

What's On & Making Connections event program

MAY–AUGUST 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

Counterpart 20th birthday celebrations

In-person | Thursday 25 May 5.00pm–7.00pm

Wayi Djerring room, Level 4, Queen Victoria Women's Centre, 210 Lonsdale St, Melbourne.

Women's Health Victoria is hosting an event to celebrate 20 years of our Counterpart service supporting women with cancer in Victoria and we'd love you to join us. We will be celebrating Counterpart's history and future direction, including our recent expansion to support Victorian women with all types of cancer. We will also celebrate our volunteers; staff; stakeholders and partners, including our key funders the Victorian government; and the women who have used Counterpart services, both past and present.

Chair yoga

Online workshop | Wednesday 31 May 10.30am–11.30am

Join a small group for a gentle yoga session done from a chair. Yoga teacher Sarasvati is experienced in making modifications for people with illness and injury. Wear clothes you can move in. Use an upright type of chair like a kitchen or dining chair.

Morning tea and a relaxing activity for women living with metastatic/advanced cancer*

In-person | Wednesday 7 June 10.30am–12.00pm

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

Come along to the Counterpart Resource Centre for a social get-together. We will have morning tea and an opportunity to chat with other women living with metastatic/advanced cancer. We will also have an instructor and materials so you can choose to try a relaxing craft activity.

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

Meditation to help with physical pain

Online workshop | Tuesday 13 June 10.30pm–11.30am

Join Matt Young from Melbourne Meditation Centre to explore how meditation can help physical pain management. This will be a practical session trying out techniques that approach pain from a different perspective. This session is intended as an addition to your current pain strategies not instead of them. Bring along your questions.

What's On & Making Connections events continued

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COUNTERPART 
Women supporting women with cancer

Free events for women affected by cancer continued

Bendigo wellbeing day for women with cancer

In-person | Thursday 22 June 10.30am–2.30pm

Bendigo Regional Tennis Centre, 21 Nolan Street, Bendigo

A day of activities celebrating wholeness, wellbeing and connections with other women. Lunch will be provided.

Look out for more details on our website.

This day is being organised in partnership with the Cancer Wellness program at Bendigo Health.



Music therapy: creating supportive playlists

Online workshop | Thursday 29 June 1.00pm–2.15pm

Join a music therapist to learn how to create your own music playlists to better manage pain, anxiety and fatigue. Come prepared with music you love: either CDs or records and something to write on, or a phone, tablet or computer.

Dance flow

Online workshop | Monday 10 July 10.30am–11.30am

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.

Music therapy: guided imagery for relaxation

Online workshop | Thursday 20 July 1.00pm–2.15pm

Join a music therapist who will guide you through a session of listening to music and using your creative imagination. Come prepared to create a cosy nurturing space. Bring paper and coloured pens or pencils to record your reflections.

Meditation to help with emotional pain

Online workshop | Wednesday 16 August 10.30am–11.30am

Learn how meditation can be useful in dealing with painful emotional states of mind, and be guided through some meditations to do this. Matt Young from The Melbourne Meditation Centre will lead this practical session.

Music therapy: singing for wellbeing

Online workshop | Monday 28 August 1.00pm–2.15pm

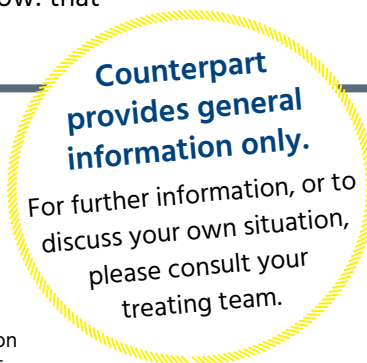
Singing can be supportive to lift mood and decrease pain. Try out some singing exercises including humming and melodic mantras. The focus is on how it FEELS not how it SOUNDS.

No experience or 'talent' required, and no-one will hear you online on mute!



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

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