

# Women's Information Service



The "What's On" page provides details of services and activities for women of SA **29th May 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> Thurs/ monthly
<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	Woodcroft	Thurs/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 cwhite@junctionaustralia.org.au	Seaford	Ongoing
<b>DV-alert</b>	Training on Domestic Violence to support the frontline workers to deal with domestic and family violence	Uniting Communities dvaltert.org.au <a href="mailto:graemer@unitingcommunities.org">graemer@unitingcommunities.org</a> 08 8202 5820	Pitt Street Adelaide	15 <sup>th</sup> & 16 <sup>th</sup> June
<b>The Education Network</b>	Mentoring program to promote women in further education, training and career development.	The Education Network, <a href="http://www.theeducationnetwork.org.au/contact-us/">www.theeducationnetwork.org.au/contact-us/</a>	Visit online	Ongoing
<b>Ombudsmen SA Outreach at Women's Information Service</b>	The Ombudsmen Sa Outreach provides women in the community with the chance to meet with a worker from Ombudsmen SA to discuss any issues they may have with State Government or local government agencies.	Women's Information Service Ph. 8303 0590 1800 188 158	Ground Floor 101 Grenfell Street	Tuesday 30 <sup>th</sup> May 10-00 to 12pm (ongoing last Tuesday of the month)
<b>Connected to YOUTH – be a jobmaker</b>	5-wk program; learn the skills to be prepared for opportunities of the future; for 16-24 y.o.s; no cost	D.C.S.I. & Career Blueprint, ph. Jessica 8387 9800 or <a href="mailto:jessica@careerblueprint.com.au">jessica@careerblueprint.com.au</a>	Northern Adelaide	Starts soon
<b>Women managing anger in their world and relationships</b>	A group program to help women explore and understand their emotions including anger, in a supportive and caring environment,	Relationships Australia for bookings call 08 8255 3323	Salisbury	Tuesday's 13 <sup>th</sup> June to 25 <sup>th</sup> July
<b>Skills and Employment – Where are the State's jobs?</b>	Find out where SA's growth industries will be & what skills & traits you will need. No cost, light refreshments provided.	Skills and Employment Infoline: 1800 506 266 or <a href="mailto:workersintransition@sa.gov.au">workersintransition@sa.gov.au</a>	Elizabeth, 31 <sup>st</sup> May	Warradale, 1 <sup>st</sup> June
<b>Plan to Work</b>	This personalised course will help with practical strategies and planning; accredited; gold coin donation	Wandana Community Centre Phone 8261 8124	Gilles Plains	Wednesdays, ongoing
<b>'Basic Computing' &amp; 'Basic Internet, Email, Word Proc. &amp; Spreadsheets'</b>	Basic computing training for the beginners, includes Cert.I Skills for Vocational Pathways; bookings essential, \$20/term	Wandana Community Centre Phone 8261 8124	Gilles Plains	Fridays
<b>The Art of Clear Communication</b>	Lots to learn; free & light lunch provided; crèche available – please book	Hackham West Children's Centre Unit, ph. Milan 0403 369 791	Hackham West	31 <sup>st</sup> May
<b>Women's Fitness</b>	Low/medium impact exercise for women of all ages. Qualified instructor; \$7/class at Wandana Primary School.	Enq. To Wandana Community Centre, ph. 8261 8124 or <a href="mailto:wandanacc@centacare.org.au">wandanacc@centacare.org.au</a>	Gilles Plains	Mondays, ongoing
<b>Embrace Relaxation</b>	A free 21/2 hr. session to explore relaxation and understand stress; morning tea & crèche provided.	Community Connections Hackham, ph. 8186 6944, please book for crèche	Hackham	7 <sup>th</sup> June

