

Women's Information Service



The "What's On" page provides details of services and activities for women of SA **Monday 9th July 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	Beginning 3 rd 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
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 + other locations	Thursdays
Open House – Morning Tea	Enjoy a morning-tea at Zahra Foundation & activity for kids. Numbers strictly limited, please call to book.	Zahra Foundation, ph. 8352 1889	Location supplied upon request	18 th July
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
Step up for SA	A free group program for parents and young people to address violence in the home	Relationships Australia SA, Ph. 8377 5400	Hackham West	Wednesdays starting 25 th
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
Supporting children when they are sick or disabled	Learn strategies to support the whole family through health and disability issues	Centacare, ph. 8261 0993	Gilles Plains	26 th July
Managing challenging behaviour	This program will help understand your child's challenging behaviour and learn to respond effectively.	Relationships Australia SA, ph. 8255 3323	Salisbury	Tuesdays starting 24 th July
Families Equip Parenting Tools	A parenting course designed to provide parents with the necessary skills and information to assist them with raising their children	House of Hospitality, ph. 8536 8874	Strathalbyn	Fridays starting 27 th July

My Time – Peer Support Group	8-wk support program for parents of children with disabilities.	Hackham West Children’s Centre, ph. Michelle 0466 427 633 – for crèche bookings ph. 8382 6161 before the event	Hackham West	Starts 24 th July
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 working In difficult times	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	Thursdays starting 26 th July
Basic Information, Digital Media and Technology	Learn basic skills to assist with mobile phones, computers or social media	Neporendi Aboriginal Forum, ph. 8322 1120	Old Reynella	Ongoing Thursdays
Nourish	18 Week program with a certificate II in Kitchen Operations for 18 – 25 year olds	Oz Harvest SA, ph. 0423 139 816	Adelaide	Starting in August
Excel Course	Basic Excel course run over 3 week \$35	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	9 th July
LGBTI Book Club	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	Monthly 1 st August
Community Advisory Council	A new council being created for Aboriginal and Torres Strait Islander residents in the Adelaide metro area. Applications now open	PHN Adelaide, ph. 8219 5900 (Primary Health Network)	Adelaide	Applications close 16 th July
Circle of Security – Parenting	This program focuses on attachment, which is what makes a child feel safe, secure and protected.	Aboriginal Family Support Services, ph. 8254 1077	Port Adelaide	Tuesdays starting 24 th July
Goolwa NAIDOC Celebrations	‘Don’t keep history a mystery’ – free family event	Alexandrina Council, ph. 8555 7000	Goolwa	15 th July
Aboriginal Athletics Squad	Fun and Free! Ages 11 – 19	Port Adelaide Athletics Club, ph. 0400 653 777	Port Adelaide	Starts 30 th July
Activ8 – The City of Adelaide	Free 8 week health and wellness awareness program	Adelaide South West Community Centre & Pushing Performance, ph. 1300 000 348	Adelaide	Mondays
MEGA	Mums Exercise Group Australia; free/low cost exercise groups	Mega Adelaide https://www.facebook.com/groups/1718746635068425/	Adelaide	Ongoing
‘Soup’er Delicious	Soup Kitchen for a gold coin donation	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	Ongoing Wednesdays
Sewing Bee	Help young girls in South Sudan, Papua New Guinea, Nepal and the Solomon Island to access quality feminine hygiene products by sewing!	Reynella Neighbourhood Centre, ph. 8322 3591	Old Reynella	24 th July