

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **12th February 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
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
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 on request	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
Pathway to Empowerment	9-week Empowerment course for women who have experienced DV	Contact Kelly 0414 744 377 kelly@zahrafoundation.org.au or call the Zahra Office on 8352 1889	Adelaide	Starts 6 th February
DV-alert	Domestic & Family Violence Response Training for front-line workers supporting Aboriginal & Torres Strait Islander communities	Lifeline Australia, ph. 8087 7525; reception@lifelinebrokenhill.org.au	Gawler	19 th & 20 th February
Women Managing Anger	This 7-wk, free course aims to help you understand anger & its impact on self, relationships & families.	Relationships Australia, ph. 8255 3323	Salisbury	Starts 27 th February
Back on Track - A men's group for positive change	If violence is causing problems in your relationship this 12-wk program is to help men become a better partner or father & learn ways to deal with anger.	Relationships Australia, ph. David or Mel 8255 3323 to register	Elizabeth	Starts 21 st February
Living Beyond the Shadow of Abuse	A facilitated support group for those that have experienced childhood trauma or abuse. Free	HUMANE Clinic at Hackham West Community Clinic, ph. Stephanie 0412 447 245	Hackham West	Starts 12 th February
Chill Study Club	Welcoming everyone, children, young people & adults to enjoy a quiet, cool & supported space to study.	Community Connections Hackham, ph. 8186 6944	Hackham	Starts 7 th February
Take Control	Free, 7-wks. Focus on finding work in difficult times; gain a transcript towards a Cert.I in Access to Voc. Pathways.	Reynella Neighbourhood Centre/Take Control, ph. Sonia 8322 3591 or takecontrol@reynellanc.org.au	Old Reynella	Starts 15 th February
Hospitality & Cultural Tourism	Free 3-wk course/3 days/wk. Learn hospitality skills & knowledge of the local Indigenous cultural heritage.	Baptist Care SA, ph. Carly 0429 393 747 or bfo@baptistcaresa.org.au	Christies Beach	tba
Money Matters Course	Free 6-wk course in mastering your money: how to save – goal setting – Centrelink issues – and more...	MarionLife, ph. 8277 0304	Mitchell Park	Starts 14 th February
Free yourself from debt	Free seminar – Learn how to get out of debt and the pathways you can take to owning your own home.	Woodcroft Library Ph. 8384 0050	Woodcroft	21 February
YWCAEncore	Free 8-week exercise and information program for those who have experienced breast cancer.	YWCA Ph. 1800 305 150 (not available from mobile phones) or encore@ywcansw.com.au	Hampstead Mt Gambier (TBA)	Tuesdays
Building Self Esteem Utilising Art Therapy Workshop	Supporting Sole Parents: workshop gives opportunity to regain confidence & gain new experiences. Low cost	Centacare, Ph. 8261 0993 Wed/Thurs/Fri	Gilles Plains	22 nd February
Talking Emotions, Coping and Communication	A group for women (over 18) that aims to help you enhance your everyday life skills. No cost, includes afternoon tea.	Relationships Australia Marion, ph. Brenda 8377 5400	Oaklands Park	Starts 12 th February

Living through loss	Improve how you handle big changes in your life.	Junction Australia and Community Connections Ph. 8186 6944	Hackham	21 st & 28 th Feb
Embracing Relaxation – Time out for you	Explore & understand stress & practice a number of powerful techniques that you can use at home.	Junction/Uniting Communities – Community Connections, ph. 8186 6944	Hackham	14 th February
Flourish	Are you living with a mental health issue & would like to learn some different skills for daily life & connect with others. Free	Neami National, ph. Mark 8180 9995 or flourish@neaminational.org.au	Elizabeth South	16 th & 23 rd February
Improve your health & wellbeing with FoodREDi	A healthy lifestyle program – that’s fun & free! Learn about healthy food, save money on food & try new recipes.	Elizabeth Rise Community Centre, ph. Jan 8256 0448 or joliver@playford.sa.gov.au	Elizabeth Downs	Starts 12 th February
Bounce	A group supporting people to manage Bipolar Disorders. Discuss ways to bounce back and enhance the wellbeing.	Skylight Wayville. Ph. 8378 4100 or email crt@skylight.org.au	Wayville	1 st Tuesday of the month
Parafield Garden Children’s Centre and WIS	PGCC & WIS are teaming up on a brand-new volunteer program in the Children’s Centre. Information session on next volunteer program	Parafield Gardens Children’s Centre, ph. 8258 3659	Parafield Gardens	15 th February
Toolbox Parenting	A 6-wk course which focuses on making parenting a really positive experience.	Family Zone/Lutheran Community Care, ph. 8349 6099	Ingle Farm	Starts 20 th February
Parenting Together	Aimed at <u>both</u> parents with children aged 0-5 yrs. & who are having trouble communicating effectively. Free & runs for 5-wks.	Family Zone Hub/Relationships Australia, ph. Melissa 8255 3323 – please book.	Ingle Farm	Starts 20 th February
Bringing Up Great Kids	A reflective parenting course (7-wk), incorporating mindfulness & self-care, for parents from all walks of life, with children aged 2-8 you.	Woodcroft Children’s Centre, ph. Sara 8381 8005 or sara.burgess2@sa.gov.au	Woodcroft	Starts 12 th February
Supporting Sole Parents	Building Self Esteem Utilizing Art Therapy. Cost: Low Income (Gold Coin Donation), Waged (\$10)	Wandana Community Centre Ph. 8261 0993	Gilles Plains	22 nd February
Circle of Security	A parenting group to explore and develop their relationship with their children – free.	Relationships Australia Hindmarsh, ph. 8245 8100	Hindmarsh	Starts 13 th February
Free Crèche	Care for your Child/ren while you study/work/attend appointments. 2hrs Wed,Thurs,Friday	Community Connections Ph. 8186 6944	Hackham	Various dates during school term
Information Sessions – Seniors Information Service	Providing a variety of sessions, including Technology; Aged Care; Estate planning. Coffee & tea provided, \$5/session.	Catalyst Foundation, ph. 8186 8776	Adelaide CBD	Various dates
Honouring the Stolen Generations	Marking 10-ysr since the national Apology to the Survivors of the Stolen Generations. Peaceful walk from Victoria Sq. to Veale Gardens 10am	Uniting Communities, ph. 8202 5610	Adelaide CBD	13 th February
Women’s Yarnin’ Circle	Aboriginal & Torres Strait Islander families – arts, crafts, healing & yarns over a cuppa & lunch.	Neporendi Aboriginal Forum Inc. Ph. 8322 1120 & Living Kurna Cultural Centre, ph. 8357 5900	Old Reynella & Bedford Park	Fortnightly
Aboriginal Family Clinic	Traditional Healers (Ngangkari) sessions – contact Darren for more details.	Southern Adelaide local Health Clinic, ph. Darren 8179 5953	Noarlunga Centre	14 th February
Girl Squad	Suitable for girls ages 8-14yrs. Workshops building respectful relationships, self-esteem and learning new skills	Register at www.onkapringacity.com/events/2018/02/02/girl_squad_wardli_youth_centre.jsp	Christie Downs	Starts 2 nd February
Blokes and Beauties on the block	Information session for Certificate II and White card course run over 12 weeks	North East Vocational College Ph. 8397 9500	Davoren Park	22 nd February