

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 20<sup>th</sup> November**.

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)

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Date</u>
<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.	Centacare Ph. (08) 8215 6310. Location provided on registration.	Southern Address provided on registration	To be advised
<b>Women are Strong Women do Survive</b>	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
<b>Shark Cage for Women</b>	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	Ursula Ph. 0439 981 045 Sandra Ph. 0447 525 288 E: <a href="mailto:NoarlungaFRC@unitingcommunities.org">NoarlungaFRC@unitingcommunities.org</a> Crèche available. Jo Ph. 0429 269 320.	Southern Address provided on registration	To be advised
<b>Family and Domestic Violence Peer Support Group</b>	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: <a href="mailto:telvin@junctionaustralia.org.au">telvin@junctionaustralia.org.au</a>	Southern Address provided on registration	Mondays during school terms
<b>Out of the Shadows</b>	A group for female survivors of family and domestic violence. Dates provided on registration	Relationships Australia Ph. 8223 4566 E: <a href="mailto:rasacentral@rasa.org.au">rasacentral@rasa.org.au</a>	Address provided on registration	Fridays during 2023.
<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.	Zahra Foundation Ph. 8352 1889 or E: <a href="mailto:admin@zahrafoundation.org.au">admin@zahrafoundation.org.au</a> registration essential	Location advised on registration	To be advised
<b>Women's Domestic Violence Court Assistance Service</b>	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
<b>Women's Legal Services SA</b>	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
<b>Women's Legal Services SA – InDIGO Program</b>	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

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Government of South Australia

Office for Women

<b>Women's Legal Services SA – Temporary visa holders</b>	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
<b>Family and Domestic Violence No Interest Loans (NILS) Support at WIS</b>	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: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Ongoing
<b>Family Court Support</b>	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
<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	Nov 30
<b>SOCIAL CONNECTION</b>				
<b>Craft and Chat</b>	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
<b>Let's Chat Gardening Port Pirie Haven</b>	For women who enjoy gardening Share ideas, make friends and guest speakers.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Fridays
<b>Women and Words</b>	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 or email <a href="mailto:haven@gawlercommunityhouse.org.au">haven@gawlercommunityhouse.org.au</a>	Gawler	Thursdays
<b>Craft and Conversation – The Haven Mount Gambier</b>	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
<b>Staying Safe for Women</b>	Fortnightly Personal Safety Workshops for Women on Monday's.	The Women's Centre Catherine House To register: Tam Ph. 0418 856 129 E: <a href="mailto:tammyc@catherinehouse.org.au">tammyc@catherinehouse.org.au</a>	Adelaide	Monday fortnightly
<b>Mum's Gathering</b>	Join us Friday mornings between 09.30-11.30 for friendly conversation and special events such as pamper mornings, arts and crafts and special guest speakers. Crèche available	Bookings essential, contact Cassandra Ph. 0448 792 817 or email <a href="mailto:cassandra.wills@novita.org.au">cassandra.wills@novita.org.au</a>	Salisbury North	Dec 8
<b>Happy to Chat Women's Group</b>	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 email <a href="mailto:jan.angelo@cityofpae.sa.gov.au">jan.angelo@cityofpae.sa.gov.au</a>	Osborne Northgate	Wednesday's fortnightly Thursdays
<b>Women's Carer's Support Group</b>	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: <a href="mailto:keely@mtbcc.org.au">keely@mtbcc.org.au</a>	Mount Barker	First & second Thursday of the month

