

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 15 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

Program	Description	Provider	Location	Date
SERVICES				
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Centacare For more information or to register Ph. 8215 6310 or E: aldinga@centacare.org.au	Southern Address provided on registration	Starts Feb 6
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Hands of Hope Ph. Tammy on 0403 772 859	To be advised	To be advised
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 To register please contact Carla Favretto on Ph. 8186 8919 or E: fif@anglicaresa.com.au	Southern Addresses. Locations provided on registration	Starts Feb 7 Starts Feb 8
Family and Domestic Violence Peer Support Group	Open group for people who have survived family and domestic violence to come together, share their experiences of what it has been like to build a different life for themselves. Creche available.	Junction Australia Ph. 8392 3080 Tammy E: telvin@junctionaustralia.org.au	Southern Address provided on registration	Mondays during school terms
Out of the Shadows	A group for female survivors of family and domestic violence. Dates provided on registration	Relationships Australia Ph. 8223 4566 E: rasacentral@rasa.org.au	Address provided on registration	Fridays during 2023.
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	North	Feb 6
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	South	Full Taking expressions of interest for term 2
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	Central	Feb 8
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	West	Feb 9
Women's Domestic Violence Court Assistance Service	Specialist legal service for women affected by domestic & family violence. Includes assistance with intervention orders and ending tenancy agreements.	Legal Services Commission Ph. 1800 246 642	Multiple locations	Ongoing

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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
Women's Legal Services SA	Provides state-wide access to free legal services and supports for vulnerable women across SA in a wide range of legal areas.	Women's Legal Service SA Ph. 8231 8929 Free Call. 1800 816 349	State-wide	Ongoing
Women's Legal Services SA – InDIGO Program	Providing an integrated legal and support response to women fleeing domestic/ family violence who live or work in the southern metropolitan, Victor Harbour and Kangaroo Island regions.	Women's Legal Service SA & InDIGO Ph. 8384 2427	Southern metropolitan, Victor Harbour Kangaroo Island	Ongoing
Women's Legal Services SA –Temporary visa holders	Specialist and holistic legal services for women on temporary visas who are fleeing domestic/ family violence.	Women's Legal Service SA Ph. 8231 8929 Free Call. 1800 816 349	State-wide	Ongoing
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
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
Happy to Chat Women's Group	Join us for a free cuppa and a chance to share local knowledge on how to better connect with the community. Child friendly environment, no bookings required.	City of Port Adelaide Enfield For more information contact Jan Ph. 8405 6010 or E: jan.angelo@cityofpae.sa.gov.au	Osborne Northgate	Wednesdays fortnightly Thursdays
Women's Carer's Support Group	Support for those caring for someone experiencing mental ill health or is your carer role impacting your well-being?	Mount Barker Community Centre Contact Kelly – Ph. 0439 823 673 E: kelly@mtbcc.org.au	Mount Barker	First & second Thursday of the month
Yoga at the Haven	Join us for women only yoga sessions followed by coffee and chat. Yoga mats provided.	Whyalla Haven and Centacare For more information contact Centacare Ph. 8645 8233 or E: whyallahaven@cccsa.org.au	Whyalla	Thursdays
Staying Safe for Women	Personal safety workshops for women. Each month will focus on a new area of personal safety to help build your confidence, strengthen your self-esteem and learn confident communication.	The Women's Centre Please contact Tam to register your place Ph. 0418 856 129 tammyc@catherinehouse.org.au	Adelaide	Starts Jan 22 then Monday Fortnightly

