

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 7<sup>th</sup> January 2019**  
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>The Surviving &amp; Thriving Play Group</b>	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>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>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>Recovery Support Group for Eating Disorders</b>	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session. + another session for Carers	Butterfly Foundation, please register – ph. The National Helpline 1800 334 673 or <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	2 <sup>nd</sup> Tuesday of each 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. The National Helpline 1800 334 673 or <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	1st & 3rd Tuesday /month
<b>Circle of Security</b>	4-wk parenting course and learn how to improve your understanding of your child's behaviour and enjoy a more fulfilling relationship with your child. Bookings essential.	Centacare, ph. 8215 6700 or <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	Starts 8 <sup>th</sup> January
<b>Post Separation Parenting</b>	A workshop for separated parents wanting to understand and manage the changes in their family	Centacare ph. 8215 6700	Adelaide Or Murray Bridge	Starts 17 <sup>th</sup> January (Adelaide) 21 <sup>st</sup> Jan (Murray Bridge)
<b>Who's In Charge</b>	An 8 week program for parents or carers of young people who are beyond control, violent or defiant	Junction Community Centre 8405 6862	Enfield	Mondays starting 4 <sup>th</sup> Feb
<b>My time, My Life, My Future</b>	A free accredited course to explore your future. <b>Referral required</b>	Catherine House 8232 2282	Adelaide	Info Session 15/1/19
<b>Personal Safety Workshop</b>	Come and learn how to feel confident and empowered to deal with different situations that may impact your personal safety	The Brocas (City of Charles Sturt) 8408 1111	Woodville	18 <sup>th</sup> January