

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 14th May 2018**

All programs are free unless otherwise noted.

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Dates</u>
Family violence support group for women	Explore the effect of violence & abuse. Non-judgemental. Share strategies.	Uniting Communities Ph. 8202 5190	Adelaide CBD	2 nd Thursday of each month
Women are Strong	A domestic violence support group for women in the southern suburbs	Centacare Ph. 8215 6310	Christies Beach	Starts 11 th May
The Surviving & Thriving Play Group	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
Zahra Foundation Financial Counsellor at WIS	A financial counsellor is available at the Women's Information Service to consult with women who have experienced domestic abuse.	Zahra Foundation, ph. 8352 1889 to make an appointment.	Adelaide CBD	Thursdays
C.A.L.D. for CALD Women Program	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 haroulac@womenssafetyservices.com.au	Location supplied upon request	Starts 24 th May
Zahra Foundation Open House Sessions	Setting up and Navigating MyGov accounts	Zahra Foundation, ph. 8352 1889	Adelaide CBD	May 17 th
Recovery Support Group for Eating Disorders	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 support@thebutterflyfoundation.org.au	Glenside	2 nd Tuesday of each month
Carers Support Group for Eating Disorders	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 support@thebutterflyfoundation.org.au	Glenside	1st & 3rd Tuesday /month
Making Separation Manageable	A group for men and women who are considering separation or have separated in the last three months	Darlington Children's Centre, ph. 8296 2686	Seacombe Gardens	Wednesdays starting 16 th May
NDIS Plan... What's Next?	Find out how you can make your NDIS package work for you	Skylight, ph. 8378 4100	Wayville	15 th May and 22 nd June
Family Drug Support – Stepping Forward	Is someone in your family taking drugs and or alcohol? Program that offers practical information and support	SANDAS Kerry – 0457 033 940 and Centacare 0428 271 743	Murray Bridge and Adelaide	22 nd May (Murray Bridge) 31 st May (Adelaide)
Everyday Wellbeing	For people experiencing anxiety and/or depression	Skylight, ph. Anna (Skylight Wayville) 8378 4100.	Playford Hackham	Thursdays starting 10 th May
Live your Best Life	Free six week course Building Resilience and Respectful Relationships	Box Factory Community Centre Deirdre Flynn at deirdref@catherinehouse.org.au or ph. 8232 2282	Adelaide City	14 May - 25 June
Glad To Be Me	Discover your qualities & Strengths	Community Connections Hackham, ph. 8186 6944	Hackham	23rd May until 4th July
Positive Partnerships	Free 2 day workshop for parents and carers of school aged children on the autism spectrum	Autism Spectrum Australia, ph. 1300 881 971	Modbury	15 th & 16 th May

Circle of Security	8 session relationship based parenting program	Relationships Australia SA Ph. 8255 3323 or Café Enfield 8340 2022	Ingle Farm Or Enfield	Starts 15 th May (Ingle Farm) 16 th May (Enfield)
Who's in Charge?	8 Session course for those struggling with adolescents that use violence and abuse towards them and other family members Note: Multiple sessions in 2 different suburbs	Centacare, ph. 8215 6700 or registrations@centacare.org.au	CBD	Starts 17 th May
MyTime For parents/carers of children with special needs	Provides carers with "time out" to relax, socialise and share ideas	Hackham West Children's Centre, ph. 8159 9474	Hackham West	Tuesdays during school term
Bringing up Great Kids	5 week Parenting Program	O'Sullivan Beach Children's Centre Ph: 8382 2850	O'Sullivan Beach	Starting Tues 15 th May
Bringing up Great Kids	7 week Parenting Program	Community Connections Hackham, ph. 8186 6944	Hackham	Starting Monday May 21st
Using play to help children deal with trauma	How to help your child/ren (2-12 yrs.) deal with trauma. Particularly trauma from family violence and bullying	Centacare, ph. 8261 0993	Gilles Plains	24 th May
IDAHOBIT	International day against Homophobia, Biphobia and Transphobia	Pride of the South Facebook event page : bit.ly/IDAHOBIT18	Bedford Park	20 th May
Grandparent Carers Group	Nunkuwarnin Yunti invites you to join our Grandparents Carers Group	Nunkuwarnin Yunti, please book. Ph. Keshia 8406 1638.	Christies Beach	3 rd May – 5 th July
Reconciliation Week Art work display	Inviting community members to share their reconciliation messages	Anglicare SA, ph. 0410 557 626	Christies Beach	Art work needed by 18 th May
Women's Yarning Circle	Arts, crafts, healing and yarns over a cuppa and lunch For ATSI families	Neporendi Aboriginal Forum, ph. 8322 1120 Warriparinga 8322 1120	Old Reynella	May 16 th
Walking together	National Reconciliation Week launch with presentations from the 2017 Kokoda Track Reconciliation trekkers	Reconciliation SA, ph. (08) 8124 4196	Adelaide CBD	28 th May
Introduction to Hospitality	Non-accredited introduction to coffee making, customer service, POS and hygiene basics	Neporendi & HITSA, ph. Kathryn 0455 127 603 or 8240 0300	Old Reynella	16 th , 17 th and 18 th May
Multicultural Women's Gathering	Come and meet women from different cultural backgrounds – all women welcome, bring your family & friends.	Taikurrendi Children And Family Centre, ph. Darjana 8186 1102	Christies Beach	Tuesdays
Are you an Emerging Leader?	Intercultural Futures Fellowship: for those aged 1–35 from a refugee or migrant background.	For information go to: www.welcometoaustralia.org.au/interculturalfutures	Non-specific	Applications close 20 th May
Food for life	Practical & fun program to learn essential nutritional information to help cook fresh, healthy and inexpensive meals for the family	Morella Community Centre, ph. 8406 8484	Parafield Gardens	Starts 5 th May
Come and Try Golf	Free 4 week 'Come n Try' program for women and juniors	Golf SA www.golfsa.com.au	North Adelaide	2 nd June