

# Women's Information Service



The "What's On" page provides details of services and activities for women of SA **4<sup>th</sup> December 2017**

All programs are free unless otherwise noted.

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Dates</u>
<b>Family violence support group for women</b>	Explore the effect of violence & abuse. Non-judgemental. Share strategies.	Uniting Communities Ph. 8202 5190	On request	2 <sup>nd</sup> Thursday of each month
<b>The Surviving &amp; Thriving Play Group</b>	A free supported playgroup for mums & children aged 0-5 yrs. Where the mums are survivors of DV	Woodcroft Heights Children's Centre, ph. 8381 8005 and Hackham West Children's Centre, ph. 8382 6161	Woodcroft & Hackham West	Thursdays, ongoing
<b>Butterflies Group</b>	A safe & confidential support group for women who wish to explore the effects of violence & abuse & learn about the resources that will help.	Junction Australia Ph. Cathy 0439 548 509 <a href="mailto:cwhite@junctionaustralia.org.au">cwhite@junctionaustralia.org.au</a>	Seaford	Ongoing
<b>DV-alert One Day DV-aware Session</b>	These sessions are for individuals or groups to talk about the issue of domestic violence & what they can do to make a difference. Free.	Uniting Communities, ph. Graeme 8202 5820 or <a href="mailto:GraemeR@unitingcommunities.org">GraemeR@unitingcommunities.org</a> ; register online: <a href="http://www.dvalert.org.au">www.dvalert.org.au</a>	Adelaide CBD	5 <sup>th</sup> December
<b>Zahra Foundation Financial Counsellor at WIS</b>	A financial counsellor is available at the Women's Information Service on Tuesdays to consult with women who have experienced domestic abuse.	Zahra Foundation, ph. 8352 1889 to make an appointment.	Adelaide CBD	Ongoing
<b>Women's Ed - TafeSA</b>	Designed to provide women with the skills, knowledge & self-confidence to succeed in further education & employment: Information session	Tafe SA Noalunga, ph. 8207 3150 or <a href="mailto:womenseducation@tafesa.edu.au">womenseducation@tafesa.edu.au</a>	Noarlunga Centre	6 <sup>th</sup> December
<b>Women's Ed - TafeSA</b>	Designed to provide women with the skills, knowledge & self-confidence to succeed in further education & employment: Information session	Tafe SA Adelaide City Campus Ph. 1800 882 661 <a href="mailto:womenseducation@tafesa.edu.au">womenseducation@tafesa.edu.au</a>	Adelaide CBD	30 <sup>th</sup> January
<b>Next Steps</b>	Develop a personalised pathway plan to achieve your goal: Volunteering / Training / Employment. Free & lots of help provided.	Christie Downs Community House, ph. Kate 8384 6894	Christie Downs	Thursday & Fridays – starting soon
<b>Free Counselling</b>	Student Clinic for individuals only.	Relationships Australia, ph. 8245 8100	Hindmarsh	'til end of December
<b>Ink Women Writing Group</b>	This writing group for women is a small social gathering, sharing creative writing in a casual, relaxed atmosphere. And free!	Christie Downs Community House, ph. Fran 8323 9542 or Ruth 8382 2014.	Christie Downs	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday/month
<b>Carers Support Group for Eating Disorders</b>	This is a safe space where you can talk about your feelings & find connection with others. \$20/session.	Butterfly Foundation, please register – ph. Lisa 0456 721 597 <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of each month
<b>Recovery Support Group for Eating Disorders</b>	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session.	Butterfly Foundation, please register – ph. Lisa 0456 721 597 <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	2 <sup>nd</sup> Tuesday of each month

<b>Let's Talk Onkaparinga – Suicide Prevention Network</b>	All welcome – reduce the stigma of suicide, encourage community connections & providing information.	Let's Talk Onkaparinga, ph. Karen 0417 297 318	Christies beach	3 <sup>rd</sup> Monday every month
<b>NDIS Community Information Sessions</b>	To find out about the National Disability Insurance Scheme how you can access it come along to a free session.	NDIS information available at <a href="http://www.ndis.gov.au">www.ndis.gov.au</a> and see 'Events in South Australia'	Various locations in South Australia	See website for dates
<b>Sensory Processing Workshop</b>	This free workshop will help explain sensory processing & provide some general tips & strategies; crèche & afternoon tea provided.	Mark Oliphant Children's Centre, ph. Tracey 8209 1600 to book. Contact the Centre for other parenting programmes.	Munno Para	14 <sup>th</sup> December
<b>Seasons for Healing</b>	Small groups are run to help those dealing with grief and loss – culturally safe and confidential.	Aboriginal Family Support Service, ph. Jayne 8254 1077 – please register	Reynella	14-15 <sup>th</sup> December
<b>LGBTI Coffee Catch Up + other activities</b>	Come along & have a coffee and a chat with other LGBTI members over 50 years.	Catalyst Foundation, contact Paul for details & for other activities – ph. 8168 8723	Adelaide CBD	14 <sup>th</sup> December (2 <sup>nd</sup> Thursday of each month)
<b>Inter-Cultural Women's Friendship Group</b>	Share different cultures and interests. Gold coin donation.	Pooraka Farm Community Centre, Ph. 8406 8488	Pooraka	Mondays
<b>MYSA Mums &amp; Bubs</b>	Circle of Parenting classes, playgroup & social group for multicultural young mothers.	Multicultural Youth SA, ph. Loly 8212 0085 or <a href="mailto:Mariloly@mysa.com.au">Mariloly@mysa.com.au</a>	Prospect	Fridays
<b>Women of MYSA</b>	Come together & create change for yourself, people you know and the environment around you.	Multicultural Youth SA, contact Mimona: <a href="mailto:mimona@mysa.com.au">mimona@mysa.com.au</a>	Adelaide CBD	Ongoing
<b>Skilled Up Program</b>	MYSA is offering paid on the job work opportunities for work experience in the hospitality & events industry – free.	Multicultural Youth SA, ph. Loly 8212 0085 or <a href="mailto:mariloly@Mysa.com.au">mariloly@Mysa.com.au</a>	Adelaide CBD	Ongoing
<b>Parents Lounge</b>	FREE. Join other young (under 30) parents in an informal lounge; tea/coffee Wi-Fi available & toys for children.	Onkaparinga Youth Enterprise Hub, ph. Wilson 8384 0535 or <a href="mailto:Wilson.ndungu@onkaparinga.sa.gov.au">Wilson.ndungu@onkaparinga.sa.gov.au</a>	Noarlunga Centre	Fridays (until 15 <sup>th</sup> Dec.)
<b>Y Connect Program</b>	For young women with disabilities to meet and share experiences and their increase chances of employment or progressing with their career	YWCA Ph. Lisa Gascoigne or Carmel Green 8203 9400/0437 650 946 or <a href="mailto:lisagascoigne@ywca.com.au">lisagascoigne@ywca.com.au</a> <a href="http://ywca.com.au/programs/y-connect/">http://ywca.com.au/programs/y-connect/</a>	Adelaide CBD	Starts January
<b>Essentials 4 Women</b>	Drop any donations of women's hygiene products and underwear to the Women's Information Service – provided to women in need	Women's Information Service, ph.8303 0590 – 101 Grenfell St. Adelaide	Adelaide CBD	Now until TBA

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