

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 5th March 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
E-Safety	Free two-hour workshop – technology-facilitated abuse and its relationship to domestic and family violence	Women's Information Service Judi.VanOnsem@sa.gov.au	Adelaide	Tuesday 10 th April
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
Glad to be me	Discover your qualities and strengths, learn to feel good about you!	Community Connections Ph. 8186 6944	Hackham	Various dates
Be Kind and Unwind	For personal well-being: emotional, relaxation & mindfulness. Gold coin donation, lunch provided.	AnglicareSA/Woodcroft- Morphett Vale Neighbourhood Centre, enq. & booking ph. Georgina 8186 8900	Morphett Vale	14 th March
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	February 26 th 5 th & 19 th March
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
Journey to Recovery	8 week program to help people living with mental illness and their support person. Cost \$40 or \$15 concession	SkyLight Ph. 8378 4100	Wayville	Starts 7 th March
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. Lisa 0456 721 597 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. Lisa 0456 721 597 support@thebutterflyfoundation.org.au	Glenside	1st & 3rd Tuesday /month
Welcome Café	A safe friendly and non-judging space to talk about mental health issues with people who get it.	SkyLight Ph. 08 8378 4100	Wayville	Mondays
Sound Minds	A group supporting people who hear voices and other unusual experiences	SkyLight Ph. 08 8378 4100	Wayville	Thursdays
PANDS	16 week community healthy lifestyle program, includes physical activity, preparing easy healthy affordable snacks	City of Onkaparinga/Flinders Dr Kathryn Jackson 7221 8852 or Nadia Bevan 8201 3010	South Adelaide Football Club	Starts Late 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
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) Ph. 8256 0448 (Elizabeth Downs)	Ingle Farm or Elizabeth Downs	Various start dates
Raising brilliantly behaved children	Live webcast or see in person: dealing with challenging behaviour, alternatives to discipline and punishment, encouraging cooperation	Parenting SA, ph. 8303 1660 or health.parenting@sa.gov.au . To register: http://health.parentingsa.eventbrite.com.au	Adelaide CBD	21 st March
Mum's & Bubs Playgroup - MYSA	Be part of a multicultural playgroup, incl parenting classes & social group.	Multicultural Youth of SA, ph. Loly 8212 0085 or Mariloly@mysa.com.au	Prospect	Fridays
AMRC Women Connection Project	Come and join the Empowerment and Responsible Citizenship workshop.	Australian Migrant Resource Centre Ph. 08 8217 9504	Adelaide	Thursdays
Multicultural Gathering	Come along and join to share a meal to celebrate our inclusive multicultural community	Onkaparinga Council Ph. 08 8301 7221	Christie Downs	Friday 9 th March
Phoebe Wanganeen Scholarship Program	Open to Aboriginal & Torres Strait Islander people living in the Salisbury Council area – for study at university or Tafe.	City of Salisbury application & information available at www.salisbury.sa.gov.au/phoebewanganeen	City of Salisbury	Applications close 13 th March
Wiyi Yani U Thangani	Invitation from the Australian Human Rights Commissioner to Aboriginal & Torres Strait Islander women to be part of the Women's Voice project. Have your voice heard & listened concerning your needs & aspirations & ideas about change.	Australian Human Rights Commission, ph. (02) 9284 9600 or wiyiyaniuthangani@humanrights.gov.au	Adelaide CBD	7 th & 8 th March
Women's Yarnin' Circle	Arts, crafts, healing & yarns over a cuppa and lunch, for Aboriginal & Torres Strait Islander families	Neporendi Aboriginal Forum Inc. ph. 8322 1120	Old Reynella	Wednesdays
Y Connect Program	For women living with a disability program designed to help improve chances of employment or progressing with your career	YWCA. Lisa Gascoigne or Carmel Green: 8203 9400/0437 650 946 E. lisa.gascoigne@ywca.com.au	Adelaide CBD	Starts mid-February 10 week course
Active Citizens	Education, Health & Wellbeing Workshops. Yoga, light exercise, healthy lifestyle and outings – for Seniors	Australian Migrant Resource Centre 08 8256 5700 Chhali or Reagan	NAMRC Salisbury	Mondays 10am – 12pm
Active Citizens	A Day in the Barossa (outing) 10am-2pm - for Seniors	Australian Migrant Resource Centre 08 8256 5700 Chhali or Reagan	Meet at MRC Community Centre	Monday 19 th March
Women of the World	Celebration to mark international women's day - \$10	Relationships Australia SA http://bit.ly/2FEPKrr	Hindmarsh	Friday 23 rd March



Follow us on Twitter!

