



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 28 October**

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.	To register, please call Yellow Gate Bookings essential. Ph.1300 564 164 E: admin@theyellowgate.org.au	To be advised	To be advised
Shark Cage for Women	7-week course for women who have had relationships that are controlling, violent or abusive and how to empower yourselves.	Baptist Care For more information contact Tani Ph. 0402 981 708 or E: thawkins@christiesbaptist.org.au	To be advised	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	Starts Oct 31
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 Ph. 8223 4566 E: rasacentral@rasa.org.au	Address provided on registration	Fridays during term time
Tax Help at WIS	Help with simple Tax Returns from an ATO volunteer. Eligibility requirements apply.	For more information and to book an appointment Ph. 8303 0590	Adelaide	Thursdays
Ombudsman SA 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	Ombudsman SA at WIS. Drop-in 10am – 12 noon. Ph. 8303 0590 Call-back service available.	Adelaide	Oct 31
Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angus St Adelaide.	Women's Information Service Ph. 8303 0590	Adelaide	Ongoing-subject to volunteer availability
Volunteers wanted	Are you ready to make a difference? The Haven Goolwa is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Goolwa Ph. 0499 407 237	Goolwa	Training starts Nov 4
Volunteers wanted	Are you ready to make a difference? The Haven Murray Bridge is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Murray Bridge Ph. 0402 889 542	Murray Bridge	Training starts Nov 4
Volunteers wanted	Are you ready to make a difference? The Haven Port Pirie is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Port Pirie Ph. 0403 127 007	Port Pirie	Training starts Nov 4
Volunteers wanted	Are you ready to make a difference? The Haven Mount Gambier is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Mount Gambier Ph. 0472 759 829	Mount Gambier	Training starts Nov 4



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Volunteers wanted	Are you ready to make a difference? The Haven Riverland is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Riverland Ph. 0409 461 727	Riverland	Training starts Nov 4
Volunteers wanted	Are you ready to make a difference? The Haven Whyalla is on the lookout for motivated women to join our volunteer family.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au The Haven Whyalla Ph. 0477 219 410	Whyalla	Training starts Nov 4
Volunteers wanted	A flexible role to get involved in your local Children's Centre. Involves working with women and assisting groups and programs.	Women's Information Service Ph. 0437 036 053 or apply at https://officeforwomen.sa.gov.au/wis	Aldinga, Parafield Gardens, O'Sullivan Beach	Training Nov 18-20 in Adelaide
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
Women and Words	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
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	1st Thursday of the month
Women's Walking Group	The Haven Mount Gambier will be meeting every third Thursday of the month at the Railway Station Platform.	City of Mount Gambier and Centacare For more information Ph. 0439 169 925	Mount Gambier	3 RD Thursday of the month
Game Day	Join us to connect with other women and have fun with board games, cards, and trivia.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Every Monday from Oct
Report Writing and JP service	Help to prepare reports for government services such as NDIS? Need a JP? Visit the Haven and consult with an experienced volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Grow & Glow	Weekly group to help build confidence and connections.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Fridays
Multicultural Women's Group	A casual, friendly group for multicultural women to meet, connect and chat in a safe space.	O'Sullivan Beach Children's Centre For more details Ph. 8382 2850	O'Sullivan Beach	Fridays during school term
Cuppa and Connection	Join The Haven Whyalla for a chat over craft, cards or games in a safe space.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesdays
Coffee and Chat	Discussion on key financial topics including spending, planning and achieving financial goals.	The Haven Mount Gambier and Lifeline For more information and to book Ph. 8721 2540`	Mount Gambier	Oct 30
Highlighting Women	Join us for a free cuppa and casual conversation with amazing women working in our community.	The Haven Whyalla To register Ph. 0477 219 410 E: whyallahaven@cccsa.org.au	Whyalla	Oct 30
Young Women Lead	Lead, Empower and Develop. Workshops for women aged between 15 – 25 years	The Haven Port Pirie Ph. 0403 127 077	Port Pirie	Tuesdays
Women's Community Street Soccer	Free and suitable to all skill levels, with a focus on positive health and social aspects	The Big Issue Ph. 8359 3450 M: 0417 861 448	Wayville	Tuesdays



