

Connecting from home



Please note that you must register before the event occurs in order to participate. Go to counterpart.org.au/events and click on the webinar link for the session you are interested in.

- **Peripheral neuropathy** on Wednesday 20 February at 12pm–1pm
- **Older fitter stronger** on Monday 25 February at 11am–12pm
- **Lymphoedema information session** on Thursday 7 March at 10.30am–11.30am
- **Medical cannabis** on Wednesday 3 April at 12pm–1pm

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

Counterpart Resource Centre

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

Open 10am–5pm Monday, Wednesday and Thursday. Please contact us to speak with our Peer Support Volunteers between 10am–2pm on these days.

Stay connected

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

 /CounterpartSupport

 @counterpartAU

**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.
Counterpart acknowledges the support of 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, present and emerging.

February – April 2019

Making Connections

Events for women living with
advanced/metastatic breast or
gynaecological cancers

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



Making Connections events

Trials, treatments and understanding options for metastatic breast cancer

Information session and refreshments

Thursday 21 March

11.15am–1.00pm

Information session 11.30am

Refreshments 12.30pm

NewHope Community Centre,

Events Room 5

3-7 Springfield Road

Blackburn North

With advancements in cancer research, what are the emerging treatments and targeted therapies for metastatic breast cancer? Our presenter, Dr Bianca Devitt, Medical Oncologist at Eastern Health will present on current trials, availability of new drugs, emerging therapies and second and third line treatment options. There will be an opportunity for a short question time following the presentation.

We also invite you to join us after the information session for some refreshments, a chance to connect with other women, to chat with Counterpart volunteers, and with the Thursday Girls support group who meet in this location.

Bianca has a special interest in the management of breast and lung cancers and is actively involved in cancer clinical trials as a principal and co-investigator. She has a public appointment at Eastern Health and works at both Box Hill and Maroonah hospitals.



Tea, nurturing and mindfulness

Wednesday 24 April

10.30am–12.00pm

Counterpart Resource Centre

Join us as we remind each other about nurturing ourselves in a simple everyday sort of way. We will take the time to make and drink tea with mindfulness and to reflect on how we look after ourselves. We can also take away a personalised tea blend to enjoy at home.

Sarah Cowell has spent time on tea farms, absorbing wisdom from tea masters across China, Japan, Taiwan and Korea. She will share with us the world of specialty tea and demonstrate the steps to create a tea ritual at home.

We will be getting out our best teacups for this session!

Ongoing programs at Counterpart

What's On Free information sessions and activities for all women diagnosed with breast or a gynaecological cancer.

For information and bookings see the program at counterpart.org.au/events or phone us on **1300 781 500**

Reflexology sessions are offered for free, once a month at the Counterpart Resource Centre.

Feel Good Free fortnightly gentle exercise program run by experienced exercise instructors at a gym in the city.



Bookings are essential

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

Phone: **1300 781 500**

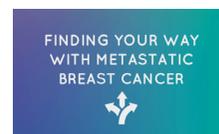
Email: info@counterpart.org.au

Web: www.counterpart.org.au/events

Resources

Signpost for women with metastatic breast cancer

The Signpost resource has been developed to provide useful links, accessible and reliable information as well as support services for people living with metastatic breast cancer. Topics of information include: counselling; talking with others with metastatic disease; information and education; support from a Breast Care Nurse; finances and superannuation; exercise, nutrition and wellbeing; and support for those close to you. Counterpart is one of five organisations involved with this project.



Visit counterpart.org.au/advanced for a link Signpost website.