

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 3rd December 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-judgmental. 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	Christies Beach	Fridays starting 26 th October
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	A 9 week course for women who have experienced domestic violence. Includes creative activities to help think about hopes, values and skills.	Zahra Foundation, ph. 8352 1889	CBD or Salisbury	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 upon request	Thursdays
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
16 Days of Activism	the 16 Days of Activism against Gender-Based Violence Campaign is a time to galvanize action to end violence against women and girls around the world. Go Orange to support the 16 days!	http://www.unwomen.org/en/what-we-do/ending-violence-against-women/take-action/16-days-of-activism	Online	25 th November – 10 th December
Recovery Support Group for Eating Disorders	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session. + another session for Carers	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	1st & 3rd Tuesday /month
Carer Support Program	Delivered over 7 sessions covering issues facing carers as they manage the impact of mental illness	Skylight Ph. 8378 4100	Christies Beach	Starts 30 th October
Volunteers Wanted	Have you supported a family member or friend with mental health issues? Get in touch today!	Headspace Onkaparinga www.tinyurl.com/ffrgonka	Onkaparinga	Ongoing recruitment
LGBTI 55+ Information Session	Learn how ECH Services can enable living at home independently	ECH, ph. 1300 275 324	Parkside	12 th December
Post Separation Parenting	A workshop for separated parents wanting to understand and manage the changes in their family	Centacare, ph. 8215 6700	Adelaide	Starts 17 th January

Healthy Relationships	Supporting you to explore skills in safety, self-care and respect	Relationships Australia SA www.cttg.sa.gov.au/events	Greenwith	5 th December
Be connected online	New program aimed at empowering older people to thrive in a digital world. Runs over 4 weeks	Aberfoyle Community Centre, ph. 8270 5977	Aberfoyle Park	Starts 20 th November
Financial Counsellor	Financial counsellor at Taikurrendi	Taikurrendi Children and Family Centre ph. 8186 1102	Christies Beach	Mondays during school terms.
Community Food Hub	Opportunity for those in need to shop for food and essential items at a reduced cost. Includes those who are homeless, students, on a pension or Immi card	Baptist Care, 216 Wright St.	Adelaide CBD	Monday to Thursday
Hope's Café	Healthy delicious meals on a 'donate what you can afford' basis. English classes, assistance for asylum seekers, Welfare Rights Outreach plus more!	Clayton Wesley Uniting Church Ph. 8331 3529	Beulah Park	Wednesdays and Fridays
Her Story: Inspiring Women in Science	Celebrate four amazing women who are blazing their own trails and encouraging others to follow in their footsteps.	SA Museum https://bit.ly/2RL0X8	Adelaide CBD	Daily until November 2019



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