

Women's Information Service

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

All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook [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
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	To be advised	To be advised
Women are Strong Women do Survive	8-week support group for women exploring the effects of abusive relationships	Multi Agency Ph. 8215 6310	To be advised	To be advised
Zahra Foundation – Pathways to Empowerment	9-week course for women who have experienced domestic violence with practical advice on achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au , registration essential	Central location, advised on registration	Starts Feb 2
Be Scam Safe – Do's and Don'ts	A practical webinar about scam safety and how to protect yourself from scams, how to report a scam and more.	Catalyst Foundation https://www.eventbrite.com.au/e/be-scam-safe-dos-and-donts-registration-131153913887	Webinar	Jan 19
English Language Classes	Free classes provide English tuition and practical life skills for refugee women	Sophia Ph. 8373 3781	Cumberland Park	Wednesdays
Cert III Community Services	Develop skills and knowledge to join the Community Services workforce. Free for all Aboriginal and/or Torres Strait Islanders of Australia	TAFE SA/Aboriginal Access Centre Ph. 8207 3132 Noarlunga Ph. 8348 2480 Regency	Noarlunga Regency Park	Information Session Feb 2 Feb 3
Cert III Individual Support (Aging)	Learn to provide physical and emotional support to older people. Fee free for Aboriginal and Torres Strait Islanders of Australia.	TAFE SA/Aboriginal Access Centre Ph. 8348 2425/ 8348 2480	Salisbury	Starts Feb 3
Cert III in Children's Education and Care	Develop skills and knowledge to support children as an Early Childhood Educator. Fee free for Aboriginal and Torres Strait Islanders of Australia	TAFE SA/Aboriginal Access Centre Ph. 8348 2425/ 8348 2480	Regency Park	Starts Feb 9
Commercial Kitchen Practices	10-week course to introduce participants to work opportunities and future study pathways in the industry.	Morella Community Centre Ph. 8406 8484 or ace@morella.org.au Bookings essential	Parafield Gardens	Starts Feb 1
Nourish Oz Harvest	18-week 2 day a week Free Program for vulnerable youth between 16-25 for Certificate in Kitchen Operations. Recruiting now	Oz Harvest and RTO Employment Group 0423 139 816 nourish@ozharvest.org	Adelaide	Starts Feb 2021
Women's Education TAFE	Applications now open for courses in Women's Education. Attend the information session to find out more.	TAFE SA Ph. 7210 3576 (Tamara), womenseducation@tafesa.edu.au	Noarlunga,	Jan 27
Music ACE Course	7-week course. Whilst enjoying and engaging in the Music Program you will also learn foundation skills in reading and oral communication.	Catherine House Women's Centre Ph. 8232 2282	Location, advised on registration	Starts Jan 15
Art Program	10-week course. Whilst enjoying and engaging in an Art Program, you will also learn foundation skills in oral communication.	Catherine House Women's Centre Ph. 8232 2282	Location, advised on registration	Starts Jan 21

Resumes and Job Applications	10-week course taking you through what you need to know while looking for and applying for jobs.	Morella Community Centre Ph. 8406 8484 or ace@morella.org.au	Parafield Gardens	Starts Feb 5
How to build your CV	Free course for people who want to build their CV or refresh an existing one	Walkerville Library Ph. 8342 7100 or go to Link to registration for digital springboard	Walkerville	Jan 13
Foundation Skills for the Food Industry	Free, 5-week accredited program will help improve your speaking, reading, writing and numeracy skills so you become job-ready for the food industry	TAFE Ph. 8288 0288	Regency Park	Information session Jan 28 Starts Feb 8
Keeping Families Safe	Workshop for separated parents and carers to explore how children experience domestic violence and strategies to support children's ongoing wellbeing.	Centacare Ph. 8215 6700 Bookings Essential	City	Feb 4
Infant Massage	Babies must be under 10months on commencement of program	Relationships Australia Ph. 8250 6600	Ingle Farm	Starts Feb 2
Growing Together	8-week course. A Safe Space for Women who have experienced domestic violence to share positive experiences with their children.	Wellbeing SA Ph. 8406 8297	Para Hills	Starts Feb 1
Post Separation Parenting Course	A workshop for families experiencing separation and wanting to understand and manage the changes in their family Cost \$5.00	Centacare Ph. 8215 6700 or email registrations@centacare.org.au Bookings essential	City	Starts Jan 22
What to do when Kids Push your Buttons	Workshop to assist parents and carers understand and manage children's behaviour.	Centacare Ph. 8215 6700 or email registrations@centacare.org.au Bookings essential	City	Feb 9
Inside their Heads	Free workshop to help with communicating with teenagers	Centacare Ph. 8215 6700 registrations@centacare.org.au Bookings essential	City	Feb 4
How to Talk so Kids Will Listen	Free 2 hr workshop for parents and carers to improve communication with children.	Centacare Ph. 8215 6700 or email registrations@centacare.org.au Bookings essential	City	Jan 19
Bringing up Great Kids	6-week course for Parents and Carers to encourage parenting practices that build competence and capability.	Centacare Ph. 8215 6700 or email registrations@centacare.org.au Bookings essential	City	Starts Feb 9
Who's in Charge	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Ph. 8405 6862 (Trevor) or Centacare – 8215 6700 for enquiries and referrals	Lightsview	Starts Feb 9
Circle of Security	Free 8-week relationship-based parenting program.	Relationships Australia Ph. 8250 6600	Salisbury	Starts Feb 9
Women's Yarning 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	Wednesdays