

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 6th 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>
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
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	Beginning 2 nd (O'Sullivan's) and 3 rd (Aldinga) August
E-Safety Women	Two-hour workshop covering technology facilitated abuse and its relationship to domestic violence	Women's Information Service Judi.VanOnsem@sa.gov.au	Parafield Gardens	30 th August
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	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 st August (Hackham) or 7 th (CBD)
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
Legal Information Session	Information about free legal services provided by SCJC.	Southern Community Justice Centre Ph. 8382 2850	O'Sullivan's Beach	14 th August
My Health Record information sessions	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 https://bit.ly/2n9b4gi	Adelaide	15 th August 23 rd August 10 th September
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. The National Helpline 1800 334 673 or 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. The National Helpline 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	1 st & 3 rd Tuesday /month
Youth Disability Inclusion Forum	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 th August
Supporting Sole Parents	Creating self-esteem using different mediums	Centacare Ph. 8261 0993	Gilles Plains	30 th August
Bringing Up Great Kids	6 week parenting program	Relationships Australia SA Ph. 8255 3323 (Ingle Farm) Ph. 8245 8100 (Taperoo)	Ingle Farm & Taperoo	Starts 14 th August (Ingle Farm) & 8 th August

				(Taperoo)
Families Equip Parenting Tools	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 th July
Circle of Security – Parenting	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 th August
Healthy Homes, Resilient Families	Growing up healthy program AND Routines and rules Program. Both 8 week programs.	Aboriginal Family Support Service	Hackham	Fridays beginning 24 th August
Lego Design Group – Asperluterly Autsome	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
Free English Lessons	Visitors, Students and Resident Migrants welcome	Adelaide University https://pcewebforms.wufoo.eu/forms/free-english-lessons-registration-2018/	Adelaide	Registrations close 5 th August
Skills for Future Employment	Free 7 week course on finding work in difficult times	Reynella Neighbourhood Centre ph. 8322 3591	Old Reynella	Thursdays starting 26 th July
Baby in mind	Infant massage class	Relationships Australia SA Ph. 8255 3323	Salisbury	Fridays starting 24 th August
TRUCK it	The Really Useful Computer K.IT 8 week computing program.	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	Tuesdays starting 31 st July
Pathway to Children’s Services	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 th August
Youth Symposium: Leading for our future	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, scoa.org.au/sector-collaboration/events-and-opportunities/amrc-youth-symposium-adelaide-12-oct-2018/	Adelaide	12 th October
Food for life	Free practical program to learn nutrition information for cooking healthy inexpensive meals.	Parafield Gardens Children’s Centre	Parafield Gardens	Thursdays beginning 23 rd August
LGBTI Coffee Catch Up	Come along for a coffee (& cake) with other LGBTI members over 50 years	Catalyst Foundation Ph. 8168 8723	Adelaide	Thursday 16 th August
Aboriginal Athletics Squad	Fun and Free! Ages 11 – 19	Port Adelaide Athletics Club ph. 0400 653 777	Port Adelaide	Starts 30 th July
Relapse Prevention Group	Staying strong and promoting healthy ways of relaxation	Nunkuwarnin Yunti, ph. 8406 1150	Christies Beach	8 th , 15 th and 22 nd August
Free Mobile Showers	Free mobile showers ever Monday from 10am to 12pm. No bookings required	OneVoice, ph. 0406 998 917	Christie Downs	Starting 23 rd July
Art Therapy	A creative person centre approach to art therapy	Goolwa Children’s Centre Ph. 8555 2509	Goolwa	Wednesdays starting 8 th August