

Making Connections

Events for women living with advanced (metastatic) breast or gynaecological cancers

Recognising grief and loss

Monday 17 September
1.30pm–3.00pm

Activities Room,
The Mornington Centre
Corner of Separation Street and
Tyalla Grove, Mornington

Grief and loss are closely linked with living with a life-threatening illness. You may have already experienced losses like your energy and health, your independence, your work or your financial stability. You may also feel anticipatory grief about things you may not get to see or do in the future like see your children grow up, enjoy retirement, or meet your grandchildren. Grief is an ongoing process that waxes and wanes over time. Past feelings of loss can reappear when new losses occur. So it's important to learn to live as well as possible, *with the grief*.

Our presenter Andrea Murphy is a counsellor and lecturer who has many years experience working with people living with loss and grief. Andrea will also facilitate discussion so you can share experiences and strategies to manage grief.

There will be time afterwards to have a cuppa, connect with others attending and meet staff and volunteers from Counterpart

This session is jointly organised with McGrath Breast Care Nurse Jenny Macindoe at Peninsula Health, Frankston.

Living with metastatic cancer: meet the researcher

Thursday 11 October
1.00pm–2.30pm

Counterpart Resource Centre

Dr Sophie Lewis from the University of NSW is currently undertaking qualitative research into the experiences of women living with metastatic breast cancer. Sophie has been conducting interviews and collecting diary notes from women diagnosed with metastatic breast cancer to learn what supportive care is most important to women as they live with this disease. She will speak about the preliminary findings of her study.

Metastatic Breast Cancer Awareness day is on 13 October. This day is being marked throughout the world as a day to acknowledge people living with metastatic breast cancer and to highlight their voices and experience. We will acknowledge this important day with afternoon tea after Sophie's presentation.

Bookings are essential

Please register your interest early so we know you'd like to attend.

Phone: 1300 781 500

Email: info@counterpart.org.au

Web: www.counterpart.org.au

Counterpart Resource Centre:

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

Open 10.00am–5.00pm
Monday, Wednesday and Thursday
(Peer support 10.00am–2.00pm)

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

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

Ongoing programs at Counterpart

What's On: Free information sessions and activities for all women diagnosed with breast and gynaecological cancers. The current What's on program has lots of interesting sessions to attend including Meditation on Thursday 27 September, Creative Writing on Monday 15 October, and Creative Exploration with Clay on Wednesday 14 November.

Please see the full program online at www.counterpart.org.au/events or phone us on 1300 781 500 and we will post a program to you.

Reflexology sessions are offered for free, once a month, at Counterpart's Resource Centre. Bookings are essential, so please phone us on **1300 781 500**.

Feel Good is a free fortnightly gentle exercise program run by experienced exercise instructors at a gym in the city. Please phone us on **1300 781 500** for an enrolment form.

Connecting from home



We offer some sessions as webinars so that you can take part online. Look for this symbol to show that a session is being broadcast simultaneously as a webinar. Please note that you must register before the event occurs in order to participate in the webinar. In the current program the following sessions are offered as webinars:

- Long Term Side Effects on Thursday 13 September
- Meaningful Ageing on Monday 22 October
- Guidelines for a Healthy Diet on Monday 17 September (webinar will not be recorded)

To register for the webinar for these sessions see our website www.counterpart.org.au/events. You will need to click on the webinar link for the session you are interested in.

Remember you can go to the website to access past webinars at www.counterpart.org.au/past-webinars. These include past Making Connections sessions.

Fancy a break away?

OTIS Foundation

The OTIS Foundation provides retreat accommodation at no cost for those dealing with the challenges of breast cancer. They have a range of properties in bush and coastal location across the state and can accommodate groups including family or friends, large or small. Look on their website to see the possible places to stay at www.otisfoundation.org.au and when you've decided on where, call their friendly bookings team on **03 5444 1184**.

Cancer Council Victoria (CCV)

CCV has a Holiday Break Program providing short stays away for people undergoing cancer treatment or within 18 months of completion of treatment, and their close family and carers. This is a great opportunity to recharge and spend time with loved ones, away from the busy schedule of cancer appointments. The accommodation is provided by generous holiday home owners and is free. Speak with the Cancer Nurses at CCV about what's available and how to book. Phone **13 11 20**

Stay connected

To receive this Making Connections program regularly please contact us on **1300 781 500**, email info@counterpart.org.au or visit counterpart.org.au/stay-in-touch