

### Feldenkrais

In-person | Thursday 27 April 11.00am–12.30pm

Counterpart Resource Centre, Level 2, 210 Lonsdale St, Melbourne.

An introduction to the Feldenkrais Method which involves very gentle movements designed to discover more comfortable and efficient ways to move. Bring your curiosity for a surprising and fun session!



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)

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