

SPECIAL EVENTS

Cancer and Wellbeing Days

GIPPSLAND

Wednesday 29 May
10.00am — 3.00pm
Port of Sale
70 Foster Street, Sale

MORNINGTON

Thursday 18 July
9.30am — 2.30pm
Bentons Square Community
Centre, 145 Bentons Road,
Mornington

Cancer and treatment can challenge our physical and mental wellbeing. Emerging evidence shows patients may benefit from lifestyle choices and mind-body therapies like meditation, yoga, Tai Chi and exercise. They are used alongside standard medical treatment to reduce side effects and improve wellbeing. Always speak with your medical team about therapies and activities you are using. Come along to our Cancer and Wellbeing Day to:

- learn about ways that may help improve your wellbeing
- meet up with other women who have experienced breast or a gynaecological cancer
- try wellbeing activities with experienced practitioners.

Booking is essential.

Counterpart connections for women with gynaecological cancer

Location: Box Hill Hospital, Level 4, Building A, Arnold Street, Box Hill

In partnership with Eastern Health, Counterpart is proud to hold a series of events for women with gynaecological cancer. Join the Counterpart team to learn about our services, meet other women, enjoy a light lunch and participate in a wellbeing activity. We will be here before and during clinic hours. Feel free to come and go during your appointment times.

Event 1: Tai Chi

Tuesday 23 July
12.00pm–3.00pm

Event 2: Yoga/meditation

Tuesday 27 August
12.00pm–3.00pm

Counterpart Resource Centre:

Due to renovations at the Queen Victoria Women's Centre, the Counterpart Resource Centre will move temporarily from the 5th floor to the ground floor from May until August.

210 Lonsdale Street, Melbourne VIC 3000
Visit Monday, Wednesday, Thursday 10am–5pm
(Peer Support 10am–2pm)

Stepping into Wellness

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

CRANBOURNE

Mondays 13 May to 24 June (no class 10 June) 1.30pm–3.00pm
Register by Monday 6 May

HEIDELBERG

Wednesdays 15 May to 19 June 10.30am–12.00pm
Register by Wednesday 8 May

CHIRNSIDE PARK

Thursdays 15 August to 19 Sept 1.30pm–3.00pm
Register by Thursday 8 August

CRAIGIEBURN

Wednesdays 14 August to 18 Sept 1.30pm–3.00pm
Register by Wednesday 7 August

To find out more or to register, please call us on **1300 781 500**
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 cancers. 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:

May 1, 15 & 29 June 12 & 26 July 10 & 24 August 7 & 21



Counterpart is a service of Women's Health Victoria.
Counterpart 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, present and emerging.

MAY – AUGUST 2019

What's On at

COUNTER  PART
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 with breast or a gynaecological cancer to live well.

www.counterpart.org.au

FREE EVENTS May – August 2019

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

Bookings essential

1300 781 500

www.counterpart.org.au/events

info@counterpart.org.au

If you would like more information about individual events, please get in touch or visit our website.

CITY-BASED ACTIVITIES

**Location: Women's Health Victoria,
Level 8, 255 Bourke Street, Melbourne**

Bellydance

Monday 20 May 11.00am–12.30pm

Learn some basic bellydance techniques in a fun and supportive environment. No particular level of fitness or experience is necessary

Collage art session

Wednesday 24 July 11.00am–1.00pm

Images can be a powerful and effective way to express ourselves and the collage technique is accessible to everyone. Connect with others, relieve stress and anxiety and explore new ways to express yourself. All materials provided and no art skills required!

Qi Gong

Thursday 29 August 11.00am–12.30pm

Qi Gong practice can help with balance, flexibility and strength, as well as calming the mind. Come along and learn a simple routine that you can continue to practise at home.



OUTREACH ACTIVITIES

Let's talk about sexual health: when cancer impacts our sexual wellbeing

Friday 31 May 10.30am–12.45pm

**Location: Moorabbin Hospital, Tutorial room 2,
823-865 Centre Road, Bentleigh East**

Cancer and its treatment may impact on sexual wellbeing, which can strain existing relationships or create challenges for women wanting to begin new relationships. Presented by Dr Vicki Windholz, medical practitioner and psychotherapist.

This session is for women with breast or gynaecological cancer, whatever your sexuality or relationship status.

In partnership with Monash Health.

Tai Chi

Wednesday 19 June 6.00pm–7.30pm

**Location: St John of God Berwick Hospital,
Function room, 75 Kangan Drive, Berwick**

Join us for a gentle and replenishing introduction to the art of Tai Chi, an ancient Chinese practice that exercises mind, body and spirit.

In partnership with St John of God Berwick.

Creative journaling

Thursday 1 August 10.30am–12.30pm

**Location: Maroondah Breast and Cancer Centre,
Grey Street, Ringwood East**

Draw, write, scribble in this exploratory workshop. With the guidance of Sandy Buchanan, an art therapist, focus on discovery, playfulness and your own unique journey. No artistic or writing experience required.

In partnership with Eastern Health.

It's in the genes: how genetics can influence cancer and its treatment

Tuesday 20 August 1.30pm–3.30pm

**Location: The Academic Centre, Room A & B
Frankston Hospital, Hastings Road, Frankston**

Learn how genetics can influence cancer and its treatment, and how targeted therapies are changing the way cancer is treated. Presented by Dr Yoland Antill, Medical Oncologist.

In partnership with Peninsula Health, Frankston Hospital.

For more outreach sessions, check out our special events section.



WEBINARS

You can join webinars in several ways:

H At home using your computer, mobile or tablet

G In a group at a specified location

P In person – with the presenter

Keep an eye on our website or call 1300 781 500 for any additional group locations.

H Counterpart website focus group

Tuesday 28 May 12.30pm–1.15pm

Help us improve our website (counterpart.org.au) to provide a better experience for women affected by cancer. Share your views about the website in a facilitated discussion by webinar.

H Sleeping soundly

Tuesday 4 June 1.30pm–2.30pm

Many people with cancer experience sleep problems. Learn more about sleep and how to improve it.

G Watch this webinar in Ringwood East 1.00pm–3.00pm,
Maroondah Breast & Cancer Centre, Grey St, Ringwood East

H Fertility preservation

Monday 17 June 10.30am–11.30am

Learn about the important issues in considering fertility preservation before cancer treatment, methods available and factors that impact on the available choices.

H Mindfulness: responding rather than reacting to life's challenges

Thursday 20 June 10.30am–11.30am

Learn how mindfulness practise helps reduce the experience of stress, and participate in some introductory activities with Suzanne Peyton, from 'The Mindful Well'.

H Medical acupuncture

Wednesday 7 August 12.00pm–1.00pm

Learn about the ways that medical acupuncture is used for a broad range of disorders including pain and side effects of chemotherapy.

P Attend in person in Melbourne 12.00pm–1.00pm
Women's Health Victoria, 8/255 Bourke Street, Melbourne.