

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Tuesday, June 11th**

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>
Family violence support group for women	Explore the effect of violence & abuse. Non-judgmental. Share strategies.	Uniting Communities, Ph. 8202 5190	Adelaide CBD	2 nd Thursday / month
The Shark Cage Group	An 8 week support group for women who have experience domestic violence or sexual abuse	Anglicare Ph. 8186 8900	Christies Beach	Tuesdays
C.A.L.D. for CALD Women Program	An intercultural, art-based life-coaching program for CALD Women who have experienced domestic violence	Women's Safety Services SA, ph. Haroula 8268 7700 or haroulac@womenssafetyservices.com.au	Location supplied upon request	Thursdays
The Shark Cage Group	9-week assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships.	Anglicare Ph. 8186 8900	Woodcroft Hackham	Tuesdays Term 2 Wednesdays Term 2
Zahra Foundation Financial counsellor at WIS	Providing financial support and assistance to women who have experienced domestic violence.	Zahra Foundation, Ph. 8352 1889	CBD and other locations/days	Thursdays at WIS
Sound Minds	A group supporting people who hear voices	Skylight Ph. 8378 4100	Wayville	Wednesdays
Healthy Hearts, healthy Homes	Provide everyday tips and tools to improve relationship by professional counsellors	Anglicare SA Outer Southern Hub Ph. Joy or Helen on 8186 8900	Christies Beach	June 17
Womens Network	A Dynamic group all about developing skills and confidence.	Hackham West Community Centre Ph. 8384 1065	Hackham West	Wednesdays
E.A.T. Project	A series of cooking groups to introduce the New Roads AOD programs to women	Uniting Communities Ph. 8202 5010	Christies Beach	Thursdays from April-June
Budget Bliss	How to budget, cut cost 7 reduce power Bills	Junction-Hackham Community Centre, Ph. 8186 6944	Seaford	June 24
Multicultural Women and their Children	Meet other mums, chat to health staff and have lots of fun	Forbes Children's Centre Ph. 8293 9000	South Plympton	Wednesdays during school term
Career Planning	Top tips for Job Seekers	Career partner Plus Ph. 7231 4067	Aberfoyle Park	June 12
Skilling South Australia	Pre apprenticeship skilling program. Local Government – civil construction	Maxmia Group and Skilling South Australia Ph. Tim Wurst 8340 7766	Fleurieu Peninsula, Kangaroo Island and Adelaide Hills	Starts May 2019
Post Separation Parenting Course	A workshop for separated parents wanting to understand and manage the changes in their family	Centacare Ph. 8215 6700	Adelaide	June 13 – December 5
Positive Parenting Program	Positive Parenting (Triple P) provides simple and practical strategies to confidently tackle parenting challenges	Ardtornish Children's Centre Ph. Jo or John on 8264 9828 or SMS 0409 984 495	St. Agnes	May 30 June 6 & 13
Supporting Sole Parents	Explore how to cope with different types of anxiety	Centacare Ph. 8261 0993	Gillies Plains	Fridays, starting May 17
Who's In Charge	Safe and supportive sessions for parents struggling with complex adolescent behaviours	Junction Australia Ph. 8392 3000	Goolwa	Starts June 17
Circle of Security Parenting	A roadmap for understanding and responding to children's needs	Uniting Care Wesley Bowden Ph. 8346 4306	Renown Park	Tuesdays May and June & 2 July

Circle of Security	This course is for families experiencing separation to understand child behaviour	Centacare Ph. 8215 6700	Adelaide	June 11 – August 13
Young Parents Group	A fun group for parents under 25 years	Taikurrendi Children and Family Centre Ph. 8186 1102	Christies Beach	Tuesdays
Bringing up Great Kids	A free program for parents of young children and adolescents to help raise happy and confident kids	Uniting Communities Ph. 8202 5200	Hackham West	May 22- Jun 26 (can join anytime)
Bringing Up Great Kids for Separated Parents	3-sessions: Workshop for Parents to encourage parenting practices to build competence, optimism and capability in children – bookings essential	Centacare Ph. 8215 6700	Adelaide	Starts June 25,
Tuning in to Kids for Young Parents	6 Week parenting group to learn managing emotions of parents and their children. Free Lunch and crèche provided	Metropolitan Youth Health Ph. 8255 3477	Elizabeth	Starts May 30
My time	Program for parents or carer of Child/ren with special needs	Aldinga Beach Children's Centre Ruth, Ph. 0437 576 536 Hackham West, Michelle Ph. 0466 427 633 O'Sullivan Beach, Natasha Ph. 0466 393 805	Southern Suburbs	Mondays during School Term
Parents of Teenagers Support Group	An opportunity to raise individual issues and explore strategies to support your teenagers	Centacare Ph. 8261 0993	Gilles Plains SA	June 6 - 27
Share our for developing mind	Infant Mental Health Awareness Week: Presentation / in-person or on-line	Relationships Australia, sign up here: https://bit.ly/2Di4pIW	Hindmarsh	June 10-16
We Yarn – Yarning Group	Yarning group, create, yarn and connect	O'Sullivan Beach Children's Centre Ph. 8382 5888/8382 2850	O'Sullivan Beach	Thursdays
Need your Driver's License	Three-day intensive course to prepare you for sitting for your learner's exam. For Aboriginal job seekers	Tauondi Aboriginal College Ph. 8240 0300	Northern, Eastern, Western and Southern suburbs	June 12 Sept 4 & Nov 27
Learners Permit Training	Learners permit training for "C" class license for people who have held a "L" and new drivers to understand road rules and meanings	TAFE SA, Noarlunga, Lisa, Ph. 8207 3664. Pt Adelaide, Anne Maree Ph.8303 2707. Salisbury, Ronald Ph. 8207 9984	Noarlunga Port Adelaide Salisbury	Noarlunga June 24 Port Adelaide June 25 Salisbury June 26
Memory and Ageing Information Session	Information, tips and strategies that make a positive difference to the lives of people living with dementia.	Dementia Australia / City of Adelaide RSVP Ph. 8203 7811	North Adelaide City, and Sturt Street	June 13
Basic English Skills Training B.E.S.T.	Develop and work with the employment skills of language, literacy and numeracy	Woodcroft Morphett Vale Neighbourhood Centre Ph. 8384 0070	Morphett Val	July 2
Job South Careers Expo	Job Expo to bring the local youth and employer to explore more job opportunities and pathways	Anglicare Ph.0429 126 943	Noarlunga	June 21
English Tutoring for Youth	Build your confidence in reading, writing, listening and speaking	City of Charles Sturt Ph. 8408 1315	Woodville area	Wednesdays
Urban Youth Fest	Free event for young people including live performances and fun activities	Uniting SA, Leah Heath Ph.8440 2268.email.lheath@unitingsa.com.au	Torrensville	Thursday June 20
Northern Area Migrant Resource Centre	Celebrating SA Refugee Week, Women meet and greet –connecting communities with SAPOL	AMRCSA Ph. 8256 5700	Salisbury	June 21
Eastside Startup Series & Growth workshops	Learn how to grow your business with advice and mentoring. Free interactive workshops	Business & Economic Development Unit Ph. 08 8366 4616	Metro Adelaide Norwood Payneham & St. Peters	Throughout 2019
BISE Group 2019	Brain Injury Support and Education free peer support based group.	Brain Injury SA Ph. 8217 7600	City	Monthly



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