

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 30 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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<b>SERVICES</b>				
<b>Women are Strong Women do Survive</b>	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
<b>Women are Strong Women do Survive</b>	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
<b>The Shark Cage Group – (It is recommended to complete Women are Strong women do survive before attending The Shark Cage)</b>	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: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	Southern Suburbs	Starts Feb 9
<b>Zahra Foundation Pathways to Empowerment</b>	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 <a href="mailto:program@zahrafoundation.org.au">program@zahrafoundation.org.au</a>	North South East West	Feb 14 Feb 15 Feb 16 Feb 17
<b>Ombudsman SA Outreach at WIS</b>	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	Feb 23
<b>Free Financial Counselling</b>	Qualified, independent, and compassionate financial counsellors, can put you back in control of your money	Forbes Children Centre Ph. 8245 7177 Bookings Essential	South Plympton	Ongoing
<b>SOCIAL CONNECTION</b>				
<b>Yoga at Whyalla WIS Haven</b>	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
<b>Women's Walking Group at the Gawler WIS Haven</b>	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: <a href="mailto:hcp@gawlercommunityhouse.org.au">hcp@gawlercommunityhouse.org.au</a>	Gawler	Thursdays fortnightly
<b>The Glow Up at Gawler WIS Haven</b>	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: <a href="mailto:hcp@gawlercommunityhouse.org.au">hcp@gawlercommunityhouse.org.au</a>	Gawler	Fridays
<b>HEALTH</b>				
<b>Breastscreen SA</b>	All women aged over 40, especially 50 to 74 years are invited to come along	Ph. 13 20 50 to make your appointment or to find out more.	Gawler	Feb - Apr
<b>Breastscreen SA</b>	All women aged over 40, especially 50 to 74 years are invited to come along	Ph. 13 20 50 to make your appointment or to find out more.	Streaky Bay	Feb - Mar
<b>Breastscreen SA</b>	All women aged over 40, especially 50 to 74 years are invited to come along	Ph. 13 20 50 to make your appointment or to find out more.	Berri	Jan – Mar
<b>Family Drug Support Groups</b>	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 <a href="https://www.fds.org.au/">https://www.fds.org.au/</a>	Various Metro and Regional	Various

EDUCATION				
<b>Aboriginal Pathway Program at UniSA</b>	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 <a href="http://unisa.edu.au/app">unisa.edu.au/app</a>  For further information email: <a href="mailto:app@unisa.edu.au">app@unisa.edu.au</a>	Adelaide Ceduna Mount Gambier Port Lincoln Whyalla	Apply now to start in February 2023
<b>Digital literacy skills for work and study</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 10
<b>Introduction to Microsoft Office</b>	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 <a href="mailto:communitylearning@communitycentre.ssa.asn.au">communitylearning@communitycentre.ssa.asn.au</a>	Aldgate	Starts Feb 10
<b>Living and working with Children</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 6
<b>Pathway to Children's Services Industry</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 10
<b>English Communication Skills</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 6
<b>English and Numeracy Skills</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 10
<b>Commercial Kitchen Practices</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 6
<b>Nutrition and Cooking basics</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Para Hills	Starts Feb 7
<b>Learning in the Kitchen</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 8
<b>Pathway to the horticultural industry</b>	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 <a href="mailto:ace@morella.org.au">ace@morella.org.au</a>	Parafield Gardens	Starts Feb 8
<b>Introduction to horticulture</b>	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 <a href="mailto:communitylearning@communitycentre.ssa.asn.au">communitylearning@communitycentre.ssa.asn.au</a>	Aldgate	Starts Feb 9
<b>Come and Learn English</b>	Get better at English: speaking & listening, reading and writing skills	Hackman West Community Centre Ph. (08) 8384 1065	Hackham West	Starts Feb 8

