

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **13th November 2017**

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	On request	2 nd Thursday of each month
The Surviving & Thriving Play Group	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
Butterflies Group	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
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	1 st & 3 rd Tuesday of each month
Zahra Foundation Financial Counsellor at WIS	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
Short Courses TAFE SA	4-wk: Becoming Job Ready for Women – learn to analyse vacancies, prepare an application & resume & excel in interviews - \$20	Foundation Skills, ph. 8207 3150 or natasha.evans@tafesa.edu.au	Noarlunga	Starts 14 th November
Private Rental Information Session	Come along to find out about what you need to do to be successful in securing your next private rental property.	Junction Australia, ph. 8392 3000	Hackham	28 th November
Tips and Tricks for Entry Tests	This two-day course provides you with strategies to tackle entry tests with confidence.	TAFE SA Elizabeth, ph. 8207 7931 TAFE SA Noarlunga and Tonsley, ph. 8207 3150	Elizabeth, Noarlunga & Tonsley	23 rd & 30 th November
Child Care Services Training Pre-Employment Program Information Session	In this 24 week training program participants will earn accredited Cert III in Early Childhood Education & Care and Provide First Aid	Works Progam, ph. 8258 4170 or lisat@childcareservicestraining.com.au	Woodville West	23 rd November
Understanding myGov	This information seminar is a hands-on workshop to help you use the myGov online service.	Onkaparinga Libraries, bookings essential, please visit: www.onkaparingacity.com/libraries	Onkaparinga	21 st September – 1 st December
Self Defence for Women	A short (4-wk) course in introductory personal safety for women. Suitable for all ages, sizes & fitness levels. \$20	Tafe SA Noarlunga, ph. 8207 3150 or natasha.evans@tafesa.edu.au	Noarlunga	Starts 21 st November
Tuning Into Yourself	Learn relaxation & mindfulness techniques to use in your daily life.	Uniting Communities, ph. Rose 8202 50189 or leave message.	Christies Beach	13 th November – 4 th December
Free Counselling	Student Clinic for individuals only.	Relationships Australia, ph. 8245 8100	Hindmarsh	'til end of December
Grow	A supportive & caring community based group to assist if you are struggling with your mental health. Crèche provided, please book, ph. 8186 6944.	Grow, ph. 1800 558 268 or www.grow.org.au	Hackham	Fridays, ongoing
Welcome Cafe	A safe, friendly space to talk about mental health issues with people who get it. Gold coin appreciated.	Skylight, ph. 8378 4100 or www.skylight.org.au	Wayville	Mondays, ongoing

St' John's "Caring for Kids" First Aid Course	Expressions of interest; subsidised (\$35) for 30 th Nov. Places strictly limited & limited crèche availability.	Woodcroft Heights Children's Centre, ph. Sara 8381 8005 or sara.burgess2@sa.gov.au	Woodcroft	Register by 15 th November
FREE Provide First Aid	FREE First Aid – HLTAID003 certification course will be provided by Anglicare and Communities for Children Onkaparinga	Anglicare, Seaford and Morphett Vale, Contact: Holly (08) 8392 3194 or holly.vanvliet@anglicaresa.com.au	Morphett Vale, Seaford	21 st November
Families in Focus – Healthy Hearts Healthy Homes	A workshop that focuses on practical ways to improve relationships. Supper provided, gold coin donation.	AnglicareSA, ph. Joy or Helen 8186 8900	Hindmarsh	16 th November
Terrific Threes & Pre-schoolers	Support your child's play with friends, communication, self-care and development; support your child to get ready for school	Taikurrendi Children and Family Centre Contact: Johanna or Tara 8186 1102	Christie's Beach	Terrific Threes: 16 th November Pre-schoolers: 23 rd November
AEIOU Foundation Workshop	Free, 2 workshops & 1-on-1 meetings to help better understand & support children with autism.	AEIOU Brighton Centre, rsvp ph. Karen 8187 2777 or brighton@aeiou.org.au	Brighton	21 st November
Toddlers & Big Feelings	Are you the parent of a 1-3 y.o.? Come & hear how to help your toddler thrive. Attend or webcast: www.parentingsa.eventbrite.com.au	ParentingSA, ph. 8303 1660 or health.parentingsa@sa.gov.au ; Woodcroft Heights Children's Centre: ph. 8381 8005	Adelaide CBD, Woodcroft Heights or online	Adelaide CBD: 15 th November Woodcroft Heights: 22 nd November
Big Feelings	Are you the parent of a 2-5 y.o.? Strategies to help you and your child manage these big feelings.	Ocean View College Children's Centre ph. 8248 2593 by 16 th November.	Taperoo	23 rd November
SA Migrant Small Business Expo	The SA Migrant Small Business Expo brings together the information that you need to start, grow & manage your own small business in Australia. Free	City of Adelaide, register online: www.sambe.com.au	Adelaide CBD	13 th November
Aboriginal Pathway Program	The 1.5 year program is open to all who identify as Aboriginal and Torres Strait Islander and can lead to entry into a degree at UniSA.	Register at: www.eventbrite.com.au/e/unisa-college-aboriginal-pathway-program-information-session-tickets-39597477120	Adelaide CBD	14 th November
LGBTI Coffee Catch Up	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 th December (2 nd Thursday of each month)
Sports, Music & Life Skills Series	Come & learn from the Adelaide Lightning Basketballers how sport can help you in a mentor leadership program.	Multicultural Youth SA, ph. Leela or Alison 8212 0085 or alison@mymysa.com.au	Marion	Starts 17 th November
Adelaide Chatterbox Bus	This after-hours (8pm-12am) street outreach program offers support, food and drinks, material aid and crises support to those aged 12-25.	WhiteLion ph: 0422 155 862 or Jessica.graham@whitelion.asn.au	Playford, Port Adelaide Enfield & Adelaide	16 th and 17 th November (Thursday and Friday nights)
Pregnancy 2 Parenting – Inner South	5-wk program for young (22yrs. or under) pregnant women & their partners or support people. Free healthy lunch included.	Darlington Children's Centre, ph. Tanieka or Deb 8296 2686	Seacombe Gardens	Starts 10 th November
Elephant in the Room	A free program for the families & friends of young people with a mental health concern.	Headspace Port Adelaide, phone Claire or Parminder 8243 7900	Pt. Adelaide	Starts 31 st October
Essentials 4 Women	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
Sewing Bee Project – Days for Girls SA	Helpers needed to sew/help feminine hygiene products, experience not essential.	Reynella Neighbourhood Centre, ph. 8322 3591 to register & info.	Old Reynella	21st November
Rock Your Sole	Free concert, including The Women's Singing Group performing original 7 cover songs.	Hutt St. Centre ph. 84182500 & samanthap@huttstcentre.org.au	Adelaide CBD	18 th November