

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **8th January 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	On request	2 nd Thursday of each month
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@womenssafetyservice.com.au	Location supplied on request	Wednesdays, Term 1
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	Tuesdays
Breastscreen SA	Mobile Screening Unit visiting Berri. Inviting all women aged 50 to 74 years for their two-yearly screening mammogram (breast x-ray) Free service	Breastscreen SA 13 20 50 To make an appointment	Berri	Early January to early March 2018
Welcome Cafe	Skylight Welcome café offers a safe, friendly & non-judging space to talk about mental health issues with people who get it.	Skylight, ph. 8378 4100, www.skylight.org.au	Wayville	Mondays
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
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
2018 Multicultural Women's Leadership Course	This course is a free, 10-month program, for women in or seeking to be in leadership roles – see link for details & application http://www.multicultural.sa.gov.au/programs/womens-leadership-program	Multicultural SA, ph. Susan 8413 8139 or dcsimulticultural@sa.gov.au	Adelaide CBD	Applications close 20 th January
Acorn Parent-Infant Attachment Groups	These groups provide an opportunity for Mothers who have diagnosed mental health difficulties to come together and be supported in their relationships with their children aged birth to three years.	Acorn AnglicareSA, ph. 8131 3485 or acorn@anglicaresa.com.au	Gilles Plains; Darlington; Mt. Barker; Aldinga; Gawler; Salisbury Nth;	Starting Term 1

			Norwood; Cowandilla	
Community Connections Hackham open day	Community Connections Hackham would love you to visit and share the services you are delivering in the community or talk about what you would like to see happening in the community	Community Connections Hackham Ph.: 8186 6944	Hackham	Monday 15 th January 2018 2pm – 4pm
Emergency Preparedness Session	Discover how to prepare your household for an emergency. Plan ahead to manage the health, financial and material consequences of emergencies Free	Red Cross To register call Aberfoyle Community Centre 08 8270 5377	Aberfoyle	15 th & 18 th January
Geared2Drive	Help available to get your driving hours. Geared2Drive are looking for participants (& volunteer mentor drivers). Contact to check eligibility criteria.	HYP A & Onkaparinga Youth, ph. 84058540 or client2d@hupa.net.au	Onkaparinga a	Ongoing



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