



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, September 9th**

All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook

<https://www.facebook.com/sawomen/>

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Date</u>
Family violence support group for women	Explore the effect of violence & abuse. Non-judgmental. Share strategies.	Uniting Communities, Ph. 8202 5190	Adelaide CBD	2 nd Thursday / month
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 haroulac@womenssafetyserVICES.com.au	Location supplied upon request	Thursdays
Women are Strong...Women do Survive.	8 week support group for women exploring the effects of abusive relationships	Ph. 8215 6310	Southern Suburbs Location supplied on registration (two locations)	Starts Aug 1 and Aug 2
The Shark Cage Group	9 weeks assertive and self-confidence building course for women who have experienced abusive or controlling relationship	Anglicare SA, Ph.8186 8900	Woodcroft Time and Location supplied on request for term 4	Term 4
eSafety Workshops presented by WESNET	FREE two-hour workshop—technology-facilitated abuse and its relationship to domestic and family violence – ph. WIS for more details	Women's Information Service, 8303 0590 to book: Judi.VanOnsem@sa.gov.au	Adelaide Murray Bridge	Oct 23 Oct 24
Keeping Families Safe: Picking up the pieces after domestic violence	2-hr workshop for separated parents who are concerned about the impact of domestic violence on their children	Centacare, ph. 8215 6700 registrations@centacare.org.au	Adelaide CBD	Sept 17
Zahra Foundation Financial Counsellor at WIS	Providing financial support and assistance to women who have experienced domestic violence.	Zahra Foundation, Ph. 8352 1889	CBD and other locations/days	Thursdays at WIS
Financial Literacy for Women 55+	Half day workshop for women 55+to build confidence on managing finance.	Ecstra (formerly Financial Literacy Australia) Ph.1300 368 448 or 02 9252 4244	Adelaide Mt Gambier	Oct 14, 15 and 16
Recovery Support Group for Eating Disorders	Monthly support group to discuss & share your feelings; 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
Women's Health Week September 2019	Information and speakers include Breast Screen SA & Cancer Council SA and WIS	Greenville Hub, ph. 8256 0377	Elizabeth	Sept 12
Adelaide Stepping Forward	Presented by Family Drug Support: educational, interactive session for those supporting alcohol &/or other drug users.	Adelaide South West Community Centre, Ph. 8203 7801	Adelaide	Sept 21
New Roads: Alcohol & other drug support	Drop-in service for those affected by addiction or their loved-ones; drop-in Mon- Fri 2:00-3:00pm	Uniting Communities Ph. 8202 5690	Christies Beach	ongoing

Be Kind Unwind	Personal wellbeing workshop.	Anglicare Ph. 8186 8900	Hindmarsh	Sept 12
Healthy Hearts, Healthy Homes	Everyday tips and tool to improve your relationship	Anglicare SA Ph. 8186 8900	Adelaide, Outer Southern Hub	Aug 22 Sept 2
Literacy and Numeracy Course for Aboriginal and Torres Strait Islander Adults	Improve reading, writing, spelling, grammar and maths skills	Pooraka Farm Community Centre Ph. 8406 8488	Pooraka	Wednesdays
Adult learning Support	Reading, writing, spelling, ESL, numeracy, work skills and computing	Christies Downs Community House Ph. 8384 6894	Christies Downs	Thursdays and Fridays
Resume Help Drop In Sessions	Drop in to receive help to create a great resume. We will review your formatting, highlight your key achievements and ensure it is presented professionally	Port Adelaide Enfield Libraries Ph. 8405 6580 or visit @CityofPAELibraries	Port Adelaide Enfield	One Sunday A month
Workskills Pathways Program	Increasing employability skills	Adult Learning Ph. 8384 6894	Christies Downs	Thursday Friday
Healthy Bellies, Happy Hearts	Free and interactive workshop you will learn how to make a delicious lunch box and talk about ways to make the mornings less stressful	Relationship Australia Caroline on 8258 0666	Salisbury North	Sept 13
Bringing Up Great Kids	Learn about your parenting style and how to understand the messages of your kid's behaviour. Six week program	Hackham Community Centre Ph. 8392 3080	Hackham	Starts Aug 12
Acorn Parent Infant Attachments Groups	For mothers who have diagnosed mental health difficulties: the group supports mothers with infants up to 30 months.	Anglicare Ph. 8131 3485	Gilles Plains, Mount Barker, Darlington, Salisbury, Munno Para, Norwood, Aldinga, Pennington	From Aug 19
Who's in Charge	Safe and supportive environment for parents struggling with complex adolescent behaviours. Please book	Junction Ph. 8392 3000 Reconnect, City of PAE & Junction CC, ph. Trevor 8405 6862 or Kay 8341 1334	Seaford Klemzig	Starts July 30 Starts Aug 2
Pregnancy 2 Parenting In the Inner South Darlington Children's Centre	Sessions on multiple issues in relation to pregnancy arranged by Metropolitan Youth Health	Darlington Children's Centre Ph. 82962686	Darlington	Sept 20
Post-Separation Parenting Course	A Workshop for separated parents wanting to understand and manage the changes in their family	Centacare, Adelaide. Ph. 8215 6700 registrations@centacare.org.au	Adelaide	Sept 4 and more
Tax Help 2019 At WIS	Free help to complete your tax online if you are low-income & have simple tax needs	Women's Information Service, Ph. 8303 0590 for enquiries or to make an appointment.	Adelaide	Until end of Oct

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