

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 23 January**

All programs are free/low cost unless otherwise noted.

For more details, please visit our Facebook Page [Women's Information Service Facebook](#)

If you would like the WIS What's On emailed to you, please email your name/contact details to wis@sa.gov.au

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Date</u>
SERVICES				
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Ph. Tammy on 0403 772 859 or Helen 8186 8911 Location provided on registration.	Northern suburbs	Starts Feb 9
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Limited creche available. Bookings essential.	For more information contact Centacare Ph. 8215 6310 Location provided on registration.	Southern suburbs	Starts Feb 7
The Shark Cage Group – (It is recommended to complete Women are Strong women do survive before attending The Shark Cage)	Assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships and/or sexual abuse.	Anglicare SA Ph. 8186 8911 Email: fif@anglicaresa.com.au	Southern Suburbs	Starts Feb 9
Women: Strength and Safety	6-week support group for women dealing with the effects of abusive relationships. Bookings essential.	Multi Agency Ph. 8215 6700 Location provided on registration.	Northern suburbs	To be confirmed
Family and Domestic Violence Peer Support Group	An open group for people who have survived family and domestic violence to come together to share their experiences of what it has been like to build a different life for themselves.	Junction Australia Ph.8392 3080 Tammy at telvin@junctionaustralia.org.au Creche available.	Hackham Area	During School Terms
Zahra Foundation Pathways to Empowerment	9-week group courses for women who have experienced domestic violence, with practical activities to achieving goals in life. Healthy Relationships, Healthy Communication, Healthy Decisions, and Healthy Futures. Registrations essential.	Zahra Foundation For more information contact - Ph. 8352 1889 program@zahrafoundation.org.au	North South East West	Feb 14 Feb 15 Feb 16 Feb 17
Family and Domestic Violence No Interest Loans (NILS) Support at WIS	WIS is now supporting access to No Interest Loans for women affected by family and domestic violence. Contact us if you need support or information when preparing your NILS application.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 www.wis.sa.gov.au	Adelaide	Ongoing
Zahra Foundation Outreach at WIS	Financial counselling for women who have experienced domestic and family violence, at the Women's Information Service shopfront at 101 Grenfell St.	Zahra Foundation Ph. 8352 1889 Bookings available.	Adelaide	To be confirmed
SOCIAL CONNECTION				
Coffee and Chat at the Mount Gambier WIS Haven	Our monthly Coffee and Chat sessions will return in the New Year. Stay tuned for the details of the first 2023 event.	WIS Haven Mt Gambier at Mt Gambier Library Ph. 0439 169 925	Mount Gambier	Returns in 2023
Young One's Gardening Group at Whyalla WIS Haven	We are excited to invite mums, grandmas, caregivers & their pre-school aged children to our gardening club.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	Postponed until the New Year

