



Translations: Polaron

Flyer developed with the assistance of Multicultural Centre for Women's Health

COUNTER PART

Women supporting women with cancer



Wac 1300 781 500



Email info@counterpart.org.au



Women's Health
VICTORIA



VICTORIA
State
Government

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



Besen Family
FOUNDATION

This flyer was created with the support of the Besen Family Foundation.

COUNTER PART

Women supporting women with cancer

SOOMAALI

SOMALI



Ma lagaahelay kansarka naaska ama gyneacologyg iga?

Ma raadineysaa macluumaad ama taageero?

Have you been diagnosed with breast or a gynaecological cancer?

Are you looking for support or information?



Counterpart waxaad la hadli kartaa qof dumar ah oo sidoo kale uu ku dhacay kansar. Tani waxay kaa caawineysaa inay ku siiso:

- qof aad la hadasho oo fahmaya siduu qofku noqdo marka kansar ku dhaco
- wakhti aad ka hadashid dareenadaada, qoyskaaga, shaqadaada
- sidii aad ku heli lahayd macluumaad, adeegyo ama taageero kale oo laga yaabo inay faa'iido leedahay
- fikrado ku saabsan sidii aad u daryeeli lahayd nafsadaada.

Counterpart waxay sidoo kale qabataa:

- kulamo macluumaad oo ku saabsan sidii aad nafsadada u taageeri lahayd intuu ku hayo kansarku iyo ka dibba
- barnaamijyo jimicsi oo ku yaal goobo kala duwan oo Melbourne ah
- Barnaamijyada khaaska ah ee dumarka la nool kansarka ku faafay qaybaha kale ee jirka.

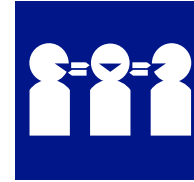
Counterpart waxay furan tahay Isniin, Arbaco iyo Khamiis laga bilaabo 10 subaxnimo – 2 duhurnimo.



Wac 1300 781 500

La hadal qof dumar ah oo kansar ku dhacay. Waxaan kuu qaban karnaa turjumaan.

Haddii aan xiran nahay, nooga tag fariin: haddii aad u baahan tahay turjumaan, sheeg magacaaga, lambarka taleefankaaga iyo luuqadaad ku hadashid. Waxaan dib kuu soo wacaynaa markaan furanahay.



Counterpart sidoo kale waxay leedahay meel aad iman kartid oo soo booqan kartid si aad ula hadashid qof dumar ah oo kansar ku dhacay ama aad macluumaad u heshid. Waxaad soo kaxeysan kartaa xubin qoyskaaga aha ama saaxiib.



Email info@counterpart.org.au



Dhammaan adeegyada Counterpart waa bilaash.



Ka ogow website keena wax badan oo ku saabsan Counterpart

www.counterpart.org.au



Booqo Xarunta Macluumaadka Counterpart

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

At Counterpart you can speak with a woman who has also had cancer. This can help give you:

- someone to talk with who understands what it is like to have cancer
- time to talk about your feelings, your family, your work
- a way to find information, services or other support that might be useful
- ideas about how to take care of yourself.

Counterpart also runs:

- information sessions about how to look after yourself during and after cancer
- exercise programs in different locations in Melbourne
- special programs for women who are living with cancer that has spread to another part of the body.

Counterpart is open Monday, Wednesday and Thursday from 10am–2pm.

Call 1300 781 500

Speak with a woman who has had cancer. We can organise an interpreter for you.

If we are closed, leave a message: if you need an interpreter, say your name, phone number and the language you speak. We will call back when we are open.

Email info@counterpart.org.au

All Counterpart services are free.

Find out more about Counterpart on our website www.counterpart.org.au

Counterpart also has a place where you can come and visit to speak with a woman who has had cancer or get information. You can bring a friend or family member with you.

Visit the Counterpart Resource Centre:

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