

Women's Information Service



The "What's On" page provides details of services and activities for women of SA 9th October 2017

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 Thurs/ monthly
The Surviving & Thriving Play Group	A free supported playgroup for mums & children aged 0-5 yrs. Where the mums are survivors of DV	Woodcroft Heights Children's Centre, ph. 8381 8005 and Hackham West Children's Centre, ph. 8382 6161	Woodcroft & Hackham West	Thurs/ongoing
Butterflies Group	A safe & confidential support group for women who wish to explore the effects of violence & abuse & learn about the resources that will help.	Junction Australia Ph. Cathy 0439 548 509 cwhite@junctionaustralia.org.au	Seaford	Ongoing
C.A.L.D. for CALD Women Program	An intercultural, art based life-coaching program for CALD Women who have Experience Domestic Violence	Western Adelaide Domestic Violence Service, Haroula: 8268 7700, haroulac@womenssafetyservices.com.au	On request	September to December
Pathways to Empowerment, term4	Free 9-wk program for women who have experienced domestic violence; reconnect with yourself & learn practical steps to achieve what you want from life.	Zahra Foundation, call/sms/email Kelly 0414 744 377 or kelly@zahrafoundation.org.au	Location to be advised	Starts 17 th October
Personal Safety for Women	A short course in introductory personal safety for women; suitable for all ages, sizes & fitness levels; fee-free if eligible.	TafeSA Port Adelaide Campus, ph. 8303 2756	Port Adelaide	Starts 20 th October
Women's Symposium	An opportunity to listen to women who are serving or have served in the Defence Force or associated with the force.	Returned Services League - to register please email secretary.womenssb@gmail.com	Keswick	20 th Oct
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	Ongoing
Road trip to the future you	Improve your employability skills, prepare a professional resume & improve your computer skills; to be eligible must be not in full-time study or work. Free.	Baptist Care SA, ph. 8387 3787 or bfo@baptistcaresa.org.au . Register via www.eventbrite.com.au & search 'Road trip to the future'	Aldinga	10 th October
Understanding myGov	This information seminar is a hands on workshop to help you use the myGov online service.	Onkaparinga Libraries , bookings essential, please visit: www.onkaparingacity.com/libraries	Onkaparinga	21 st Sep to 1 st Dec
Business with India	Sessions on Exploring opportunities and pathways for SA Women	Flinders University, book through www.eventbrite.com.au	Adelaide CBD	Oct 13 th
Take Control	FREE 7 week course @ our Centre. Increase your skills for future employment opportunities	Reynella Neighbourhood Centre, ph. Sonia 8322 3591 or Simon 0414 884 447 or takecontrol@reynellanc.org.au	Reynella	19 th Oct to 30 th November
Hospitality & Skills for Work – short course	Prepare yourself for work by improving your reading, writing & maths skills while gaining training in the hospitality industry.	TafeSA – ph. Amber or Kerry, 8207 3150 or foundationskills.noa@tafesa.edu.au	Victor Harbour, Mount Barker & Noarlunga	Starts 23 rd October
Money Matters	Free 6-wk course for women: incl budgeting, Centrelink issues, how-to-get-organised; bookings essential	Marion Life, ph. 8277 0304	Mitchell Park	24 th October
Drug and Alcohol and Mental Illness	4 week course to provide strategies to look after yourself and the person you care for	MIFSA, Christies Beach, Booking essential 8578 4100	Christies Beach	10 th Oct to 31 st Oct

Balancing Bipolar	6-wk therapeutic group to help people during their recovery, & develop resilience and wellbeing	Booking Essential annab@skylight.org.au , or call Anna or Robyn 8378 4100,	Wayville	Starts 19 th Oct
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 /month
Who's In Charge?	7 weeks parenting program for the parents of young people(8-18) who are beyond control, violent or defiant	Relationships Australia, Salisbury 8255 3323	Salisbury	12 th Oct
Supporting Families and Parents SPRING	Mindfulness Awareness Parenting Program for 8 weeks	O'Sullivan Beach Children's Centre Ph. Deborah or Mel (Anglicare SA) 8186 8900 or map@anglicaresa.com.au	O'Sullivan Beach	Starts 19 th October
Bringing Up Great Kids	6-wk interactive workshop for parents and care givers Presented by Relationships Australia	Elizabeth Park Primary School Call on 8255 1160	Elizabeth Park	Starts 17 th October
Bringing Up Great Kids	6-wk interactive workshop for parents and care givers Presented by Relationships Australia	Call Debbie on 08 8255 3323 Aaron on 08 8349 6099 Family Zone, Ingle Farm Primary School	Ingle Farm	Starts 20 th October
Bringing Up Great Kids	6-wks interactive workshop for parents and care givers. May be helpful for parents who have limited contact with their children.	Relationships Australia (08) 8340 2022	Hindmarsh	Starts 20 th October
Being with Big Feelings	8-wk workshop program to help parents better understand the emotional world of their children.	O'Sullivan Beach Children's Centre, ph. Johanna or Lee 8382 2850	O'Sullivan Beach	Starts 24 th October
Circle of Security – parents of children with autism	8-wk parent education program to assist adults build stronger relationships with their children. \$50 & 2 session times available.	Gowrie SA, ph. 8234 5219 or parenting@gowriesa.org.au	Thebarton	starting : Tues 24 th & Wed. 25 th October
ACE IT!	Interview Preparation Workshop for 14 to 25 years old; booking required via youthdevelopment@charlessturt.sa.gov.au	City of Charles Sturt Youth Development Team Ph. 8408 1315.	City of Charles Sturt	10 th Oct
Walking for Wellness	Everyone is welcome to join a gentle walk of the local area & opportunity to meet the community; free & crèche available – please book.	Junction/Community Connections Hackham, ph. Sue or Karen 8186 6944 or cchackham@junctionaustralia.org.au	Hackham	Fridays, ongoing
Geared2Drive Volunteers Mentor Drivers needed	All participants receive professional driving lessons & training – as a volunteer you will provide support to learner drivers in your community.	HYPVA & City of Marion; ph. Marina or Meriki, 8405 8540 or volunteerg2d@hypva.net.au	Marion	Ongoing
Leadership Onkaparinga 2018	A 7-mnth program designed to build community leadership; create social change whilst developing your skills and networks.	Onkaparinga City, ph. Joanne 8384 0771 or Joanna.giannes@onkaparinga.sa.gov.au	Onkaparinga area	Registrations close 13 th October
Rotary Showcase	Learn how you can make a difference in our community by sharing your ideas on projects that Rotary may become involved with,	Rotary Club of Noarlunga	Christies Beach	15 th October
Tax Help at the Women's Information Service	If your income is around \$60 000 or less, your tax affairs are simple & would like help to lodge your tax form – we can help. Call us for an appointment. Available until the end of October – free!	Women's Information Service, ph.8303 0590	Adelaide CBD	Wednesdays & Thursdays

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