

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 18th January**
All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook [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>
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	Hackham West	Starts Feb 3
Zahra Foundation Early Pathways to Empowerment	9-week course for 18-35 year old women who have experienced domestic violence with practical advice on breaking the cycle of abuse and achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au , registration essential	Central location, advised on registration	Starts Feb 10
Indigo	Free Legal advice for women in Marion area. Fortnightly	Women's Legal Service Ph. 8384 2427	Marion	Starts Feb 4
E-Safety Webinar	The webinar is designed to raise awareness of how abuse can be facilitated through technology	Women's Information Service/e-Safety Ph: 8303 0590 wis@sa.gov.au	Webinar	Feb 17
The Haven Whyalla	Applications now open to become a WIS volunteer at The Haven Whyalla Opening in 2021	Women's Information Service Ph: 8303 0590 wis@sa.gov.au	Zoom	Information Session Feb 17
English Language Classes	Free classes provide English tuition and practical life skills for refugee women	Sophia Ph. 8373 3781	Cumberland Park	Wednesdays
English Language Lessons	Free English language lessons for people from non-English speaking backgrounds via Adelaide University teacher training program. Online.	Adelaide University https://pcewebforms.wufoo.com/forms/free-english-lessons-registration-2021/	Online	Applications Close Feb 15
Cert III Community Services	Develop skills and knowledge to join the Community Services workforce. Free for all Aboriginal and/or Torres Strait Islanders of Australia	TAFE SA/Aboriginal Access Centre Ph. 8207 3132 Noarlunga Ph. 8348 2480 Regency	Noarlunga Regency Park	Information Session Feb 2 Feb 3
Cert III Individual Support (Aging)	Learn to provide physical and emotional support to older people. Fee free for Aboriginal and Torres Strait Islanders of Australia.	TAFE SA/Aboriginal Access Centre Ph. 8348 2425/ 8348 2480	Salisbury	Starts Feb 3
Cert III in Children's Education and Care	Develop skills and knowledge to support children as an Early Childhood Educator. Fee free for Aboriginal and Torres Strait Islanders of Australia	TAFE SA/Aboriginal Access Centre Ph. 8348 2425/ 8348 2480	Regency Park	Starts Feb 9
Commercial Kitchen Practices	10-week course to introduce participants to work opportunities and future study pathways in the industry.	Morella Community Centre Ph. 8406 8484 or ace@morella.org.au <u>Bookings essential</u>	Parafield Gardens	Starts Feb 1
Women's Education TAFE	Applications now open for courses in Women's Education. Attend the information session to find out more.	TAFE SA Ph. 7210 3576 (Tamara), womenseducation@tafesa.edu.au	Noarlunga,	Jan 27

Resumes and Job Applications	10-week course taking you through what you need to know while looking for and applying for jobs.	Morella Community Centre Ph. 8406 8484 or ace@morella.org.au	Parafield Gardens	Starts Feb 5
Foundation Skills for the Food Industry	Free, 5-week accredited program will help improve your speaking, reading, writing and numeracy skills so you become job-ready for the food industry	TAFE Ph. 8288 0288	Regency Park	Information session Jan 28. Starts Feb 8
Big Dish Up	Free 7-week course. Learn Budget Cooking in Bulk	Marion Life Ph. 8277 0304	Marion	Starts Feb 13
Keeping Families Safe	Workshop for separated parents and carers to explore how children experience domestic violence.	Centacare Ph. 8215 6700 Bookings Essential	City	Feb 4
Infant Massage	Babies must be under 10months on commencement of program	Relationships Australia Ph. 8250 6600	Ingle Farm	Starts Feb 2
Growing Together	8-week course. A Safe Space for Women who have experienced domestic violence to share positive experiences with their children.	Wellbeing SA Ph. 8406 8297	Para Hills	Starts Feb 1
Post Separation Parenting Course	A workshop for families experiencing separation and wanting to understand and manage the changes in their family Cost \$5.00	Centacare Ph. 8215 6700 or registrations@centacare.org.au Bookings essential	City	Starts Jan 22
What to do when Kids Push your Buttons	Workshop to assist parents and carers understand and manage children's behaviour.	Centacare Ph. 8215 6700 or registrations@centacare.org.au Bookings essential	City	Feb 9
Inside their Heads	Free workshop to help with communicating with teenagers	Centacare Ph. 8215 6700 registrations@centacare.org.au Bookings essential	City	Feb 4
How to Talk so Kids Will Listen	Free 2 hr workshop for parents and carers to improve communication with children.	Centacare Ph. 8215 6700 or registrations@centacare.org.au Bookings essential	City	Jan 19
Scared Little Ones	Sacred Little Ones supports Aboriginal and Torres Strait Islander Families. The aim is to enhance parent-infant interaction	Taikurrendi sacredlittleones@anglicaresa.com.au	Christies Beach	Starts Feb 12
Building Coping Skills	Workshop that helps you as parents and carers to support your child or young person's resilience.	Parenting SA Ph: 0429 269 320	O'Sullivan Beach	Feb 11 Feb 18
Bringing up Great Kids	6-week course for Parents and Carers to encourage parenting practices that build competence and capability.	Centacare Ph. 8215 6700 or registrations@centacare.org.au Bookings essential	O'Sullivan Beach	Starts Jan 27
Who's in Charge	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Ph. 8405 6862 (Trevor) or Centacare – 8215 6700 for enquiries and referrals	Lightsview	Starts Feb 9
Circle of Security	Free 8-week relationship-based parenting program.	Relationships Australia Ph. 8250 6600	Salisbury	Starts Feb 9
Women's Yarning Circle	Fortnightly Women's Group for Aboriginal and Torres Strait Islander Families- Excursions, Arts and Crafts Healing	Neporendi Aboriginal Forum Ph. 8322 1120	Old Reynella	Wednesdays