

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 8th October 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>
Family violence support group for women	Explore the effect of violence & abuse. Non-judgmental. Share strategies.	Uniting Communities, ph. 8202 5190	Adelaide CBD	2 nd Thursday of each month
Women are Strong	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 (<i>O'Sullivan's</i>) Fridays (<i>Aldinga</i>)
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
Pathways to Empowerment	A 9 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	CBD or Salisbury	Wednesdays starting 17 th October (Salisbury) or 16 th October (CBD)
Baby and Me	Free program supporting mothers of children under 5 after family and domestic violence	Relationships Australia SA Ph. 8255 3323	Location to be advised	Tuesdays starting 23 rd October
Who's In Charge	An 8-week program for parents or carers of young people who are beyond control or violent.	Junction Australia (Hackham) Ph. and City of PAE (Angle Park) Ph. 8405 6862	Hackham and Angle Park	Mondays starting 22 October (Both Locations)
Zahra Foundation Financial counsellor at WIS	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
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	Thursdays
Women's Wellness	A safe, informal and relaxed space for women; includes craft, journal writing, chat & chill time.	Gawler & District College Children's Centre, pk. Kim 0408 192 143	Gawler	Starts 18 th October
Dealing with Anxiety Support Group	Examining the impact of anxiety and the methods for dealing with it	Centacare Ph. 8261 0993	Gilles Plains	Fridays starting 19 th October
The Ripple Effect	Discover the benefits of promoting kindness and improving your relationships with others.	Lefevre Community Stadium Jan Angelo Ph.8405 6010	Osborne	Wednesday 10 th October
Financial Literacy	Free six week course in mastering your money	MarionLIFE Ph. 8277 0304	Mitchell Park	Starts 17 th October
Money Management	Free seminars on: Adulthood, Budgeting, Buying a home, Debt Consolidation, plus many more!	Onkaparinga Libraries www.onkaparingacity.com/libraries	Multiple	Multiple
Courses in Career Planning: expressions of interest	Including: Career Planning, Resume Writing, & Interview Skills – contact if you are interested or want to know more	Parks Library, ph. Margaret 8405 6584 or margaret.kirchner@cityofpae.sa.gov.au	Angle Park	Courses start 2019
T.R.U.C.K it	An 8-week IT program covering a range of skills that can be used both in the workplace and the home.	Reynella Neighbourhood Centre Ph. 8322 3591	Reynella	Starting October 17 th

Take Control	Free 7 week course on increasing skills for future employment opportunities	Reynella Neighbourhood Centre Ph. 8322 3591	Reynella	Starts 18 th October
I want to work	A free practical program that will give you the necessary tools to apply for the job you want, plus lots more!	Morella Community Centre Ph. 8258 3659	Parafield Gardens	Wednesdays starting 24 th October
Circle of Security	A relationship based parenting program	Relationships Australia SA Ph. 8255 3323 and Gawler Children's Centre Ph. 8522 3626	Salisbury and Gawler	Tuesdays starting 23 rd October and Wednesdays starting 24 th Oct
Kitchen Table Conversations	Reflective parenting workshops. Informal and friendly conversations with parents and carers to reflect on ways to connect with their child.	Gawler and District College B-12 Children's Centre 08 8522 3626	Evanston	Mondays starting 15 th October
Inside their Heads – Understanding Teenagers	2-hour workshop to learn about communicating with adolescents, setting boundaries and more.	Centacare, ph. 8215 6700 or registrations@centacare.org.au	Adelaide	18 th October
Bringing up Great Kids	An interactive workshop for parents and care givers over 4 sessions	Relationships Australia SA Ph. 8340 2022	Port Adelaide	Fridays starting 19 th October
Mindfulness and Self-care for Parents & Carers	Learn some simple mindfulness techniques & takeaway practical tips to use at home.	Centacare, ph. 8215 6700 or registration@centacare.org.au	Adelaide	16 th October
Elder Information Session	Free information session that will help you understand how to safeguard your independence as you grow older	Relationships Australia ph. 8419 2000	Adelaide	Thursday 22 nd November
Kangaroos and Emus	Make your mark as a leader! Aboriginal Women's Leadership Program	Taikurrendi Children and Family Centre Ph. 8203 9400	Christies Beach	17 th October
Tauondi Open Day	Entertainment, activities, free lunch and stall holders including course information	Tauondi Aboriginal College Ph. 8240 0300	Port Adelaide	Thursday 25 th October
Rainbow Group	Group drop-in program for people aged 12-17 who identify as LGBTIQ	Headspace ph. 8215 6340	Port Adelaide	3 rd Tuesday of each month
LGBTI Coffee Catch-up	Come and have a coffee and a chat with other LGBTI members over 50 years.	Catalyst Foundation, ph. Norman 8168 8715	Adelaide	3 rd Thursday of each month – 18 th October
Youth Symposium	The Symposium will focus on education, training, employment and intersecting issues that affect access pathways for young people from migrant and refugee backgrounds.	Commissioner for Children and Young People SA Australian Migrant Resource Centre AMRC (08) 8217 9544	Adelaide	Friday 12 th October
Self-defence with Ric	Free self-defence workshop	City of Port Adelaide Enfield Ph. 8405 6730	Kilburn	October 20 th
Hair Aid	Free haircuts and community fun day. Includes a private room with a female hairdresser!	Junction Community Centre Ph. 0404 232 110	Ottoway	October 14 th
E4WSA Essentials 4 Women SA	Accepting donations of Women's sanitary items and women's underwear (new)	Essentials 4 Women SA ph. 0423 012 619 www.facebook.com/e4wadelaide	Women's Information Service	October
Tax Help at WIS	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