

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 11th March 2019**

All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook

<https://www.facebook.com/sawomen/>

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Dates</u>
Family violence support group for women	Explore the effect of violence & abuse. Non-judgmental. Share strategies.	Uniting Communities, Ph. 8202 5190	Adelaide CBD	2 nd Thursday of each month
Women are strong, women do survive	An 8 week group for women effected by domestic violence in the southern suburbs	Women's Safety Services Ph. 8215 6310	O'Sullivan's Beach area	Thursdays until 28 th March
The shark cage group	An 8 week support group for women who have experience domestic violence or sexual abuse	Anglicare Ph. 8186 8900	Christies Beach	Tuesdays
C.A.L.D. for CALD Women Program	An intercultural, art-based life-coaching program for CALD Women who have experienced domestic violence	Women's Safety Services SA, ph. Haroula 8268 7700 or haroulac@womenssafetyservices.com.au	Location supplied upon request	Thursdays
Butterflies Support Group	Safe and confidential support group for women who wish to explore the effects of violence and the various supports and services in the community.	Fleurieu Families and Junction Australia Contact Leann Ph. 85510542	Victor Harbor area	Wednesdays
Zahra Foundation Financial counsellor at WIS	Providing financial support and assistance to women who have experienced domestic violence.	Zahra Foundation, Ph. 8352 1889	CBD and other locations/days	Thursdays at WIS
Back on track	A men's group for positive change. Dealing with anger, and violence.	Relationships Australia SA Ph. 8255 3323	Elizabeth	Wednesdays
Coffee and Chat	A group session chat with a family therapist and Occupational therapist about parenting- children welcome	Hackham West Children's Centre, Ph. 8382 6161	Hackham West	Mondays
Playgroup parents and Kids	A supported playgroup for babies, toddlers and preschoolers and their families and caregivers.	Hackham West Children's Centre, Ph. 8382 6161	Hackham West	Saturdays
Recovery Support Group for Eating Disorders	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session. + another session for Carers	Butterfly Foundation Ph. 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	2 nd Tuesday / month
Carers Support Group for Eating Disorders	This is a safe space where you can talk about your feelings & find connection with others. \$20/session.	Butterfly Foundation Ph. 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	1 st & 3 rd Tuesday /month
Sound Minds	A group supporting people who hear voices	Skylight Ph. 8378 4100	Wayville	Wednesdays
Being Herd	2 Day mental Health workshop empowering you to tell your own story and share your experiences to help others	Batyr www.batyr.com.au/being-herd	Adelaide	30 th and 31 st March
Drugs, Alcohol and Mental Illness	Four week course for those supporting friends and family with mental illness.	Skylight Ph. 8245 7196	Brompton	Tuesdays and Wednesdays in March
Family and Carer Support Program	Delivered over seven weeks covering issues facing families as they manage mental illness. Cost Involved	Skylight Parnangga, Ph. 8378 4100	Christies Beach Or Wayville	Tuesdays (Christies) Wednesdays (Wayville)
Confident Budgeting	Free 6-week course on Saving Money, Goal Setting, Budgeting, plus more!	MarionLIFE Ph. 8277 0304	Mitchell Park	Wednesdays starting 13 th February

R.I.D.E for at risk unemployed youth (16-21)	Workshops providing interactive activities that assist the participants in developing knowledge & skills to gain employment.	MAS National Ph. Marisa Kemp 0459 865 746	Various locations	Currently seeking expressions of interest
Women of MYSA	A fun and welcoming environment for young women to learn new skills, create new friendships and build confidence	MYSA Ph. 8212 0085	Adelaide	Saturdays
Positive Footsteps	Women's Only art activity based empowerment and self-confidence group	Aberfoyle Community Centre Ph. 8270 5377	Aberfoyle Park	Wednesdays
Mums and Bub's Playgroup MYSA	Circle of Security parenting classes, playgroup and social group.	Playgroup SA Head Office Ph. 8212 0085	Prospect	Fridays
Circle of Security	Understanding your child and building their confidence, reflecting on parenting and learning your skills. Focusing on birth – 8 years	Ardtornish Children's Centre Ph. 8264 9828	St Agnes	Wednesdays starting 13 th March
Bringing up Great Kids	Develop strategies to manage your parenting approach, in your busy world	Communities for Children Ph. 8255 3323	Salisbury	Tuesdays
Healthy Hearts, Healthy Homes	A session with practical every day tips and tools to improve your relationship from professional counsellors	Anglicare SA Ph. 8186 8900	Adelaide CBD or Christies Beach	Thursday 14 th March (CBD) Mon 25 th March (Christies Beach)
Supporting Sole Parents	Examining personal relationships, improving communication and dealing with low self-esteem \$25 conc./ \$60 full fee	Centacare Ph. 8261 0993	Gilles Plains	Thursdays ending 23 rd May
Food for Life	Practical program to learn nutrition essentials for cooking fresh, healthy and inexpensive meals for the whole family	Morella Children's Centre 8258 3659	Parafield Gardens	Thursdays from 14 th March until 11 th April
Rainbow Space	A Drop in program for LGBTIQ youth	Headspace Ph. 8215 6340	Port Adelaide	Tuesday 19 th March
We Yarn – Yarning Group	Yarning group, create, yarn and connect	O'Sullivan Beach Children's Centre Ph. 8382 5888/8382 2850	O'Sullivan Beach	Thursdays

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