

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 11 October**  
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)

Program	Description	Provider	Location	Date
<b>The Shark Cage Group</b>	9-week assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships.	Anglicare SA Ph. Nicky on 0409 858 992 E: <a href="mailto:ntanner@anglicaresa.com.au">ntanner@anglicaresa.com.au</a>	Aldinga Area  Marion Area	Starts October 13 Starts October 14
<b>The Shark Cage Group</b>	Assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships and/or sexual abuse	Anglicare SA Ph. Nicky on 0409 858 992 E: <a href="mailto:ntanner@anglicaresa.com.au">ntanner@anglicaresa.com.au</a>	Taperoo Area	Starts November 3
<b>Women are Strong Women do Survive</b>	8-week support group for dealing with the effects of abusive relationships.	Multi Agency Ph. 8215 6310	Hackham Area	Starts October 20
<b>From Strength to Strength</b>	6-week group program for women who have experienced relationship trauma in the past, focused on resilience and empowerment.	Anglicare SA Ph. Nicky on 0409 858 992 E: <a href="mailto:ntanner@anglicaresa.com.au">ntanner@anglicaresa.com.au</a>	Hackham Area	Starts November 4
<b>Zahra Foundation Pathways to Empowerment</b>	9-week course for women who have experienced domestic violence, with practical activities to achieving goals in life. Location advised on registration.	Zahra Foundation Ph. 8352 1889 E: <a href="mailto:admin@zahrafoundation.org.au">admin@zahrafoundation.org.au</a> Registrations essential.	Central suburbs	Starts October 19
<b>Zahra Foundation Pathways to Empowerment</b>	9-week course for women who have experienced domestic violence, with practical activities to achieving goals in life. Location advised on registration.	Zahra Foundation Ph. 8352 1889 E: <a href="mailto:admin@zahrafoundation.org.au">admin@zahrafoundation.org.au</a> Registrations essential.	Northern suburbs	Starts October 20
<b>Tax Help at WIS</b>	Free Tax Help available at the WIS City Shopfront. Call WIS to check if you're eligible and to book an appointment.	Australian Tax Office and the Women's Information Service. Ph. 8303 0590	Adelaide	Thursdays Ongoing to October 31
<b>InDIGO Outreach on Kangaroo Island</b>	The WLS InDIGO Outreach team will be at the KI Community Centre. Please call to book an appointment.	Women's Legal Service Ph. 8384 2427	Kingscote	November 1 & 2
<b>Digital Skills for Study and Work</b>	8-week course for anyone with basic computing skills. Build your confidence in using computers and your word processing skills.	Marion Life Ph. 8277 0304 E: <a href="mailto:rwu@marionlife.org.au">rwu@marionlife.org.au</a> Register: <a href="https://learning.communitycentres.sa.asn.au/adult-education/">https://learning.communitycentres.sa.asn.au/adult-education/</a>	Mitchell Park	Starts October 19
<b>Skills for Work and Business</b>	8-week course that will provide a safe and supportive space to hone and strengthen the skills needed to take the next step.	Marion Life Ph. 8277 0304 E: <a href="mailto:rwu@marionlife.org.au">rwu@marionlife.org.au</a> Register: <a href="https://learning.communitycentres.sa.asn.au/adult-education/">https://learning.communitycentres.sa.asn.au/adult-education/</a>	Mitchell Park	Starts October 15
<b>Skills for Work and Study</b>	8-week courses for people on valid work and study visas. Improve your digital literacy, English language skills, and general literacy .	Welcoming Centre Ph. 8371 4622 Register: <a href="https://welcoming.org.au/communitylearning/">https://welcoming.org.au/communitylearning/</a>	Bowden	Start October 18
<b>Take Control</b>	Looking for Employment? 6-wk course. Create a resume and job applications. Tips for Successful interviewing.	Reynella Neighbourhood Centre Ph. Sonia 8322 3591 E: <a href="mailto:takecontrol@reynellanc.org.au">takecontrol@reynellanc.org.au</a>	Old Reynella	Starts October 28
<b>Nutrition Education and Skills Training (NEST Cooking)</b>	A fun 6-week cooking, and nutrition program designed to help you make lasting changes for better health.	Oz Harvest Ph. 8384 3868 Bookings requested.	Christies Beach	Starts October 20

