

# Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 10th September 2018**

All programs are free/low cost 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-judgmental. Share strategies.	Uniting Communities, ph. 8202 5190	Adelaide CBD	2 <sup>nd</sup> Thursday of each month
<b>Women are Strong</b>	A confidential and safe support group for women who are, or have been in a domestic violence situation	Onkaparinga Collaborative Approach, ph. 8215 6310	Aldinga and O'Sullivan's Beach	Thursdays (O'Sullivan's) Fridays (Aldinga)
<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.	Hackham West Children's Centre, ph. 8382 6161	Hackham West	Wednesdays
<b>Pathways to Empowerment</b>	An 8 week course for women who have experienced domestic violence. Includes creative activities to help think about hopes, values and skills.	Zahra Foundation, ph. 8351 1889	Hackham or CBD	Wednesdays starting 1 <sup>st</sup> August (Hackham) or 7 <sup>th</sup> (CBD)
<b>Zahra Foundation Financial counsellor at WIS</b>	Providing financial support and assistance to women who have experienced domestic violence.	Zahra Foundation, ph. 8352 1889	CBD and other locations/days	Thursdays at WIS
<b>C.A.L.D. for CALD Women Program</b>	An intercultural, art-based life-coaching program for CALD Women who have experienced domestic violence	Women's Safety Services SA, ph. Haroula 8268 7700 or <a href="mailto:haroulac@womenssafetyservices.com.au">haroulac@womenssafetyservices.com.au</a>	Location supplied upon request	Thursdays
<b>Peaceful parenting in a violent world</b>	Workshop for parents who are concerned about the impact of domestic violence on their children	Centacare, ph. 8215 6700	Adelaide	18 <sup>th</sup> September
<b>Back on Track</b>	Are you hurting or scaring someone you care about? Is violence causing problems in your relationship? 12 Week program for men to become a better partner or father.	Relationships Australia SA, ph. 8255 3323	Elizabeth	Wednesdays from September 12
<b>Supporting Sole Parents (Children impacted by DV)</b>	Strategies to help support children impacted by Domestic Violence	Centacare, ph. 8261 0993	Gilles Plains	Thursday 27 <sup>th</sup> September
<b>Southern Domestic Violence Forum</b>	Domestic and Family violence affecting our community, aboriginal and culturally & linguistically diverse families.	Onkaparinga Collaborative Approach <a href="https://bit.ly/2NTSjJK">https://bit.ly/2NTSjJK</a>	Noarlunga	11 <sup>th</sup> September
<b>Financial Literacy Workshops for Women</b>	Free workshops for women covering Superannuation, budgeting Insurance and retirement income streams	Financial Literacy for Women, ph. Roslyn 0439 254 381	Mount Gambier	9th-13 <sup>th</sup> September
<b>My Health Record: information sessions</b>	This session will provide information about the My Health Record informing members about the benefits, security and other features of the My Health Record.	PHN Adelaide <a href="https://bit.ly/2n9b4gi">https://bit.ly/2n9b4gi</a>	Adelaide	10 <sup>th</sup> September

<b>Baptist Care Open Day</b>	Visit Baptist Care SA's WestCare Centre and Inner City site to learn more about the services we provide and how you can get involved.	Baptist Care, ph. 8118 5228 E: baptistcaresa.org.au	Adelaide.	13th September
<b>Harmony Weavers</b>	Wellbeing choir aspiring to heal, empower, build resilience and create friendships.	Hutt Street Centre, ph. 0428 357 904	Adelaide	Wednesdays
<b>Nunukuwarrin Yunti Open Day</b>	Traditional dance, Music, smoothie bike, Ngangkari sessions, Link Up and Tackling Tobacco stalls	Nunukuwarrin Yunti, ph. 8187 3400	Christies Beach	12 September
<b>Deadly Fun Run</b>	2018 Port Adelaide Deadly Fun Run	Running SA <a href="http://www.runningsa.com.au">www.runningsa.com.au</a>	Port Adelaide	20 <sup>th</sup> September
<b>MYSA Mentoring Program 2018</b>	Want to make new Friends? Learn about Australia? And participate in free & fun activities?	Multicultural Youth SA, ph. 8212 0085 E: amna@mysa.com.au!	Various	Starting 9 <sup>th</sup> September
<b>Multicultural Gathering</b>	Come along and join us to share a meal to celebrate our inclusive multicultural community. Get to know your neighbours and expand friendship networks.	The Cultural Diversity Working Group, ph. Priah Dean: 8301 7221 Email: <a href="mailto:pri.dean@onkaparinga.sa.gov.au">pri.dean@onkaparinga.sa.gov.au</a>	Christie Downs	14 <sup>th</sup> September
<b>Be Kind and Unwind</b>	Personal wellbeing session on emotional overload, relaxation and mindfulness	Anglicare SA, ph. 8186 8900	Christies Beach And Hindmarsh	5 <sup>th</sup> September (Christies Beach) 12 <sup>th</sup> September (Hindmarsh)
<b>KidStuff for young parents</b>	Regular group for parents and expectant parents under 25	Metropolitan Youth Health, ph. 8326 6053	Christies Beach	Fridays
<b>What to do when kids push your buttons</b>	Identifying triggers, understanding children/s behavior, defusing behaviours and management techniques.	Centacare, ph. 8215 6700	Adelaide	18 <sup>th</sup> September
<b>Rainbow Group</b>	Group drop-in program for people aged 12-17 who identify as LGBTIQ	Headspace , ph. 8215 6340	Port Adelaide	3rd Tuesday of each month
<b>Women's Health Luncheon – over 50</b>	\$25 for 3 course meal, fashion show and guest speakers. RSVP by Tue 4 Sept. Eligibility: Women aged 50 and over.	Para Hills Senior Centre, to book go to <a href="http://www.salisbury.sa.gov.au/CHWEvents">www.salisbury.sa.gov.au/CHWEvents</a> or ph. 8406 8544	Para Hills	11 <sup>th</sup> September
<b>Tax Help at WIS</b>	If your tax affairs are simple & earn less than \$60K and would like help using myTax (online) – call us to make an appointment.	Women's Information Service, ph. 8303 0590	Adelaide CBD	Until end of October

