

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 22 May**

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.	Hackham	To be advised
Shark Cage for Women (recommended to complete Women are Strong women do survive before attending Shark Cage for Women)	An assertiveness and self-confidence building course 8-week course to help you build a strong sense of self and to feel empowered	Ursula Ph.0439 981 045 Sandra Ph. 0447 525 288 NoarlungaFRC@unitingcommunities.org Crèche available: Jo Ph. 0429 269 320.	O'Sullivan Beach	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 at telvin@junctionaustralia.org.au	Southern Area Address provided on registration	Mondays during school terms
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	North	To be advised
Zahra Foundation Pathways to Empowerment	Healthy Futures - Builds on skills and goal setting, with the ability to create an individual pathway plan for the future including information and support for study or work. FULL - taking expressions of interest for term 3	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	South	To be advised
Zahra Foundation Pathways to Empowerment	Healthy Communication - Explores boundaries, communication strategies and respectful relationships.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	Central	To be advised
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	Port Adelaide	To be advised
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 Online enquiry form here	Multiple locations	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 when preparing your NILS application.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 E: www.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
Aldinga Beach Children's Centre Volunteer Information Session	The Women's Information Service is now recruiting for more volunteers at Aldinga Beach Children's Centre Want to know more before you apply? Come to our information session.	Aldinga Beach Children's Centre WIS Ph. (08)8303 0590 E: wis@sa.gov.au	Aldinga	May 30

Ombudsman SA Outreach at WIS	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	May 25
Modern Day Slavery	Modern slavery refers to a range of serious exploitative practises, that undermine a persons' freedom and ability to make choices for themselves.	Women's Information Service wis@sa.gov.au	Online	June 22
SOCIAL CONNECTION				
Yoga at Whyalla WIS Haven	Come and join yoga for all levels. Beginners welcome. Followed by coffee and chat.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	Starts May 4
Craft & Chat Port Pirie Haven	Come along and join other women to learn craft in a relaxed, friendly environment. During school terms.	Port Pirie Haven Ph. 0499 420 923 Between 10am-2pm	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
The Creative Space Whyalla Haven	A safe space for women to make friends, or chat to our friendly staff! Materials provided!	Whyalla Haven Ph. 0407 251 696 (Mon- Fri, 10am to 2pm) or Teri on 0477219410.	Whyalla	May 22 May 29
Women's Group Goolwa Haven	Herbs as Medicine. Join us for this free event presented by local Clinical Herbalist Jake Burke	Goolwa Haven Ph. 0499 407 237	Goolwa	June 1
Mindful Art Murray Bridge Haven	6-week painting experience to create an intuitive artwork based on the work of Gabbi Lancaster.	Message or Ph. 0402 889 542 E: haven@mbcci.org.au	Murray Bridge	Starts May 20
Dare to Dream – Women's Wellbeing	Facilitated by an experienced counsellor and tailored to meet the group's needs and interests. 5-week program Cost: \$10	The Hut Community Centre Ph. 8339 4400	Aldgate	Starts May 17
Basic Self Defence Course for Women	Learn basic techniques to defend yourself against an attacker.	Junction Community Centre To book your place call: Ph. 8341-1334	Ottoway	May 25
The Haven Women's Group	Would you like to connect with other women of the Adelaide Hills?	The Haven Mount Barker Ph. 0439 002 785	Mount Barker	Mondays
Dare to Dream	This well-being workshop series is facilitated by an experienced counsellor and aims to support participants to develop strategies for self-care. Cost: \$10 5 sessions	Torrens Valley Community Centre Ph. 8389 1711 E: tvcc@hc.sa.gov.au	Gumeracha	Starts May 31
Village support group for Aboriginal Grandcarers	Groups to assist access and care for children by providing information, support, and advocacy. 6-weeks	Grandparents for Grandchildren Kurna Plains Children's Centre Ph. Tracey on 0456 991 606 Grenville Hub Tracey on 0456 991 606	Elizabeth	Starts May 10 Starts May 10
Grief Guidance Workshops	Learning to live with grief and loss	Ph. 8555 3941 E: admin@goolwacommunitycentre.org.au	Goolwa	Starts June 6
MAYFS Girls Wellness Program	For Aboriginal females aged between 10 and 17 located within the Adelaide metropolitan area. Referral required	MAYFS Ph. 1800 685 546 or E: mayfs.info@sa.gov.au	Adelaide	Starts May 17

