



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, March 23rd**

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>Date</u> |
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| Women are Strong...Women do Survive. | 8-week support group for women exploring the effects of abusive relationships | Presented by multi-agencies as part of Onkaparinga Collaborative Approach Ph. 8215 6310 | Christies Beach area | Starts May 5 |
| 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 | O'Sullivan's Beach | Starts May 7 |
| Zahra Foundation Financial Counsellor | Providing financial support and assistance to women who have experienced domestic violence. | Zahra Foundation, please book Ph. 8352 1889 | Location supplied upon request | By appointment |
| Reclaim Your Path/Pathways to Empowerment | 9-week course for women who have experienced domestic violence. Includes creative activities & support and information if you would like to study or get a job. | Zahra Foundation Ph. 8352 1880 or admin@zahrafoundation.org.au | Southern location advised on registration Central location | Next course to be advised. Still taking referrals Cancelled |
| Butterflies | Safe/confidential support group for women to explore the effects of violence and abuse on their lives and become aware of the various supports and services in the community. | Junction / Fleurieu Ph. 1300 694 961 | Goolwa | Fridays Postponed |
| Women's Group | Meet other women - focus on wellbeing, empowerment, art and craft, friendships and food. Free creche available | Hackham Community Centre Ph. 8392 3080 jcallaghan@junctionaustralia.org.au | Hackham | Tuesdays Cancelled |
| Women's Morning | Let's get together - bring a plate of food to share and join in an activity | Parafield Gardens Children's Centre Ph. 8258 3659 | Parafield Gardens | Thursdays Cancelled |
| Club W – Women's Group | For Mums and Mums-to-be: a safe, friendly & relaxed support group for mums and carers. Free creche for under 5s – please book. | Gawler Children's Centre, Ph. Jayne 8523 2575 or Elsie Ey Children's Centre, Ph. Denise 8522 1900 | Gawler | Mondays Cancelled |
| Women's Yarnin 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 | Fortnightly Wednesdays Postponed |
| Get Digital | Learn new skills using email, smartphone and Microsoft Word | Parks Library Ph. 8405 6550 | Angle Park | Starts Mar 16 Cancelled |
| Confident Budgeting | Free 6-week course on how to manage money, budget, save, and avoid scams and poverty traps | Marion Life Ph. 8277 0304 | Mitchell Park | Starts April 8 To be advised |
| ESafety Information Session | For parents and carers. Explores latest research into and benefits and risks of social media on young people. Bookings Essential | Woodcroft Library Ph. Michelle 8392 3194 or cfc@anglicare.com.au | Morphett Vale | Apr 7 To be advised |

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| ESafety Information Session | Stay safe and secure while using the internet, especial in relation to keeping your grandchildren safe. | Grandparents for Grandchildren Ph. 82121937 colleen@gfgsa.com.au | Adelaide | Apr 9 Cancelled |
| SoConnect | Program aimed at increasing the connections to mainstream support services and the broader community for people with a disability that impacts cognitive functioning. | Brain Injury SA Ph. 8217 7600 or 0488 022 638 patrickb@braininjurysa.org.au | Noarlunga | Starts Mar 19 To be advised |
| Positive Partnerships | Join other local families to learn more about autism and ways to strengthen the home-school partnership | Positive Partnerships to register visit: Positivepartnerships.com.au | Elizabeth | Mar17 Mar18 Postponed |
| My Time | Are you a parent or carer of child/ren with special needs? Free program provides carers "time out" | Aldinga Ph. 0437 576 536 Hackham West Ph. 0466 427 633 O'Sullivan Beach Ph. 0466 393 805 Victor Harbour Ph. 8551 0553 Gawler Ph. 0431 706 037 Parafield Gardens Ph. 8258 3659 | Aldinga Hackham West O'Sullivan Beach Victor Harbour Gawler Parafield Gardens | Mondays Tuesdays Mondays Wednesdays (fortnightly) Mondays Fridays All cancelled until next term |
| Coffee and Chat | Informal group sessions with a Family Practitioner and Occupational Therapist about the successes and challenges of parenting | Hackham West Children's Centre Ph. 8382 6161 or 0437 460 027 | Hackham West | Mondays Cancelled |
| Bringing up great kids | 5- week interactive program for parents to help raise happy, confident children | Uniting Communities Ph. 0447 528 288 or 0455 306 928 | Kangaroo Island | Starts Mar 12 Cancelled |
| Parenting Together | Weekly group to help parents with parenting practices and to offer ideas on healthy family relationships | Salisbury Primary School Relationships Australia Ph. 8255 3323 | Salisbury | Tuesdays Cancelled |
| Family Court Support | Available to women attending Family/Federal Circuit Court at 3 Angus St. Adelaide | Women's Information Service, Ph. 8303 0590 | Adelaide | Ongoing – subject to volunteer availability |



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