<b>Introduction to the digital workplace</b>	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 <a href="mailto:acecoord@hwcc.net.au">acecoord@hwcc.net.au</a>	Hackham West	Starts Feb 10
<b>Cybercrime Awareness Seminar</b>	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 <a href="https://www.eventbrite.com.au/e/safer-internet-day-2023-cybercrime-awareness-seminar-tickets-512536469377">https://www.eventbrite.com.au/e/safer-internet-day-2023-cybercrime-awareness-seminar-tickets-512536469377</a>	Goolwa	Feb 7
<b>Women's Education &amp; Work</b>	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: <a href="mailto:acecoord@hwcc.net.au">acecoord@hwcc.net.au</a>	Hackham West	Starts Feb 8
<b>Built by Community - Opportunities in Construction for First Nations Australians</b>	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
<b>Financial Capability Workshop</b>	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
<b>Introduction to Small Business</b>	Practical, step-by-step course will guide you on how to launch and grow your small business – 4 sessions	Community Learning Ph. 8371 4622 E: <a href="mailto:communitylearning@communitycentressa.asn.au">communitylearning@communitycentressa.asn.au</a>	Norton Summit  Oakbank	Starts Feb 7  Starts Mar 1
<b>Kickstart your employment</b>	Develop the tools and skills you need to seek and secure employment. 7 Session	Book at: <a href="https://events.humanitix.com/ccs-23t139-kickstart-your-employment-or-seaton">https://events.humanitix.com/ccs-23t139-kickstart-your-employment-or-seaton</a>	Seaton	Starts Feb 6
<b>Introduction to Hospitality</b>	Explore a pathway into kitchen work, cooking for aged care or disability or looking to kickstart your food service career. Experienced hospitality facilitator, learn a range of theory and practical skills to start you on your pathway to further study or employment.	Community Learning Ph. 8339 4400 Bookings: <a href="https://events.humanitix.com/hut-23t138-intro-to-hospitality-kitchen-skills-or-aldgate">https://events.humanitix.com/hut-23t138-intro-to-hospitality-kitchen-skills-or-aldgate</a>	Aldgate	Starts Feb 27
<b>PARENTING</b>				
<b>Circle of Security Parenting</b>	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
<b>Keeping Families Safe</b>	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
<b>Mindful Awareness Parenting</b>	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
<b>Who's In Charge?</b>	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
<b>When Kids Push Your Buttons</b>	Free workshop to assist parents and carers to identify triggers and understand what is behind your child's behaviour.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a> Bookings essential	Adelaide	Feb 21

<b>Staying Attached Ante Natal Group</b>	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
<b>Circle of Security</b>	Circle of Security-Parenting focuses on attachment, which is what makes a child feel safe, secure and protected.	AFSS Ph. 8683 1909 E: <a href="mailto:Melissa.Mcnab@afss.com.au">Melissa.Mcnab@afss.com.au</a>	Port Lincoln	Starts Feb 16
<b>Circle of Security</b>	Circle of Security-Parenting focuses on attachment, which is what makes a child feel safe, secure and protected	AFSS Ph. 0499887248 – Fiona Ph. 86435500 - Renae	Port Augusta	Starts Feb 7
<b>Healthy Homes, Resilient Families:</b>	Do you need a hand making healthy food choices or managing your weekly food budget?	AFSS Fiona Stanley Ph. 8641 0907 or 0499 887 248.	Port Augusta	Starts Feb 6th
<b>Healthy Homes, Resilient Families:</b>	Do you need a hand making healthy food choices or managing your weekly food budget?	AFSS Fiona Stanley Ph. 8641 0907 or 0499 887 248.	Coober Pedy	Starts Feb 9
<b>Free LGBTIQ+ parenting workshop</b>	3 hour workshop for parents and carers of LGBTIQ+ children and young people	Register: <a href="https://docs.google.com/forms/d/e/1FAIpQLSd2SBOGvN7h53Y_UZn0SIU6wkdmIOA2Awk652ULc7-4Qu3-YA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSd2SBOGvN7h53Y_UZn0SIU6wkdmIOA2Awk652ULc7-4Qu3-YA/viewform</a>	CBD	Feb 19 Feb 20
<b>Circle of Security</b>	Circle of Security-Parenting focuses on attachment, which is what makes a child feel safe, secure and protected	Forbes Children's Centre Ph. 0487 062 669 E: <a href="mailto:noarlungaFRC@unitingcommunities.org">noarlungaFRC@unitingcommunities.org</a>	South Plympton	Starts Feb 13
<b>Circle of Security</b>	8-week course, how secure parent-child relationships can be supported and strengthened.	Mission Australia Ph. 8645 9600 Gabmididi Manoo Ph. 8645 5240	Whyalla	Starts Feb 10
<b>Kidstuff</b>	Are you pregnant or a parent under 25 years? Meet other young parents. Gain information for your health and wellbeing Come and have fun while discovering creative ways of caring for yourself and your child.	Metropolitan Youth Health Anglicare SA Playford Communities for Children Rochelle Ph. 8255 3477 Melanie Ph. 0468 576 22	Elizabeth East	Starts Mar 7



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