Coffee and a Chat - Four Reasons Why	Trudi Shelton, founder of local charity 'Four Reasons Why' will talk about her journey in creating a kindness crusade, and the positive support and impact it has had for local families	The Haven Mount Gambier Ph. 8721 2540	Mount Gambier	May 31
Side by Side	Monthly group with guest speakers and fun activities, refreshments provided. Gold coin donation	The Haven Gawler	Gawler	First Monday of the Month
Women and Words	A relaxed group for creative writing therapy run by a well known local writer.	The Haven Gawler	Gawler	Thursdays
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 Augusta Whyalla Marla Coober Pedy Tea tree Gully Roxby Downs	Mar – Jun Late May - Mid Aug Mid June Early -Mid June June – August Late June – Early July
EDUCATION				
Are you safe at home?	eLearn to find out more about how to have safe and respectful conversations about family violence	Register here: https://areyousafeathome.org.au/elearn/	Online	Ongoing
Financial Capability Workshop	Learning about MONEY is boring, Right? Wrong! GET MONEY SMART and CHANGE YOUR LIFE!	Ph. 0402 889 542 Ph. 0499 420 923 Ph. 0407 251 696	Murray Bridge Port Pirie Whyalla	May 24 May 26 June 23
Feel Good for Work	Confidence for Work course will help you to develop resilience while job searching and working, identify and utilise your strength and respond to challenges and seek work that is meaningful to you. 4- week course	Marion Life ENROL: https://bit.ly/3ESbVtZ Ph. 8277 0304	Mitchell Park	Starts May 30
TAFE Victor Harbour	Free training Certificate IV in Community Services Certificate IV in Mental Health	Apply NOW through SATAC www.tafesa.edu.au	Victor Harbour	Semester 2
Budget Cooking Project - Haven Whyalla	Learn skills in budgeting and cooking, including free everyday money management workshops. Cost: \$5 for 4 cooking sessions	Whyalla Haven at Centacare Ph.1800 759 865 E: whyallaadmin@cccsa.org.au	Whyalla	Starts May 23
Nurture, Nourish Nature	8-week course will focus on developing your literacy and learning goals through various topics that would interest you as parents and caregivers of children. Enrolments still open.	Ace@Morella Ph. 8182 7900 or 8281 7985 E: ace@morella.org.au ,	Salisbury	Starts May 3
Starting your own small business	10-week course will focus on strategies that may support you to start your own business. Enrolments still open.	Ace@Morella Ph. 8406 8482 E: ace@morella.org.au	Salisbury	Starts May 9
Intro to retail & Customer Service	8-week course will focus on improving your foundation skills for work. Enrolments still open.	Ace@Morella Ph. 8406 8482. E: ace@morella.org.au	Parafield Gardens	Starts May 9
Garden Skills for work and study	Explore pathways to employment in gardening and horticulture fields. Enrolments still open.	Ace@Morella Ph. 8406 8482. E: ace@morella.org.au	Para Hills	Starts May 9

Living and working with children	8-week course focus on developing your English oral and written communication skills through various topics that would interest you as parents and caregivers of children. . Enrolments still open	Ace@Morella Ph. 8406 8482. E: ace@morella.org.au	Parafield Gardens	Starts May 1
Laptop skills	8-week program that will build your confidence to use a laptop for study and work purposes. Enrolments still open	Ace@Morella Ph. 8406 8482. E: ace@morella.org.au	Parafield Gardens	Starts May 5
I wanna try everything	“Someone should make this easier” when doing things online? Want FREE help? FREE coaching, for those on no or low income, to help you do what you need to, with way less stress.	Book in on Humanitix: https://events.humanitix.com/free-support email at support@developmentatwork.com or text 0403 941222	Adelaide	May
PARENTING				
My time	For parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.	My Time Ros Briggs Ph. 0431 706 037 E: roslyn.mytime@gmail.com	Hewett	Mondays
Circle of Security-Parenting	8 sessions. Focuses on attachment, which is what makes a child feel safe, secure, and protected.	Catherine Momo & Annette O’Loughlin Ph. 8281 5440 / 0417 777 593	Old Reynella	Starts May 24
Baby Love	For people caring for babies and toddlers (birth -3yrs) from the Playford area to come together and engage in experiences to strengthen their relationship.	Melissa 0409 755 973 Leonie 0407 977 351 E: kidsclub@anglicaresa.com.au	Smithfield Plains	Mondays
My Child and Me	Two-part workshop that helps parents and caregivers build an understanding of your child and their healthy development.	Families Growing Together Kat Ph.0497 119 071 E: katrina.ochan@sa.gov.au Bookings essential	Adelaide	Part 2 May 26
My Child and Me	A positive approach to guiding children's behaviour.	Hallett Cove Karrara Kindergarten Ph. 8381 9154 Forbes Children's Centre Ph. 8293 9000	Hallett Cove South Plympton	June 6 June 9
Bringing up Great Kids	Understand your child’s emotions and behaviour and focuses on strong positive relationships.	Woodcroft Children’s Centre Ph. 8381 8005	Woodcroft	Starts June 8
My child and Me ...with Burmese Interpreter	A positive approach to guiding children's behaviour. 4-part workshop.	St. Augustine’s Parish School Ph. 8182 7900 E: csmith@saps.catholic.edu.au E: childcare@saps.catholic.edu.au	Salisbury	Starts June 14
Coping Skills	Helping children to develop resilience. Two- part workshop	Ph. 0497 119 071 E: katrina.ochan@sa.gov.au	Adelaide	Part 1 June 15 Part 2 June 22
Coping Skills	Helping children to develop resilience. Two- part workshop	Southern Barossa Alliance Ph. 0439 509 207 E: anne.simon.taylor@bigpond.com	Angaston	Part 1 June 21 Part 2 June 28



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