<b>Caring for self and others</b>	The importance of care relationships across the life course.	COTA SA and the Caring Institute, Flinders University Register at: <a href="https://www.eventbrite.com.au/e/webinar-caring-for-self-and-others-tickets-175945506747">https://www.eventbrite.com.au/e/webinar-caring-for-self-and-others-tickets-175945506747</a>	Online	October 18
<b>Secrets of Women's Healthy Ageing - A livestreamed event</b>	Draws on the findings of a unique study that has focused on the health of more than four hundred women in their mid-to-late lives.	University of South Australia and Women's Information Service Registrations essential via <a href="#">Eventbrite</a>	Mount Gambier	October 20
<b>Seasons for Healing</b>	4-wk group program for Indigenous women which uses the seasons as a way of supporting and helping you to understand and handle your feelings.	Aboriginal Family Support Services Ph. 8254 1077 E: <a href="mailto:tegan.whalan@afss.com.au">tegan.whalan@afss.com.au</a>	Christies Beach Salisbury East	Starts October 20 Starts November 12
<b>Grandparents for Grandchildren SA</b>	The GFGSA Village Service is for grandparent/kinship carers to meet in a safe space, discuss issues, and access information.	Grandparents for Grandchildren SA Ph. 8212 1937	Elizabeth Barossa Valley	October 13 October 14
<b>Parenting Together</b>	Communication based parenting program	Communities for Children Children's Services team Ph. 8250 6600.	Ingle Farm	Starts October 28
<b>Post-Separation Parenting Course</b>	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	October 20 November 3
<b>Post-Separation Parenting Course</b>	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5.	Centacare Ph 8215 6320 E: <a href="mailto:murraybridge@centacare.org.au">murraybridge@centacare.org.au</a>	Murray Bridge	October 18
<b>Post-Separation Parenting Course</b>	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5.	Centacare Ph.8412 9500 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Elizabeth Park	November 4
<b>Circle of Security</b>	8-wk program that focuses on parent-child attachment, which is what makes a child feel safe, secure, and protected.	Aboriginal Family Support Services Ph. 8254 1077 E: <a href="mailto:tegan.whalan@afss.com.au">tegan.whalan@afss.com.au</a>	Gawler Port Pirie	Starts Oct 12 Starts Oct 14
<b>Circle of Security</b>	8-week course for anyone caring for children - focuses on parent-child attachment.	Relationships Australia SA To check eligibility and to register: Ph. 8340 2022	Taperoo	Starts October 18
<b>Circle of Security</b>	8-week program that focuses on secure attachments, for anyone caring for children. Bookings essential.	Playford Communities for Children Ph. 8250 6600	Munno Para	Starts October 18
<b>Showing up for your kids</b>	4-week workshop for parents who have had their children placed on a guardianship order in the last 6 months or are at risk of such an order.	The Reily Foundation Ph. 7092 4220	Address supplied on registration	Starts October 20
<b>Who's in Charge?</b>	8-week program for parents or carers of young people (8-18 years) who are beyond control, violent or defiant.	City of Port Adelaide Enfield Centacare Ph. 8215 6700 Trevor Ph. 8405 6862	Angle Park	Starts October 21
<b>Building coping skills</b>	Support your child or young person's resilience	Parenting SA Ph: 8382 6161	Hackham West	October 22 October 29
<b>Bringing Up Great Kids</b>	6-week interactive parenting workshops	Relationships Australia SA Ph. 8340 2022	Semaphore Park	Starts October 30
<b>Being with Baby</b>	8-week program for Mums who are at risk of, or are struggling with post-natal depression	Lutheran Care Ph: 8349 6099 E: <a href="mailto:tmcleod@lutharencare.org.au">tmcleod@lutharencare.org.au</a>	Ingle Farm	Starts October 18
<b>The Garden</b>	8-week group for parents and caregivers with their babies and toddlers (up to 4yo)	Relationships Australia SA Ph. 8340 2022 E: <a href="mailto:CAPSwest@rasa.org.au">CAPSwest@rasa.org.au</a>	Taperoo	Starts October 21
<b>Infant Massage</b>	5-week group for parents and caregivers with babies under 12 months. Build your parent-child bond.	Salisbury Communities for Children Ph. 8250 6600 Bookings essential	Ingle Farm	Starts October 21