

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Tuesday 12th June 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
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
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
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@womenssafetyervices.com.au	Location supplied upon request	Thursdays
DV-Alert Training	Nationally recognised Domestic and Family Violence response training for frontline workers supporting multicultural communities in Australia	DV Alert Ph. 8202 5820	Adelaide	28 th and 29 th June
Artists in the Black Workshop & Clinic	Free legal service advice workshop/clinic for Indigenous Artists, communities and arts organisations	Living Kaurna Cultural Centre, ph. 8357 5900	Bedford Park	14 th and 15 th June
NDIS Plan... What's Next?	Find out how you can make your NDIS package work for you	Skylight, ph. 8378 4100	Wayville	22 nd June
Women's Education	Certificate II course designed to provide women with the skills, knowledge and self-confidence to succeed in further education and employment while dealing with career and life changes	Tafe SA Noarlunga, ph. 8207 3150	Noarlunga	Applications close 20 th June
Supersize your strengths, Smash your goals	Studio school for young people (17 – 24) who don't fit into conventional schooling. Scholarships available.	Youth Inc. www.youthinc.org.au	Adelaide	Applications close 30 th June
Kangaroos & Emus – Aboriginal Women's Leadership Program	Free workshop, no age criteria – share your leadership dream with other young girls & hear from other inspiring women.	YWCA Adelaide, ph. Lisa 8203 9400 or lisa.warner@ywca.com.au please register ASAP	Mitcham	14 th June
Speed Mentoring	Speed mentoring evening for women living with a disability. Free event	Y Connect –YWCA Adelaide Ph. 8203 9400	Adelaide	14 th June
Digital Literacy Support	Build skills, confidence and ability to use a computer and navigate the internet	Marion Council, ph. 8375 6755	Park Holme	Ongoing Mondays and Tuesdays
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
Suicide Prevention Workshop	Training to equip participants with a variety of skills such as managing suicidal crisis, understanding risks, protective factors and warning signs.	Wesley LifeForce, ph. 1800 100 024	Victor Harbor	14 th June
Glad To Be Me	Discover your qualities & Strengths	Community Connections Hackham, ph. 8186 6944	Hackham	23 rd May until 4 th July
Supporting Sole Parents	Exploring your inner self through art therapy	Centacare, ph. 8261 0993 Wed.-Fri.	Gilles Plains	21 st June
Bringing up Great Babies	Building and understanding positive relationships to develop babies resilience and self esteem	Ardtornish Children’s Centre, ph. 8264 9828	St Agnes	Starting 6 th June
Women’s Yarnin Circle	Arts, crafts, healing & yarns over a cuppa & lunch – for Aboriginal & Torres Strait Islander Families	Neporendi Aboriginal Forum Inc. ph. 8322 1120	Old Reynella	20 th June
Moving Right Along	An information session about obligations and opportunities for older drivers	COTA SA Ph. 8323 0422	Adelaide	27 th June
Exercise Physiology information session	Information about exercise care and benefits for seniors	Adelaide South West Community Centre Ph. 8203 7801	Adelaide	28 th June
LGBTI Coffee Catch Up	Come along & have a coffee and a chat with other LGBTI members over 50.	Catalyst Foundation, ph. Paul 8168 8723 or paul@catalystfoundation.com.au	Adelaide	21 st June – monthly
Big Gay Day!	A social day for the LGBTI over 50’s community and their friends & partners	Catalyst Foundation Ph. 8168 8723	Adelaide	30 th June
Rainbow Group	Group program for young people aged 12 – 17 who identify as LGBTIQ	Headspace Port Adelaide Ph. 8215 6340	Port Adelaide	19 th June
Refugee Week	Multiple events running throughout the week. Contact AMRC to collect your events calendar	Australian Migrant Resource Centre, ph. 8217 9545	Multiple locations	17 th – 23 rd June
Multicultural Women’s Gathering	Come and meet women from different cultural backgrounds – all women welcome, bring your family & friends.	Taikurrendi Children And Family Centre, ph. Darjana 8186 1102	Christies Beach	Tuesdays
Multicultural Youth Concert	Celebrating refugee week	Northern Health Network 0469 803 827	Elizabeth	23 rd June
Preparing for your IELTS exam	Self-study preparation course with “Road to IELTS”	Marion Council, ph. 8375 6755	Marion, Park Holme	15 th June
Activ8 – The City of Adelaide	Free 8 week health and wellness awareness program	Adelaide South west community centre & Pushing Performance – 1300 000 348	Adelaide	starts 18 th June Mondays
Healthy Cooking Classes	Learn how to cook tasty healthy meals for your family over 4 weeks	Forbes Children’s Centre Ph. 8293 9000	South Plympton	Starts 7 th June Thursdays



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