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<b>Yoga at the Haven</b>	Join us for women only yoga sessions followed by coffee and chat. Yoga mats provided.	Whyalla Haven and Centacare For further information contact Centacare on 8645 8233 or email <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla	Thursdays
<b>Place of Courage</b>	Launch of the Place of Courage 'Ripple' site in Murray Bridge. Please join us, along with other community changemakers, as we officially launch our 'Ripple' site at Sturt Reserve, Murray Bridge.	Spirit Of Women Murray Bridge Regional Collaboration on Violence Against Women and Children and the Rural City of Murray Bridge Come along or RSVP ahead of time via the link below: <a href="http://www.eventbrite.com.au/e/place-of-courage-artwork-launch-murray-bridge-tickets-726440752847">www.eventbrite.com.au/e/place-of-courage-artwork-launch-murray-bridge-tickets-726440752847</a>	Murray Bridge	Nov 24
<b>Let's Talk Roses</b>	Join other women and find out all you wanted to know about roses! Information session - Q&A – chat – morning tea	The Haven Mount Gambier Ph. 8721 2540 for bookings	Mt. Gambier	Nov 28
<b>Women's Community Street Soccer</b>	Come and try street soccer, it's free, fun and suitable for all skill levels	The Big Issue Erica Ph. 8359 3450 or email <a href="mailto:erees@bigissue.org.au">erees@bigissue.org.au</a>	Wayville	Starts Nov 28
<b>Chai and Chuckle</b>	Explore the benefits of bringing laughter back into your day and relearn how to laugh while sharing a pot of tea from cups and saucers.	Goolwa Haven For all enquiries contact Ph. 0499 407 237 or email <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Port Elliot	Nov 21 Nov 28 Dec 5 Dec 12
<b>Carers Recognition Act Review Public Forum</b>	Do you provide unpaid care to a family member or another person? Join the Public Forum	Your Say. For more information. <a href="#">Carers Recognition Act Review   YourSAY</a>	Cowandilla	Nov 27
<b>Afternoon for Women</b>	An afternoon of free clothes, beauty products, afternoon tea and guest speakers.	Ignite Ph. 8418 2500	Adelaide	Dec 7
<b>HEALTH</b>				
<b>Breastscreen SA</b>	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	Penola	Mid-late Nov
<b>EDUCATION</b>				
<b>Wyndham Richardson Scholarship Fund</b>	Apply now for a Wyndham Richardson Scholarship, closing dates 31 January and 31 May.	<a href="#">Apply for Wyndham Richardson Scholarship Fund here</a>	Online	Ongoing
<b>Report Writing</b>	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: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Mondays ongoing
<b>Bystander approaches to preventing gender-based violence - Seminar</b>	Seminar helps participants to plan how they and their organisations could use bystander approaches to prevent and respond to domestic abuse.	Register by Nov 24 at: <a href="#">Humantrix Bystanders approaches to preventing gender-based violence.</a>	Mawson Lakes	Dec 19



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<b>Cyber Security</b>	A workshop for parents and caregivers about raising children in a digital age.	Families Growing Together Ph. 8384 0050 <a href="mailto:Rebecca.smith@onkapinga.sa.gov.au">Rebecca.smith@onkapinga.sa.gov.au</a>	Woodcroft	Nov 30
<b>PARENTING</b>				
<b>The Mix South</b>	A creative social skills development program for autistic youngsters (aged 10-14 negotiable), siblings and family members welcome to join the fun too!	Wardli Youth Centre Register by calling Bel. Ph. 0402 026 789	Christie Downs	Starts Nov 26
<b>Toughlove</b>	Supports parents who are experiencing problems with unacceptable behaviour from their teenage or adult children. \$10 per family, then \$5 per parent or \$7 per couple. No-one will be excluded due to financial circumstances. Please speak to facilitator on the night.	Toughlove Aberfoyle Park Community Centre Ph. 8488 2035. For more information email <a href="mailto:toughlovesa@bigpond.com">toughlovesa@bigpond.com</a>	Aberfoyle Park	Wednesdays
<b>MyTime</b>	MyTime is a peer support program for parents and carers of a child with a disability, chronic medical condition, or other additional needs	Women's and Children's Health Network. Contact Sarah Marsh Ph. 0403 931 787 <a href="mailto:sarah.marsh@sa.gov.au">sarah.marsh@sa.gov.au</a>	Southern Adelaide	Ongoing
<b>My Child and Me</b>	2-part workshop helps you as parents and carers build an understanding of your child and their healthy development.	Contact Kerry Schubert on 0409 300 531 <a href="mailto:Kerry.schubert@sa.gov.au">Kerry.schubert@sa.gov.au</a>	Port Lincoln	Nov 22 Nov 29

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