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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	Starts Jan 9
Pay our Respects	Stand with us in solidarity as we shine a spotlight and call for the end of domestic, family and sexual violence	Pay our Respects For more information contact Gillian Lewis Ph. 0408 840 998, Stacey Nelan Ph. 0431 696 710 Email: payourrespects@gmail.com	Adelaide	Jan 20
Opening the door to nature	Providing the opportunity for people living with a disability, their families and carers to participate in nature-based recreation.	For more information contact Lisa Pearson Ph. 8558 0200, 0419 704 912 or E: lisapearson@yankalilla.sa.gov.au	Various	Ongoing
EDUCATION				
Wyndham Richardson Scholarship Fund	Apply now for a Wyndham Richardson Scholarship, closing dates 31 January and 31 May.	Apply for Wyndham Richardson Scholarship Fund here	Online	Ongoing
Understanding and Responding to Strangulation	Do you respond to people who have experienced domestic, family and sexualised violence? New sessions are now open for teams in any role and sector.	Insight Exchange Please go to www.insightexchange.net/strangulation to register and for more information	Online	Ongoing
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
South Australian First Nations Voice to Parliament Election	Join us for a yarn to find out everything you need to know about the SA First Nations Voice Election.	https://www.savoiceelection.sa.gov.au/ or Ph. 1300 655 232	Murray Bridge Gawler Mount Barker Nuriootpa Solomon Town Beach	Jan 16 Jan 16 Jan 19 Feb 2 Feb 7
Careers 101	Looking for work? This program can help with resume, cover letter, career options and interview tips. For people aged 14 and over.	Workforce Australia Gawler Youth Register at Humanitix https://tinyurl.com/4vuysu9r	Gawler	Jan 15 - 17
Music Course	10-week course to learn about music, song writing and rhythms, voice and melody in a supportive environment.	Catherine House Ph.0418 856 129 TammyC@catherinehouse.org.au	Adelaide	Starts Jan 19
Try a Trade workshop	Try a variety of trades including carpentry, electrical, welding and others. Connect with pro's, discover careers and get resume and interview tips. Ages 15-25	Ph. 8405 6670 thelights@cityofpae.sa.gov.au Registration at https://www.thelights.com.au/	East Parkway	Jan 19
Women's Education	Courses aim to develop women's educational, vocational and personal skills. Information sessions will be held at Adelaide City, Elizabeth and Noarlunga Campuses	Go to https://www.tafesa.edu.au/course/s/education-languages/womens-education for more information and to register for the information session	Adelaide City Elizabeth Noarlunga	Jan 30
Art Course	Learn new skills in various art mediums and processes in a supportive environment over 10 weeks. Non accredited course.	To register your interest contact Tam on Ph. 0418 856 129 or E: TammyC@catherinehouse.org.au	Adelaide	Starts Jan 31

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PARENTING				
Circle of Security Parenting	6-week course on parenting your children to enjoy more fulfilling relationships and organise their feelings.	Centacare To register and for more information Ph. 8215 6700	Elizabeth	Starts Jan 23
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Circle of Security Parenting	6-week course on parenting your children to enjoy more fulfilling relationships and organise their feelings.	Uniting Communities To register and for more information contact Leanne Ph. 0432 043 537 or email: NoarlungaFRC@unitingcommunities.org	Aldinga Beach	Starts Feb 7
Circle of Security Parenting	8-week course on parenting your children to enjoy more fulfilling relationships and organise their feelings.	KWY Aboriginal Organisation For more information Ph. 8377 7822 or go to www.kwy.org.au	Elizabeth South Queenstown	Starts Feb 13 Starts Feb 15
Who's in Charge	A 7-week program for parents or carers of young people (8-18years) who are beyond control, violent or defiant.	Centacare For enquiries and referrals contact Trevor on 0410 698 907 or Centacare on 8215 6700.	Lightsview	Starts Jan 31
Bringing up Great Kids	A 6-week course for parents and carers to learn more about parenting styles and strategies and understanding your children's behaviour.	Relationships Australia South Australia For more information Ph. 8250 6600	Salisbury	Starts Feb 5
Bringing up Great Kids	A 6-week course for parents and carers to learn more about parenting styles and strategies and understanding your children's behaviour	Uniting Communities To register and for more information contact Leanne Ph. 0432 043 537 or email: NoarlungaFRC@unitingcommunities.org	Seacombe Gardens	Starts Feb 12
Bringing up Great Kids	A 6-week course for parents and carers to learn more about parenting styles and strategies and understanding your children's behaviour.	Learning Together Communities To register and for more information contact Elise Ph. 0417 218 655	Christie Downs	Starts Feb 15



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