

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 22 April**

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 support group for women dealing with the effects of abusive relationships. Free crèche available – bookings essential.	Onkaparinga Collaborative Approach Centacare Ph. 8215 6310 E: aldinga@centacare.or.g.au Location provided on registration	Christies Beach Area	Starts May 9
Shark Cage for Women	8-week course to help you build a strong sense of self and to feel empowered. Recommended to complete Women are Strong women do survive before attending Shark Cage for Women	Anglicare SA Ph. 8186 8919 E: fif@anglicaresa.com.au Relationships Australia Ph. 8377 5400 Uniting Communities Ph. 8202 5200	Location provided on registration	To be advised
From Strength to Strength	6-week group for women who would like to increase their personal growth and improve relationship conflict management. Ideal for women who have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 8186 8900 E: fif@anglicaresa.com.au	Southern address. Location provided on registration	To be advised
Out of the Shadows	This group will discuss impacts on women and children and interactions with the Domestic and Family Violence, Legal and Safety Systems	Relationships Australia South Australia To register Ph. 8223 4566 E: rasacentral@rasa.org.au	Location provided on registration	Friday's
Zahra Foundation – Pathways to Empowerment Healthy Communication	9-week group courses for women who have experienced domestic violence. Explores boundaries, communication strategies and respectful relationships.	Zahra Foundation Ph. 8352 1889 or E: admin@zahrafoundation.org.au registration essential	Central	May 9
Zahra Foundation Pathways to Empowerment - Healthy Decisions	9-week group courses for women who have experienced domestic violence. Explores social norms, decision making and advocating for self and others	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	North	May 7
Zahra Foundation Pathways to Empowerment - Healthy Relationships	9-week group courses for women who have experienced domestic violence. Uses creative activities focusing on reconnection with self and community, values and rights.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	West	May 10
Zahra Foundation Pathways to Empowerment - Healthy Futures	9-week group courses for women who have experienced domestic violence. Builds on skills and goal setting, with the ability to create an individual pathway plan for the future including information and support for study or work.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	South	FULL
Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. We will be available to meet with clients and support services.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly

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Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angas St. Adelaide	Women's Information Service 101 Grenfell St Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Subject to volunteer availability
Ombudsman Outreach at WIS	Talk to the Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state government department or local government agency.	Ombudsman SA at WIS. Drop-in 10am – 12 noon. Ph. 8303 0590 Call-back service available	Adelaide	May 30
The Haven Riverland - Volunteers Wanted	The Haven Riverland-Berri is on the lookout for motivated women to join our volunteer family in the Riverland region!	For more information contact: WIS Ph. 83030590 E: wis@sa.gov.au HCP Dani Ph. 0473 066 856	Berri	Ongoing
Women's Legal Service	A fortnightly FREE & confidential service. By appointment only, 10am-4pm	Elizabeth Rise Community Centre Ph. 8221 5553	Elizabeth	Fridays fortnightly
SOCIAL CONNECTION				
Craft and Chat	Come along and join other women to learn craft in a relaxed and friendly environment. All materials provided.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Wednesdays
Let's Chat Gardening Port Pirie Haven	For women who enjoy gardening Share ideas, make friends and guest speakers.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Fridays
Women and Words	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 or E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
Craft and Conversation – The Haven Mount Gambier	Join in with this creative production line to make inspiring gifts for women.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Second Thursday of the month
Creative Space	A safe space for women to make friends or chat. Materials, coffee and tea provided.	Centacare Ph. 8645 8233, Whyalla Haven Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesdays
Bee Creative	An artist led, creative workshop for women of all ages and skill levels. Creche, snacks, tea and coffee provided.	The Goolwa Haven For more information contact the Goolwa Children's Centre Ph. 8555 2509	Goolwa	Wednesdays
Women's Circle	A non-judgemental, safe space for women to share their feelings and daily struggles	Whyalla Haven Ph. 0407 251 696	Whyalla	Wednesday fortnightly
Game Time	Come for fun, laughs and a cuppa! Everything will be provided.	Whyalla Haven Ph. 0407 251 696	Whyalla	Thursday's
Multicultural Dinner	Welcome dinner to celebrate cultural diversity in the Adelaide Hills. Please provide your recipe to share, soft drinks provided, kitchen facilities available.	Mount Barker Community Centre Book here for multicultural Welcome Dinner Nicki Van Hoof Ph. 8391 2747 E: nicki@mtbcc.org.au	Mount Barker	May 3

