

What's New

Need some help to cope with difficult times?

These books from our library may help.

A comforted heart

Psychotherapist Kelly Grosklags writes about the possibility of living a life of hope and peace, regardless of life's circumstances. Topics include gratitude, forgiveness, courage, honouring feelings and paying attention to your life.

Rise: a psychological and practical first-aid kit for overcoming adversity

Journalist Sian Williams shares her cancer experience through her own journal entries. She discusses resilience, growth after trauma and offers advice on sleep, nutrition and exercise.

The happiness plan

Elise Bialylew shares a one-month mindfulness program, including exercises, meditations, readings, and even recipes.

A mindfulness guide for the frazzled

Ruby Wax explains the benefits of mindfulness in dealing with stress and maintaining mental health. The book includes a six-week, do-it-yourself mindfulness course.

This present moment: an art therapy journal

This book features meditations and mandalas on 15 life themes, including love, faith, hope, vulnerability, joy and resilience.

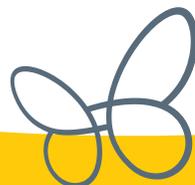
Search our library catalogue at www.counterpart.org.au/library

The thing about cancer

How do people cope after a cancer diagnosis? What do all the tests mean? Will treatment leave you foggy-headed? Does cancer always cause pain?

If you are searching for the answers to these and other questions, you might be interested in **The thing about cancer**. This podcast series, produced by Cancer Council NSW, features host Julie McCrossin chatting to experts about all things cancer.

Read more at www.cancercouncil.com.au/podcasts



Special Events

Stepping into Wellness

Six free weekly exercise sessions for women who have had a breast or gynaecological cancer diagnosis.

CAIRNLEA

Tuesdays, 16 October to 27 November
(no class Monday 6 November)

1.30pm–3.00pm

Register by Monday 8 October

NUNAWADING

Thursdays, 18 October to 22 November

1.30pm–3.00pm

Register by Thursday 11 October

To find out more or to register, please call us on 1300 781 500 or visit www.counterpart.org.au/exercise

Stepping into Wellness is supported by Pink Affair.

Regular Activities

Reflexology

Reflexology offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Please call 1300 781 500 to book a session.

Making Connections

Events specifically for women living with advanced/metastatic breast or gynaecological cancer. Please call 1300 781 500 or visit our website for more information.

Feel Good Gentle Exercise

Facilitated by a qualified fitness instructor to encourage movement, flexibility and — above all — fun. Held fortnightly on a Wednesday in the CBD. Please contact us to enrol.

Upcoming dates:

Sep 5 & 19 Oct 3, 17 & 31 Nov 14 & 28 Dec 12



Counterpart is a service of Women's Health Victoria.
Counterpart is supported by the Victorian Government.

What's On at



Women supporting women with cancer

Free events for women affected by breast or a gynaecological cancer.

Counterpart is a free, confidential service of Women's Health Victoria. We connect, support and inform women living with breast or a gynaecological cancer to live well.

www.counterpart.org.au

Celebrating 15 years
2003–2018

COUNTERPART

Women supporting women with cancer

Connecting, supporting and informing women with breast or a gynaecological cancer to live well.

FREE EVENTS September – December 2018

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

SEPTEMBER



Long term side effects

Thursday 13 September 10.30am–12.00pm

This session will focus on the practical aspects of managing unexpected long-term side effects, which may arise as a consequence of cancer treatment. These issues include lymphoedema, peripheral neuropathy, bone and joint problems, fatigue, and menopausal symptoms.



Guidelines for a healthy diet

Monday 17 September 11.00am–12.00pm

Dr Maree Brinkman will outline the guidelines for a healthy diet applicable to everyone. This webinar can only be viewed live. It will not be available to watch later.

Breast reconstruction session

Wednesday 19 September 12.00pm–2.00pm

Location: Maroondah Hospital, Conference Room 1, Ground Floor, Davey Drive, Ringwood East.

Making decisions about breast reconstruction can be difficult. Come along and hear local breast reconstruction surgeon Derek Neoh talk about the how, when and why of breast reconstruction. There will be time for general questions.

Following a short break, we will hear from an experienced clinical tattooist who does micropigmentation for women following breast reconstruction surgery. Light lunch provided.

Meditation

Thursday 27 September 12.30pm–2.00pm

Learn how to relax the body and calm the mind. This introduction to meditation will help you learn and practice a variety of meditation techniques, as well as provide tips on how to squeeze meditation into a busy life.

OCTOBER

Mrs P's adventures: chemo inspired comedy!

Wednesday 10 October 1.00pm–1.45pm

Join Mrs P, self-appointed life coach, Gemini & aspiring driving instructor as she shares her cancer story in stand up comedy. Discover how friends, family, inspiration and laughter guided her to a renewal of life after cancer.

Writing workshop

Monday 15 October 11.00am–1.00pm

This workshop will provide opportunities to try different creative writing exercises sure to help get your pen flowing across the page! Write by hand or bring a laptop.



Meaningful ageing

Monday 22 October 10.30am–12.00pm

If we are lucky we will grow old, however ageing is not always seen in a positive light in our society. This session will discuss some more realistic and positive possibilities for ageing.

NOVEMBER

Creative exploration with clay

Wednesday 14 November 11.00am–1.00pm

Join us for a fun, exploratory workshop. With the guidance of an art therapist, you can focus on discovery, playfulness and your own unique journey. No artistic experience required. (We will not be firing the clay: this session is about the process of modelling.)

Meditation and yoga in the east

Wednesday 21 November 1.00pm–4.00pm

Location: Yarra Ranges Health, 25 Market Street, Lilydale.

In our busy worlds, it can be difficult to find time to look after ourselves. Take some time to relax, replenish and learn some new skills to take care of yourself.

We welcome all women with a gynaecological or breast cancer to come and meet volunteers from Counterpart and participate in a yoga and meditation afternoon.

Yoga

Thursday 29 November 12.30pm–2.00pm

Come along to learn about the benefits of yoga for women affected by cancer. Try some gentle sitting and standing postures, as well as techniques for deep relaxation, meditation and conscious breathing. Wear loose comfortable clothes. This session will not involve floor or mat work.

DECEMBER

African drumming

Wednesday 5 December 12.00pm–1.00pm

See out 2018 with something new, energising and fun — African drumming. Drums provided and no experience necessary.

End of year morning tea

Counterpart makes it: 15 years of supporting women's creativity

Tuesday 11 December 10.30am–12.00pm

Location: Victoria Room, Queen Victoria Womens Centre, 210 Lonsdale Street, Melbourne

Celebrate with us at a special end of year morning tea that will include a display of creative works (art, craft and writing) by women who have experienced breast or a gynaecological cancer.

Find out how to display your own creation: counterpart.org.au/counterpart-makes-it

All events are free, bookings essential

Unless stated otherwise, sessions are held at the Counterpart Resource Centre.

Book your place:

1300 781 500

www.counterpart.org.au/events

info@counterpart.org.au

Counterpart Resource Centre:

Level 5, Queen Victoria Women's Centre, 210 Lonsdale Street, Melbourne VIC 3000

Visit Monday, Wednesday, Thursday 10am–5pm (Peer support 10am–2pm)

The Counterpart Resource Centre will be closed from Friday 14 December 2018 and re-open on Monday 14 January 2019.



WEBINARS

This icon indicates a session will also be run as a webinar. You must register before the event to participate. Please see our website for more information.