Yoga at Whyalla WIS Haven	Come and join yoga for all levels. Beginners welcome. 6-8 classes, followed by coffee and chat.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	Starts Feb 9
Women's Walking Group at the Gawler WIS Haven	Walk and talk for health, fun and friendship. Easy walk, suitable for most abilities and pram friendly. All welcome. Join us afterwards for a coffee and chat!	WIS Haven Gawler at Gawler Community House Ph. 0466 810 553. Email: hcp@gawlercommunityhouse.org.au	Gawler	Thursdays fortnightly
The Glow Up at Gawler WIS Haven	Join us from 10.30am to noon for a chat in a relaxed environment, with coffee and tea provided. Get together with an inclusive, supportive group of women.	WIS Haven Gawler at Gawler Community House Ph. 0466 810 553. Email: hcp@gawlercommunityhouse.org.au	Gawler	Fridays
The Creative Space	Join us in our Creative Space! All creativeness welcome! A safe space for women to make friends, or chat to our friendly staff! Join anytime.	WIS Haven Whyalla at Centacare Ph. 0407 251 696 (Mon- Fri, 10am to 2pm) or Teri Ph. 0477219410 If you require transport, contact: Teri on Ph. 0477219410	Whyalla	Jan 30
The Art Bus	Whilst enjoying and engaging in the 10 week Art course you will also learn foundation skills in oral communication.	For more information please contact Lisa Grant Ph. 0418 856 129 or email lisag@catherinehouse.org.au	Adelaide	Starts Feb 2
Music Course	This non-accredited course can help you to learn to read music and sing lyrics while learning foundation skills in reading and oral communication.	For more information please contact Lisa Grant Ph. 0418 856 129 or email lisag@catherinehouse.org.au	Adelaide	Starts Feb 3
HEALTH				
Family Drug Support Groups	Family Drug Support is a national, non-religious, not-for-profit organisation offering support to families and friends affected by someone's substance use.	Family Drug Support https://www.fds.org.au/	Various Metro and Regional	Various
EDUCATION				
Aboriginal Pathway Program at UniSA	Free, 18-month program to prepare Aboriginal and Torres Strait Islander students for university study. Provides face-to-face teaching and support to study on campus, with direct entry into any UniSA degree on completion.	University of South Australia Apply online at unisa.edu.au/app For further information email: app@unisa.edu.au	Adelaide Ceduna Mount Gambier Port Lincoln Whyalla	Apply now to start in February 2023
TAFE Women's Education Information Session	TAFE SA's Women's Education courses aim to develop women's education, vocational and personal skills. Many students progress to further education.	For more information contact Ph. 8348 1946 or email womenseducation@tafesa.edu.au	TAFE SA Adelaide TAFE SA Elizabeth TAFE SA Noarlunga	Jan 31
Computing and Online Basics	This 10-week program has been designed for people to improve their computer skills. It is a supportive class that helps to develop skills and build confidence. Aged 17 years and over.	Ph. 8406 8488 / 0432 48 76 11 or email pfccfoundationskills@gmail.com	Pooraka Farm Community Centre	Starts Feb 1
Digital literacy skills for work and study	A 10-week program will build your confidence to use online systems and fill in digital forms. Navigate a range of platforms on a Windows laptop and your smartphone while understanding cyber security and online safety.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 10
Introduction to Microsoft Office	Microsoft Office is a highly valued skillset for most workplace, this 6-week course that will take you through the basics and tips and tricks that can give you a professional edge.	For further information contact Ph. 8371 4622 or email communitylearning@communitycentressa.asn.au	Aldgate	Starts Feb 10

Introduction to Civil Construction	A 10-week program to introduce you to the skills and knowledge required to work in civil construction	Ph. 8406 8488	Pooraka Farm Community Centre	Starts Feb 3
Living and working with Children	10-week course will focus on developing English oral and written communication skills through various topics that would interest you as parents and caregivers of children.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 6
Pathway to Children's Services Industry	10-week course. Introduction to the Children's Services industry in a community learning environment. Improve your oral, comprehension and writing skills explore educational pathways in children's services.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 10
English Communication Skills	This 10-week course will focus on developing your English oral and written communication skills for work or study.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 6
English and Numeracy Skills	This 10-week course will focus on developing your English reading and numeracy skills for work or study	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 10
Commercial Kitchen Practices	This 15-week course will introduce participants to identify opportunities and study pathways in the industry while developing employability skills essential for the sector.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 6
Nutrition and Cooking basics	This 10-week course will focus on nutrition through a range of cooking and food-handling activities while improving your language, literacy and numeracy skills.	To register your interest Ph. 8406 8468 or email ace@morella.org.au	Para Hills	Starts Feb 7
Learning in the Kitchen	A 10-week course with hands-on activities in the kitchen to learn about food groups, reading labels, kitchen terminology and safe food handling. Will help develop your English reading, numeracy and communication skills.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 8
Pathway to the horticultural industry	15-week course, learn work health, and safety practices, the fundamentals of planting, how to recognise plants, soil testing and how to treat pests/diseases.	To register your interest Ph. 8406 8482 or email ace@morella.org.au	Parafield Gardens	Starts Feb 8
Introduction to horticulture	Explore a pathway into gardening, landscaping or horticulture. 6-week course with our experienced horticulture facilitator, learn a range of theory and practical skills.	For further information contact Ph. 8371 4622 or communitylearning@communitycentressa.asn.au	Aldgate	Starts Feb 9
Come and Learn English	Get better at English: speaking & listening, reading and writing skills.	Hackman West Community Centre Ph. (08) 8384 1065	Hackham West	Starts Feb 8
Intro to the digital workplace	Learn on the latest Microsoft technologies with this FREE course. Build skills and confidence with Windows 11 laptops and learn.	Hackman West Community Centre Ph. (08) 8384 1065 email acecoord@hwcc.net.au	Hackham West	Starts Feb 10
Cybercrime Awareness Seminar	Technology has evolved dramatically in the past two decades and the benefits have been huge. These developments have also exposed us to many risks with real-world impacts, making online safety awareness even more important.	Book at https://www.eventbrite.com.au/e/safer-internet-day-2023-cybercrime-awareness-seminar-tickets-512536469377	Goolwa	Feb 7