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Women's Walking Group - Mount Barker	Come along for a casual walk and talk	Mount Barker Ph. 8391 2747	Mount Barker	Fridays
Ignite	Afternoon for Women. Financial Counsellor – Susie from Anglicare will be talking about all things financial.	The Hutt St. Centre Ph. 8418 2500	Adelaide	May 2
Women's Group	A safe space for women to connect, share and learn from each other	Lutheran Church Gloria Debba Ph. 0438 177 430 Carlye Bowden Ph. 0407 630 713 Jodie Molitor Ph. 0403 415 851	Ferryden Park	Wednesdays During term time
Women's Peer Group - Parents of neurodivergent children	A group for all women who are caring for a neurodivergent child or children and would like help to improve their own mental health.	Skylight Ph: 83784100 E: skylight@skylight.org.au	Mount Barker	2nd Thursday of the month
EDUCATION				
Report Writing	Do you have to prepare a report for a government service such as NDIS? Consult with an experienced Haven volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Life your best life & plan for your future	10-week course is a fun and inspiring way to help you learn how to get more out of life	Catherine House Women's Centre Ph. 0428 883 950	Adelaide	Enrol by Apr 23
Art Course	Learn new skills in various art mediums and processes in a supportive environment	Catherine House Women's Centre Ph. 0418 856 129	Adelaide	Enrol by Apr 24
Skill Up Program	10-day programme to provide students with an insight into government and private sectors. If you choose to do a traineeship you will spend 12 months learning about a department.	Tauondi Aboriginal College For enquiries contact Adele Russell on Ph. 8240 0300 or E: arussell4@tauondi.sa.aedu.au	Port Adelaide	Registration date Apr 26 Start date Apr 29
Family First Aid	Two free training sessions for parents and caregivers delivered by Head2Toe First Aid Training	Pennington Children's Centre Bookings essential. Contact Maggie on Ph. 0419 257 746 or E: maggie.mccabe2@sa.gov.au	Pennington	Apr 30
Money Matters	Information about planning with a reduced income whilst raising young children, budgeting and cash flow, new and expected expenses and teaching kids good financial literacy.	Aberfoyle Park Hub Library For more information contact the library Ph. 8384 0100	Aberfoyle Park	May 7
Women's Shed Workshop	Join in and learn new skills from Rose Squire.	Mount Barker Community Centre. Tickets available from: Womens Shed Workshop with Rose Squire Humanitix	Mount Barker	April 29
Basic Computer Skills for Study & Employment	Six-week course. Build your computer and digital skills	Marion Life. To register: https://bit.ly/4ac13nW	Mitchell Park	Starts April 30



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White Card Work Safely in the Construction Industry	Suitable for people who are carrying out construction work including site supervisors, surveyors, trades persons and labourers. **FEE FREE for Aboriginal community \$150 for Non Aboriginal & Torres Strait Islander	Aboriginal Access Centre Kelly Wilson Training Support Officer 7210 3859 kelly.wilson@tafesa.edu.au	Noarlunga	April 2024
English Language Skills for Study and Employment	Six-week course. Improve your English language skills, help you to build confidence in everyday life, and prepare you for work and study.	Pasadena Community Centre Register Via this link https://bit.ly/3lBrasO	Pasadena	Starts May 2
Women in Construction	FREE 5-week Woodworking program	Women's Centre Ph. 0418 856 1289 E: tammyc@catherinehouse.org.au	Adelaide	Starts May 6
HEALTH				
BreastScreenSA	BreastScreen SA is offering screening for women during April, May and June at Berri, Salisbury, and Millicent.	Please check the dates for your area and make a booking for your appointment online: www.breastscreen.sa.gov.au BreastScreen SA SA Health	Berri Millicent Salisbury	Mar 7-May 23 May 23-Jul 3 Apr 23-Jun 6
PARENTING				
Circle of Security	8-week program based on how parent-child relationships can be supported and strengthened.	Uniting Communities To register contact Leanne Ph. 0432 043 537 or E: NoarlungaFRC@unitingcommunities.org Limited creche available contact Adrianna Ph. 8382 2850	O'Sullivan Beach	Starts May 6
Who's in Charge?	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Centacare Trevor Ph. 0410 698 907 Centacare Ph. 8215 700	Enfield	Starts May 8
Circle of Security	Do you want to have more understanding about your child's behaviour? Over 8 weeks help your child to organise their feelings and to feel more secure.	Centacare Bookings essential. Centacare Ph. 8215 6300 or E: aldinga@centacare.org.au Limited creche available, bookings essential.	Hackham,	Starts May 9
Practical Parenting in Australia	2-day course. Raise awareness about Australian laws around parenting. Explore challenges across two cultures. Improve communication skills. Better coping with big emotions Learning your child's safety needs.	Lutheran Care Ph. 0490 255 163 E: kbrilleman@lutherancare.org.au	Blair Athol	May 13 & 14
Parenting Teenagers in Australia	A workshop for multicultural communities that helps parents and caregivers to build an understanding of your teenager and their healthy development.	Gloria Debba on Ph. 0438 177 430 E: gloria.debba@sa.gov.au	Woodville Gardens	May 9 May 23