<b>Women's Group</b>	Social group & activities, including guest speakers, craft & outings. Free & childcare available	Wandana Comm. Centre, ph. 8261 8124 or <a href="mailto:wandanacc@centacare.org.au">wandanacc@centacare.org.au</a>	Gilles Plains	Thursdays, ongoing
<b>Women's Community Centre Term 2 Programme</b>	A range of activities including English for Empowerment & Personal/Professional development available for women.	Check with Kala – WCC , ph. 8362 6571 or <a href="mailto:reception@wccsa.asn.au">reception@wccsa.asn.au</a>	Stepney	Ongoing
<b>The Power of Positivity</b>	Learn to relax, meditate, and learn technique's to practise positive thinking. Free crèche available	Hackham West Children's Centre Booking's essential contact Milan 0403 369 791	Hackham West	Wednesday 14th June
<b>Recovery Support Group for Eating Disorders</b>	A support groups for people experiencing an eating disorder	Butterfly Foundation Contact Lisa on 0456 721 597	Glenside	First Tuesday of each month
<b>Carers' Support Group for Eating Disorders</b>	A support group for carers of the person with an eating disorder	Butterfly Foundation Contact Lisa on 0456 721 597	Location on request	3 <sup>rd</sup> Tuesday of each month
<b>Need help Unfolding from an eating disorder?</b>	Join a 6-wk group program to support your recovery; reduced fee for people on concessions	Butterfly Foundation, ph. Lisa 0456 721 597 or <a href="mailto:support@butterflyfoundation.org.au">support@butterflyfoundation.org.au</a>	Glenside	Starts 7 <sup>th</sup> June
<b>Early Days Workshop</b>	Free workshops for parents, grandparents, helpers, & families of children (0-6yrs) who have Autism Spectrum Disorder.	Mark Oliphant Centre, to reg. go to <a href="http://www.autismsa.org.au/early-days">www.autismsa.org.au/early-days</a> ; ph. 8462 0658	Munno Para	31 <sup>st</sup> May
<b>Understanding the 'boy code'</b>	Are you the parent of a teen or pre-teen? Join or watch this live webcast and learn what the 'boy code' means to boys & girls.	Parenting SA, ph. 8303 1660 or <a href="mailto:health.parentingsa@sa.gov.au">health.parentingsa@sa.gov.au</a>	Adelaide city	30 <sup>th</sup> May
<b>4-Wk Pregnancy &amp; Birth Seminar Series</b>	Free sessions focussing on pregnancy, birth and post-natal care.	Taikurrendi Children's Centre, ph. 8186 1102 or <a href="mailto:allie@healingpsychology.com.au">allie@healingpsychology.com.au</a>	Christies Beach	Starts 19 <sup>th</sup> May
<b>Bringing Up Great Kids</b>	6-wk parenting course, afternoon tea provided, crèche available (limited).	Community Connections Hackham, ph. 8186 6944 to book	Hackham	Starts 1 <sup>st</sup> June
<b>Pregnancy to Parenting</b>	6-wk course for young parents – free lunch provided each week	Darlington Children's Centre, ph. Debbie 8296 2686	Darlington	Starts 26 <sup>th</sup> May
<b>How to effectively use interpreters</b>	This forum explores & enhances the ways in which workers & services can use interpreters; \$55/45conc.	SHINE SA, info & enrolment: <a href="http://www.shinesa.org.au/evevents/refresh-forums">www.shinesa.org.au/evevents/refresh-forums</a>	Woodville	2 <sup>nd</sup> June
<b>Nunga Lunch</b>	Lunch, health education & Well Person Health Checks; transport available	Neporendi Aboriginal Centre, ph. Darren 8179 5953	Old Reynella	6 <sup>th</sup> June
<b>Southern Reconciliation Week</b>	Free community event: bbq lunch & activities	Ramsay Place – Colonnades, Noarlunga Centre, ph. Chris 0404 819 853	Noarlunga	30 <sup>th</sup> May
<b>Link-Up SA Family History Workshops</b>	Workshops designed to help wait-listed clients of Link-Up SA and other interested people, learn online searching skills, and how to apply for records.	Nunkuwarrin Yunti of SA Inc. Karen 8406 1695	Wakefield St. Adelaide	Thursday 1 <sup>st</sup> June
<b>Women's English Class</b>	Accredited English classes for women from other cultures	Wandana Community Centre Phone 8261 8124	Gilles Plains	Wednesdays

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