Women's Education & Work	Women's Studies in a safe, friendly environment Build the skills and confidence to communicate assertively. Know that education changes lives. Build your confidence to use numeracy in everyday life.	Hackman West Community Centre Ph. (08) 8384 1065 E: acecoord@hwcc.net.au	Hackham West	Starts Feb 8
Built by Community - Opportunities in Construction for First Nations Australians	For First Nations Australians looking to explore the construction industry in an employment program designed to upskill you and guide you towards a great career.	MEGT SYC To find out more contact Suscha Ph. 0498 667 631	Elizabeth West	Starts Feb 20
Financial Capability Workshop	4-hour workshop presented by the Zahra Foundation Join other women to learn how to make more of your finances. Lunch provided	Zahra Foundation WIS Haven Gawler Ph. 0466 801 553	Gawler	Feb 22
Ready Set Prep Information Session	4-week program where 4 people will cook 4 family meals together and get to take them home! Please note this is open to City of Playford residents and suitable for families, not individuals.	Elizabeth Rise Community Centre In order to be considered for the program you MUST attend the information session https://bit.ly/3VUsyeg	Elizabeth Downs	Jan 31
PARENTING				
Supporting Children after Separation	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5	Centacare Ph. 8252 2311 E: registrations@centacare.org.au	To be confirmed	To be confirmed
Circle of Security Parenting	A 6-week course to help your child organise their feelings and enjoy a more fulfilling relationship with your child.	For more information and bookings Contact Rachel Ph. 8443 5758	Lockleys area	Starts Feb 9
Keeping Families Safe	A workshop for separated parents to explore how children experience domestic violence and strategies to support children's on-going well-being	Contact Centare Ph. 8215 6700. Bookings essential	Adelaide	Feb 7
Mindful Awareness Parenting	8-week program we will explore mindful awareness, which is about paying attention to what is going on in the present moment.	Anglicare – Family Services Ph. 1800 569 094 Darlington Children's Centre Ph. 0438 862 295	Seacombe Gardens	Starts Feb 14
Who's In Charge?	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Centacare Ph. 8215 6700 Trevor Ph. 8405 6862	Osborne	Starts Feb 16
When Kids Push Your Buttons	Free workshop to assist parents and carers to identify triggers and understand what is behind your child's behaviour.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au Bookings essential	Adelaide	Feb 21
Staying Attached Ante Natal Group	Safe and supportive space where women with diagnosed mental health struggles can CONNECT, LEARN and SHARE as they navigate pregnancy and early parenting.	Anglicare SA Ph. 1800 569 094	Munno Para	Starts Feb 9



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