

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 18 September**

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 Ph. (08) 8215 6310. Location provided on registration.	To be advised	To be advised
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Anglicare SA 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 It is recommended to complete Women are Strong women do survive before attending Shark Cage for Women)	Ursula Ph.0439 981 045 Sandra Ph. 0447 525 288 E: NoarlungaFRC@unitingcommunities.org Crèche available: Jo Ph. 0429 269 320.	To be advised	To be advised
Family and Domestic Violence Peer Support Group	An open group for people who have survived family and domestic violence to come together to 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 Area 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 Relationships	Uses creative activities focussing on reconnection with self and community, values and rights.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	North	Starts Oct 17
Zahra Foundation Pathways to Empowerment - Healthy Communication	Explores boundaries, communication strategies and respectful relationships.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	South	Starts Oct 18
Zahra Foundation Pathways to Empowerment - Healthy Futures	Builds on skills and goal setting, with the ability to create an individual pathway plan including information and support for study or work.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	Central	Starts Oct 19
Zahra Foundation Pathways to Empowerment – Healthy Decisions	Explores social norms, decision making and advocating for self and others	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	Western	Full - Taking expressions of interest for Term 1 2024
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
Women's Legal Services SA	Provides statewide 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	Statewide	Ongoing

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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 and 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	Statewide	Ongoing
Family and Domestic Violence No Interest Loans (NILS) Support at WIS	WIS is now supporting access to No Interest Loans for women affected by family and domestic violence. Contact us if you need support or information.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Ongoing
Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angas St. Adelaide	Women's Information Service Ph. 8303 0590	Adelaide	Subject to volunteer availability
Tax Help at WIS	A Tax Help volunteer will be at City WIS to help people on low incomes complete simple tax returns online. Thursdays 9am to 12:45pm. Call to check eligibility and to book a session.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Thursdays
Ombudsman SA	Do you believe you have been treated unfairly or unreasonably by a state government department or local government agency? An Ombudsman SA representative will visit the Women's Information Service on the last Thursday of the month.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Sept 28
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 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
Young Women LEAD	Facilitated group sessions helping young women (15-25) to build resilience, grow confidence, nurture wellbeing and develop life skills in a relaxed and supportive environment	Centacare SA For more information and to register Ph.Cass on 0458 050 272 E: cward@cccsa.org.au	Whyalla	To Be Advised
It's Your Time	Women's Time Out Workshop - Mindfulness & Relaxation Exercises/Self-care Strategies/Exchanging information/Advice & Support. For mums of all ages. Limited child minding available – please book.	Gawler & District College Call or text Kim Ph. 0408 192 143	Evanston	Sept 22
Yoga at Whyalla Haven	Join us for free yoga sessions, yoga mats provided.	Whyalla Haven Ph. 8645 8233 for more information	Whyalla	Thursdays

