



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, 14th September.**

All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook <https://www.facebook.com/sawomen/>

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
Women are Strong...Women do Survive.	8-week support group for women exploring the effects of abusive relationships	Presented by multi-agencies as part of Onkaparinga Collaborative Approach Ph. 8215 6310	Christies Beach area	Starts Jul 28
The Shark Cage Group	9-week assertive and self-confidence building course for women who have experienced abusive or controlling relationship.	Anglicare SA Ph. 8186 8900	O'Sullivan's Beach	To be advised
Zahra Foundation Financial Counsellor	Providing financial support and assistance to women who have experienced domestic violence. Face-to-face or phone appointments available. Please book	Zahra Foundation Ph. 8352 1889	Location supplied upon request	By appointment
Zahra Foundation – Pathways to Empowerment	A 9 week group course for women who have experienced domestic violence with practical advice on achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au , registration essential	Central location, advised on registration	Tuesdays, starts early October
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
INDIGO Marion Outreach	Legal Services for women experiencing or have experienced DV	Darlington Children's Centre Ph. 8384 2427	Seacombe Gardens	Sept 25
SA.GOV.AU:COVID-19 Call centres and information lines	For information, including call centres for relief assistance and mental health support, go to https://www.covid-19.sa.gov.au/health-advice/call-centres-and-information-lines	SA COVID-19 Information Line Ph. 1800 253 787 Mon-Fri, 9am to 5 pm	State-wide	Ongoing
Women's Yarning Circle	Fortnightly women's group for Aboriginal and Torres Strait Islander families	Neporendi Ph. 8322 1120 or 0466 945 073	Reynella	Wednesdays fortnightly Sep 23
TafeSA courses for women	Applications are now open for the following courses in Women's Education: Cert.II Vocational preparation for Women; Cert.III & Cert. IV Women's Advocacy	TafeSA Ph. Tamara, 7210 3576 womenseducation@tafesa.edu.au www.tafesa.edu.au/courses/education-languages/womens-education	Adelaide CBD Elizabeth Noarlunga/external	Applications now open
Saver Plus Info sessions	Saver Plus is a free financial education and matched savings program that matches your savings \$ for \$, up to \$500 towards education related expenses. Check criteria*.	The Smith Family/Saver Plus Ph. *Claire 0438 648 670 Claire.Rowe@thesmithfamily.com.au	Online/Zoom	Thursdays
Big Dish Up	Learn budget cooking in bulk.	Marion Life Ph. 8277 0304 Registration essential	Mitchell Park	Starts Sep 15
Tax Help for women at WIS	Free Tax Help: community volunteers are trained and accredited by the ATO and provide a free and confidential service to help people who have simple tax affairs and are on low incomes	Women's Information Service Ph. 8303 0590	Adelaide	Until the end of October

	(\$60,000 or less), complete their tax returns using myTax.			
Watto Purrinna Eye Clinic	Optometrist appointments	Maringga Turtpandi Ph. 7425 8900 Muna Paiendi Ph. 8182 9206	Hillcrest Elizabeth Vale	12 Oct 2 Nov
Onkaparinga Dementia Friendly Alliance	Social and support group at Café for carers and friends	Elizabeth House Christies Downs Ph. 0403 813294 or 0421 183341	Christies Downs	Second and Fourth Tuesdays
Sexuality & Disability Workshops	4-sessions each for adults with intellectual disability and for parents. For more information please phone or go to www.sacid.org.au/Workshops	SA Council on Intellectual Disability Ph. 8352 4416 Ralph@sacid.org.au	Woodville Mitcham	Starts Sep 3 Starts Sep 17
Infant Massage	An attachment program for caregivers with babies under 10 months	Relationships Australia SA, Community projects team Ph. 8250 6600	Salisbury	Starts Oct 13
MYSA Mum's & Bubs	Weekly multicultural playgroup for mum's with children under y.o. to promote social interaction, play and learning.	Multicultural Youth SA Ph. Kate, 8212 0085 kate@mysa.com.au	Prospect	Fridays
Coffee & Chat	Group session to chat informally with the Occupational Therapist & support worker. Children welcome & supported	Hackham West Children's Centre Ph. 8382 6161 or Huong, 0428 265 801	Hackham west	Mondays
Kid's Stuff – Talking Realities	Come and have fun while discovering creative ways of caring for your child and yourself. Suitable for parents/parents-to-be under 23 yrs. Free lunch & creche, please book.	Metropolitan Youth Health/UnitingSA Ph. 8243 5637 or 0422 002 561	Angle Park	Fridays
Child and Family Health Service	For families with children birth to 5 years offering information and support about feeding, settling and behaviour; up to date health information. Please book.	Taikurrendi Children and Family Centre Ph. 1300 733 606	Christies Beach	Tuesdays
Inside Their heads	Free workshop for parents & carers: learn about what's happening for today's teens, setting boundaries, communication. For families experiencing separation.	Centacare Ph. 8215 6700 Or registrations@centacare.org.au	Adelaide CBD	Sep 29
Developing Resilience	For families experiencing separation: develop positive ways to help yourself and your child deal with hardship and to develop self-awareness. Please book	Centacare Ph. 8215 6700 Or registrations@centacare.org.au	Adelaide CBD	Sep 15
What to do when kids push your buttons	For families experiencing separation: FREE workshop to assist Parents and Carers. Bookings essential.	Centacare Ph. 8215 6700 Or registrations@centacare.org.au	Adelaide CBD	Sep 15
Post-Separation Parenting Course	A workshop for separated parents: understand and manage the changes in your family. Various dates – please book	Centacare Ph. 8215 6700 registrations@centacare.org.au	Adelaide CBD	Sep 16 Oct 1
Grandparents for Grandchildren	Information and support group for carers/kinship carers raising children.	Taikurrendi Children and Family Centre. Ph. 8212 1937 or colleen@gfgsa.com.au	Christies Beach	Sept17 Oct 15
Girl Power: Boxing & Self Defence	Free, supervised program designed for women 14-18	Lefevre Community Sports Stadium, ph. Simon 0431 299 112 To register: trainer@pushingperformance.com.au	Osborne	Tuesdays

