

# Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 6<sup>th</sup> August 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>
<b>Family violence support group for women</b>	Explore the effect of violence & abuse. Non-judgemental. Share strategies.	Uniting Communities ph. 8202 5190	Adelaide CBD	2 <sup>nd</sup> Thursday of each month
<b>Women are Strong</b>	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	Beginning 2 <sup>nd</sup> (O'Sullivan's) and 3 <sup>rd</sup> (Aldinga) August
<b>E-Safety Women</b>	Two-hour workshop covering technology facilitated abuse and its relationship to domestic violence	Women's Information Service <a href="mailto:Judi.VanOnsem@sa.gov.au">Judi.VanOnsem@sa.gov.au</a>	Parafield Gardens	30 <sup>th</sup> August
<b>The Surviving &amp; Thriving Play Group</b>	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
<b>Pathways to Empowerment</b>	An 8 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	Hackham or CBD	Wednesdays starting 1 <sup>st</sup> August (Hackham) or 7 <sup>th</sup> (CBD)
<b>Zahra Foundation Financial counsellor at WIS</b>	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
<b>C.A.L.D. for CALD Women Program</b>	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 <a href="mailto:haroulac@womenssafetyservices.com.au">haroulac@womenssafetyservices.com.au</a>	Location supplied upon request	Thursdays
<b>Legal Information Session</b>	Information about free legal services provided by SCJC.	Southern Community Justice Centre Ph. 8382 2850	O'Sullivan's Beach	14 <sup>th</sup> August
<b>My Health Record information sessions</b>	This session will provide information about the My Health Record informing members about the benefits, security and other features of the My Health Record.	PHN Adelaide <a href="https://bit.ly/2n9b4gi">https://bit.ly/2n9b4gi</a>	Adelaide	15 <sup>th</sup> August 23 <sup>rd</sup> August 10 <sup>th</sup> September
<b>Recovery Support Group for Eating Disorders</b>	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session.	Butterfly Foundation, please register – ph. The National Helpline 1800 334 673 or <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	2 <sup>nd</sup> Tuesday of each month
<b>Carers Support Group for Eating Disorders</b>	This is a safe space where you can talk about your feelings & find connection with others. \$20/session.	Butterfly Foundation, please register – ph. The National Helpline 1800 334 673 or <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a>	Glenside	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday /month
<b>Youth Disability Inclusion Forum</b>	Panel of young people living with a disability. Mini workshops. Disability Service stalls. Guest speaker and free lunch	Salisbury Youth Council Ph. 8406 8370	Salisbury	15 <sup>th</sup> August
<b>Supporting Sole Parents</b>	Creating self-esteem using different mediums	Centacare Ph. 8261 0993	Gilles Plains	30 <sup>th</sup> August
<b>Bringing Up Great Kids</b>	6 week parenting program	Relationships Australia SA Ph. 8255 3323 (Ingle Farm) Ph. 8245 8100 (Taperoo)	Ingle Farm & Taperoo	Starts 14 <sup>th</sup> August (Ingle Farm) & 8 <sup>th</sup> August

				(Taperoo)
<b>Families Equip Parenting Tools</b>	A parenting course to provide parents with the skills and information to assist them with raising their children	House of Hospitality ph. 8536 8874	Strathalbyn	Fridays starting 27 <sup>th</sup> July
<b>Circle of Security – Parenting</b>	This program focuses on attachment, which is what makes a child feel safe, secure and protected.	Woodcroft Heights Children’s Centre Ph. 8381 8005	Woodcroft	Starts 15 <sup>th</sup> August
<b>Healthy Homes, Resilient Families</b>	Growing up healthy program AND Routines and rules Program. Both 8 week programs.	Aboriginal Family Support Service	Hackham	Fridays beginning 24 <sup>th</sup> August
<b>Lego Design Group – Asperluterly Autsome</b>	Lego Design sessions again in 2018 for autistic individuals and their families. Come along and show your creativity and meet others who enjoy Lego-building.	Aldinga Beach Children’s Centre Ph. 0422 407 855	Aldinga	Fortnightly in term 3
<b>Free English Lessons</b>	Visitors, Students and Resident Migrants welcome	Adelaide University <a href="https://pcewebforms.wufoo.eu/forms/free-english-lessons-registration-2018/">https://pcewebforms.wufoo.eu/forms/free-english-lessons-registration-2018/</a>	Adelaide	Registrations close 5 <sup>th</sup> August
<b>Skills for Future Employment</b>	Free 7 week course on finding work in difficult times	Reynella Neighbourhood Centre ph. 8322 3591	Old Reynella	Thursdays starting 26 <sup>th</sup> July
<b>Baby in mind</b>	Infant massage class	Relationships Australia SA Ph. 8255 3323	Salisbury	Fridays starting 24 <sup>th</sup> August
<b>TRUCK it</b>	<b>The Really Useful Computer K.IT</b> 8 week computing program.	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	Tuesdays starting 31 <sup>st</sup> July
<b>Pathway to Children’s Services</b>	This FREE accredited training program introduces participants to the Children’s Services industry.	Salisbury East Neighbourhood Centre Ph. 08 8406 8484	Salisbury East	Starting 14 <sup>th</sup> August
<b>Youth Symposium: Leading for our future</b>	Focussing on education, training, and employment and intersecting issues – free to youth/migrant & refugee backgrounds. Registrations open service Providers	Commissioner for Children & Young People SA and Australian Migrant Resource Centre, <a href="http://scoa.org.au/sector-collaboration/events-and-opportunities/amrc-youth-symposium-adelaide-12-oct-2018/">scoa.org.au/sector-collaboration/events-and-opportunities/amrc-youth-symposium-adelaide-12-oct-2018/</a>	Adelaide	12 <sup>th</sup> October
<b>Food for life</b>	Free practical program to learn nutrition information for cooking healthy inexpensive meals.	Parafield Gardens Children’s Centre	Parafield Gardens	Thursdays beginning 23 <sup>rd</sup> August
<b>LGBTI Coffee Catch Up</b>	Come along for a coffee (& cake) with other LGBTI members over 50 years	Catalyst Foundation Ph. 8168 8723	Adelaide	Thursday 16 <sup>th</sup> August
<b>Aboriginal Athletics Squad</b>	Fun and Free! Ages 11 – 19	Port Adelaide Athletics Club ph. 0400 653 777	Port Adelaide	Starts 30 <sup>th</sup> July
<b>Relapse Prevention Group</b>	Staying strong and promoting healthy ways of relaxation	Nunkuwarrin Yunti, ph. 8406 1150	Christies Beach	8 <sup>th</sup> , 15 <sup>th</sup> and 22 <sup>nd</sup> August
<b>Free Mobile Showers</b>	Free mobile showers ever Monday from 10am to 12pm. No bookings required	OneVoice, ph. 0406 998 917	Christie Downs	Starting 23 <sup>rd</sup> July
<b>Art Therapy</b>	A creative person centre approach to art therapy	Goolwa Children’s Centre Ph. 8555 2509	Goolwa	Wednesdays starting 8 <sup>th</sup> August