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Let's Fidget Together	Join us to finish blankets, muffs and scarves to help people with dementia pass their time. The items will be donated to Dementia Australia on Sep 27 and distributed to dementia patients	Mount Gambier Haven For more information, please Ph. 0439 169 925	Mount Gambier	Sept 19
Staying Safe for Women	Fortnightly Personal Safety Workshops for Women on Monday's.	The Women's Centre Catherine House To register: Tam - 0418 856 129 E: tammyc@catherinehouse.org.au	Adelaide	Monday fortnightly
Financial Wisdom	Monthly workshop to discuss finances, complete online workshops and discuss important financial topics. Last Friday of each month.	Goolwa Haven Ph 0499 407 237 E: goolwahaven@alexandrinasa.gov.au	Goolwa	Next workshop Sept 29
Goals, skills and resumes	Come and chat to an Employment Consultant. You can talk about your resume, cover letter and get help to identify your skills and goals	Goolwa Haven Ph 0499 407 237 or email E: goolwahaven@alexandrinasa.gov.au	Goolwa	Oct 18
HEALTH				
Breastscreen SA	Women aged over 40, especially 50 to 74 years are invited to come along	Breastscreen SA Ph. 13 20 50 to make your appointment or to find out more	Port Pirie	Mid Aug-Early Nov
EDUCATION				
Live your Best Life	10-week course. Develop skills and knowledge in learning and communication, exploring strengths and creating a study or employment pathway.	Catherine House Women's Centre For course information contact Sharon on 0428 856 129 E. SharonS@catherinehouse.org.au	Adelaide	Information session Oct 3 Course starts Oct 10
Art Course	10-week course to learn new skills in various art mediums in a supportive environment. Build confidence through your art and strengthen your communication skills by learning to talk to people about your art.	Catherine House Women's Centre To register your interest contact Tam – 0418 856 129 E. TammyC@catherinehouse.org.au	Adelaide	Starts Oct 11
Music Course	10-week community education course where you can learn to write your own songs, learn about inspirational women in music and have fun with rhythms and melodies in a supportive environment.	To register your interest contact Tam on 0418 856 129 E. TammyC@catherinehouse.org.au Enrolment cut off date is Oct 20	Adelaide	Starts Oct 13
Inclusive Work Program	9-week program to help get ready for work and a career including connecting with workplaces and supportive employers to learn about safe workplaces	For questions please email tam@gogoevents.com.au . To complete a registration of interest at https://bit.ly/iwpexpression	Adelaide	Starts Oct 17
Wyndham Richardson Scholarship Fund	Apply now for a Wyndham Richardson Scholarship, applications are received twice a year, with closing dates 31 January and 31 May.	Apply for Wyndham Richardson Scholarship Fund here	Online	Ongoing
Intro to retail	This 9-week course will focus on improving your foundation skills for work. Explore ways to seek work opportunities to apply for work or upskill through the various study opportunities available.	To book Ph 8406 8482 E. ace@morella.org.au	Parafield Gardens	Starts Oct 17
Learning in the Kitchen	A 9-week course with hands-on activities in the kitchen to learn about cooking a variety of savoury and sweet recipes, reading labels, kitchen terminology and safe food handling	To book Ph 8406 8482 E. ace@morella.org.au	Parafield Gardens	Starts Oct 18

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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. 499 407 237 or goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Volunteer at Goolwa	The Women's Information Service at Goolwa aims to increase access to information that promotes choice, empowerment and community connection.	The Haven Goolwa For more information please phone 8303 0590. To register please go to www.wis.sa.gov.au	Goolwa	Ongoing
Volunteer at Whyalla	The Women's Information Service at Whyalla aims to increase access to information that promotes choice, empowerment and community connection.	The Haven Whyalla For more information please phone 8303 0590. To register please go to www.wis.sa.gov.au	Whyalla	Ongoing
Volunteer at Murray Bridge	The Women's Information Service at Whyalla aims to increase access to information that promotes choice, empowerment and community connection.	The Haven Murray Bridge For more information please phone 8303 0590. To register please go to www.wis.sa.gov.au	Murray Bridge	Ongoing
Volunteer at Port Pirie	The Women's Information Service at Whyalla aims to increase access to information that promotes choice, empowerment and community connection.	The Haven Port Pirie For more information please phone 8303 0590. To register please go to www.wis.sa.gov.au	Port Pirie	Ongoing
PARENTING				
Infant First Aid	Infant first aid for parents and carers of children birth to 2 years. Practical and informative session providing skills and knowledge on topics such as choking, burns, temperatures and CPR.	Bookings are essential and places are limited. To book Ph. Christie 0434 856 904 E: christie.buton@sa.gov.au No creche available, babies on laps welcome.	Munno Para	Sept 22
Circle of Security Parenting	6-week course. Do you want to have more understanding about your child's behaviour?	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Adelaide	Starts Oct 3
Circle of Security Parenting	6-week course. Do you want to have more understanding about your child's behaviour?	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Adelaide	Starts Oct 10
Circle of Security Parenting	6-week course. Do you want to have more understanding about your child's behaviour?	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Elizabeth Downs	Starts Oct 24
Who's in Charge	An 8-week program for parents or carers of young people (8-18 years) who are beyond control, violent or defiant.	Centacare Ph. 8215 6700 Trevor 0410 698 907 for queries or referrals	Greenacres	Starts Oct 26



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