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		E: erees@bigissue.org.au		
Reclaim the Night Campaign	Peaceful march around Edwards Square	The Haven Murray Bridge Drug Action Team Find more information for Reclaim the Night here https://www.facebook.com/events/181353082976633/	Murray Bridge	Nov 1
Empowering Women Coercive Control	Understanding the impact and effects of coercive control	The Have Gawler Lutheran Care Bookings Ph: 0466 801 553 E: hcp@gawlercommunityhouse.org.au	Gawler	Nov 25
Healthy Relationships - 16 Days of Activism	Free workshop. Healthy vs Unhealthy Relationships	The Haven Mount Gambier Centacare Bookings: Ph. 8721 2540	Mount Gambier	Dec 3
EDUCATION				
My Money Basics	Everyday money management workshops to learn how to reduce money stress, live within your income and plan for the future.	Good Shepherd and Goolwa Children's Centre To register Ph. 8555 2509	Goolwa	Dec 1 Dec 8
My Money Basics	Everyday money management workshops to learn how to reduce money stress, live within your income and plan for the future.	Good Shepherd, Gawler Children's Centre Bookings: Kim Ph. 0408 192 143	Gawler	Nov 11 Nov 25 Dec 2
Alcohol and Other Drug education for parents and community	Learn how to have a positive influence and talk about alcohol and other drugs and learn strategies to support your young person.	City of Onkaparinga For bookings Ph. 8384 0044 or go to Book here via Eventbrite for Alcohol and other drugs education	Seaford	Oct 31
Disability Expo	Meet NDIS service providers of allied health, employment, volunteering, accommodation, sports and more. We also have a sensory calm space and recommend you wear your headphones, in case the noise of people talking is overwhelming.	City of Tea Tree Gully For more information contact Ph. 8397 7444 or E: customerservice@cttg.sa.gov.au	Modbury	Nov 9
Free Legal Advice with Southern Community Justice Centre	Southern Community Justice Centre is offering free legal advice appointments.	Yankalilla Library Enquiries and Bookings: Ph. 1300 85 650	Yankalilla	Nov 1 Nov 15 Nov 29
Legal Outreach – Women's Legal Service	Free legal advice appointments are available in-person with a solicitor from the Women's Legal Service.	The Yellow Gate Bookings: Ph. 1300 564 164	Provided on registration	Last Thursday of the month
HEALTH				
BreastScreen SA	BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40	BreastScreen SA For more information contact 13 20 50 or go to www.breastscreen.sa.gov.au	Victor Harbor Osborne Kingscote Port Lincoln Tea Tree Gully	Jul 23- Nov 20 Nov 7- Nov 28 Nov 22-Dec 12 Oct 21-Mar 5 Sep 30-Nov 6
PARENTING				
Growing and Learning in the Family	This 2-part workshop is held over two consecutive weeks and will cover topics such as how children learn, stages of play and developmental milestones.	Parenting SA For more information and to register contact Kerry on Ph. 0457 671 385 / 8557 6208 or E: Kerry.moore@sa.gov.au	Aldinga Beach	Part 2 – Oct 29



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My Child and Me	This workshop will be held over two weeks. Topics will include brain and child development, understanding behaviour and parenting styles.	Burnside Community Development Contact Marissa Payne Ph. 8366 4200 E: communitydevelopment@burnside.sa.gov.au . Register for My and Child and Me Via eventbrite here	Burnside	Part 2- Oct 30
Little Steps	The Little Steps program runs for 10 weeks and supports Aboriginal women who have past or current experiences of family and domestic violence and/or other barriers to strong parenting	Kornar Winmil Yunti Aboriginal Corporation For referrals Ph. 8377 7822 or go to www.kwy.org.au for the referral form	Semaphore Park	Starts Oct 31
Childhood Changes and Parenting Styles	Join Mark Le Messurier for this 5-part parent workshop focusing on strengthening success and trusting relationships between parents, students, and teachers.	City of Tea Tree Gully and Keithcot Farm Children's Centre Doors open 6.30pm for 7.00pm start. Reserve a spot here via Eventbrite	Wynn Vale	Nov 6
Talking Neurodivergence	Neuro-affirming seminars for parents, care givers and community.	City of Onkaparinga Register here via Humantix	Christie Downs	Nov 5
My Child and Me	Helps parents and caregivers build an understanding of their child.	Families Growing Together Ph. 0407 477 652 E: louise.shepherd@sa.gov.au	O'Sullivan Beach	Part 1-Nov 4 Part 2-Nov 11
Multicultural Women and Children's Group	A group for Mothers and Grandmothers to connect with other women while your child plays. All Nationalities welcome. Bookings essential.	Forbes Children's Centre Ph. 8293 9000	South Plympton	Wednesdays

