

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 9 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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<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. Carla on 0400 764 407 or email <a href="mailto:carla.favretto@anglicaresa.com.au">carla.favretto@anglicaresa.com.au</a>	Hackham	Starts May 11
<b>Women are Strong Women do Survive</b>	8-week support group for dealing with the effects of abusive relationships. Creche available – bookings essential.	Multi Agency Ph. 8215 6310 Location provided on registration.	Southern suburbs	Starts May 11
<b>Zahra Foundation Pathways to Empowerment</b>	9-week group course for women who have experienced domestic violence, with practical activities to achieving goals in life. Registrations essential.	Zahra Foundation Ph. 8352 1889 <a href="mailto:program@zahrafoundation.org.au">program@zahrafoundation.org.au</a> Location provided on registration.	Central location	Starts May 10
<b>Zahra Foundation Pathways to Empowerment</b>	9-week group course for women who have experienced domestic violence, with practical activities to achieving goals in life. Registrations essential.	Zahra Foundation Ph. 8352 1889 <a href="mailto:program@zahrafoundation.org.au">program@zahrafoundation.org.au</a> Location provided on registration.	Northern suburbs	Starts May 11
<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>Zahra Foundation Outreach at WIS</b>	Financial counselling for women who have experienced domestic and family violence, at the Women's Information Service shopfront at 101 Grenfell St.	Zahra Foundation Ph. 8352 1889 Bookings available.	Adelaide	May 19 June 1
<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 when preparing your NILS application.	Women's Information Service 101 Grenfell Street Ph. 8303 0590 <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	Adelaide	Ongoing
<b>Catherine Helen Spence Memorial Scholarship</b>	Provides up to \$25,000 in financial support to young women (20-35) to investigate or study social problems in Australia and overseas. Now open for applications - closes 5 September 2022.	Office for Women <a href="http://sa.gov.au/education/spence">sa.gov.au/education/spence</a> Register for information session (June 16 <sup>th</sup> 5-6pm) by email: <a href="mailto:DHSOFWEvents@sa.gov.au">DHSOFWEvents@sa.gov.au</a>	Women's Information Service 101 Grenfell Street Adelaide	Information session June 16
<b>Colour, Coffee &amp; Chat at the Whyalla WIS Haven</b>	A safe space for women to make friends, or chat to our friendly staff! Materials provided. 11am-12.30pm.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696 or Ph. 8645 8233	Whyalla	Mondays
<b>Mindfulness Mandalas Women's Group</b>	4-week course. No experience necessary, all materials supplied. Limited spaces. Bookings essential.	WIS Haven Mount Gambier at Mount Gambier Library Ph. 8721 2540	Mount Gambier	Starts May 17
<b>Crafting at the Whyalla WIS Haven</b>	Join our lovely WIS volunteers for scrapbooking, card making and all things craft. Fridays fortnightly from 11.30am – 1pm. Children very welcome.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	May 13
<b>Women's Legal Service Outreach</b>	Book a free appointment with a lawyer from the Women's Legal Service. Only by appointment. 9.30am-3pm.	Women's Legal Service at Elizabeth Rise Community Centre Ph. 8221 5553 to book.	Elizabeth Downs	May 13 May 27
<b>Fiction Addiction Book Club</b>	Fiction Addiction Book Club at the Mount Barker WIS Haven. Join us on the first Thursday of the month. 1-2.30pm.	WIS Haven Mount Barker at Mount Barker Community Centre Ph. 0439 002 785	Mount Barker	June 2

<b>I Can do Digi Tech</b>	4-week beginners computer course to learn basic digital technology. Limited spaces available, bookings essential.	Catherine House Women's Centre Ph. Lisa on 0418 856 129 E: <a href="mailto:LisaG@catherinehouse.org.au">LisaG@catherinehouse.org.au</a>	Adelaide	Starts May 18
<b>Cert II Retail Skills</b>	Gain the skills and knowledge to be competent in a range of retail functions. 6-week course. \$50 for ATSI students.	Tafe SA - Aboriginal Access Centre Ph. 8207 3664 E: <a href="mailto:viv.davey@tafesa.edu.au">viv.davey@tafesa.edu.au</a>	Noarlunga	Starts 25 May
<b>Healing Together Our Way</b>	7-week Culturally safe program with separate groups for First Nations men and women who are in a relationship.	Collective Trauma Foundation Ph. Tod on 0451 108 060 E: <a href="mailto:legacycounselling@gmail.com">legacycounselling@gmail.com</a>	Prospect and Collinswood	Starts May 30
<b>Inside Their Heads: Understanding Teenagers</b>	Free workshop for parents/carers in families experiencing separation. Learn about teen brain development, setting boundaries, respectful communication.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a> Bookings essential	Adelaide	May 10
<b>Circle of Security Parenting</b>	8-week sessions explore how secure parent-child relationships can be supported and strengthened.	O'Sullivan Beach Children's Centre Ph. 8382 2850 Bookings essential.	O'Sullivan Beach	Starts May 11
<b>Who's in Charge?</b>	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Junction Community Centre Ph: Trevor 8405 6862 or Centacare: 8215 6700	Ottoway	Starts May 12
<b>Supporting Children after Separation</b>	Online session for separated parents to understand and manage the changes in their family. Bookings essential.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Online via Zoom	May 12
<b>Bringing up great kids</b>	6-week program focusing on parenting styles and strategies, communication, understanding behaviour, and self-care.	Communities for Children Ph. 8250 6600	Ingle Farm	Starts May 13
<b>Circle of Security Parenting</b>	6-week program focusing on attachment, which is what makes a child feel safe, secure, and protected.	Aboriginal Family Support Services Ph. Fiona on 0499 887 248 or Ph. Dana on 8645 5240.	Whyalla	Starts May 17
<b>Mindfulness and Self-care for Parents</b>	A workshop to learn some simple mindfulness techniques and practical tips to use at home. Bookings essential.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	May 17
<b>Showing up for your kids</b>	4 workshops for parents who have had child(ren) placed on (or are at risk of) a guardianship order in the last 6 months.	The Reily Foundation Ph. 0434 197 581	Location provided on registration	Starts May 18
<b>Bringing up great adolescents</b>	6-week program for parents of young children and adolescents to help us raise happy and confident kids.	Noarlunga Family Relationship Centre Ph. 0455 306 928	Christies Beach	Starts May 19
<b>Supporting Children after Separation</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	May 20
<b>Parenting Together</b>	5-week communication-based program to develop health family relationships. For parents, carers, extended family.	Relationships Australia SA Ph. 8250 6600 Bookings essential	Salisbury	Starts May 20
<b>Developing Resilience for Separated families</b>	Develop positive ways to help you and your child deal with challenges, identify family strengths. Bookings essential.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	May 24
<b>Circle of Security Parenting</b>	7-week program - explore how secure parent-child relationships can be built, supported, and strengthened.	Hackham Community Centre Ph. Steph on 0429 219 206 Bookings essential	Hackham	Starts May 26
<b>How to talk so kids will listen</b>	A workshop for families experiencing separation - develop strategies to communicate effectively with your kids. Bookings essential, no creche available.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	May 31
<b>Parenting in Australia</b>	2-part workshop for multicultural families – build understanding of your child and their healthy development.	Darlington Children's Centre Ph. 8296 2686. Bookings essential.	Seacombe Gardens	Starts June 2