

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 1 August**

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)

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Date</u>
<b>SERVICES</b>				
<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>	Advised on registration.	Term 4 – dates to be confirmed.
<b>The Shark Cage Group</b>	8-week supportive and informative group for women who have had more than one experience of abuse in their lives. Crèche may be available.	Uniting Care Wesley Bowden Contact Dianne Ph. 0477 709 821 E: <a href="mailto:danne.haufe@ucwb.org.au">danne.haufe@ucwb.org.au</a>	Pennington	Starts August 9
<b>Women are Strong Women do Survive</b>	8-week educational support group for women dealing with the effects of abusive relationships. Creche available – bookings essential.	Multi Agency Ph. 8215 6310 Location provided on registration.	Southern suburbs	Starts August 4
<b>Women: Strength and Safety</b>	6-week support group for women dealing with the effects of abusive relationships. Bookings essential.	Multi Agency Ph. 8215 6700 Location provided on registration.	Northern suburbs	Starts August 18
<b>Zahra Foundation Early Paths to Empowerment</b>	9-week course for women 18 – 35 years who are recovering from family and domestic abuse. Registrations essential.	Zahra Foundation Ph. 8352 1889 <a href="mailto:program@zahrafoundation.org.au">program@zahrafoundation.org.au</a>	Location advised on registration	To be confirmed
<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	To be confirmed
<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.	Southern location	To be confirmed
<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>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>Family Court Support at WIS</b>	Confidential support for women attending the Family and Federal Circuit Court in Adelaide. We also provide support if you have an online hearing, mediation, or family conference.	For more information or to book your family court support please contact the Women's Information Service on Ph. 8303 0590.	Adelaide	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	August 3 August 18
<b>Ombudsman SA Outreach at WIS</b>	Talk to Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state or local government agency or department.	Ombudsman SA at WIS. Drop-in 10am – 12 noon. Ph. 8303 0590 Call-back service available anytime.	Adelaide	August 25

<b>Tax Help at WIS</b>	A Tax Help volunteer will be at City WIS to help people on low incomes complete simple tax returns online. Thursdays 9am to 12:45pm. Call to check eligibility and to book a session.	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	Thursdays
<b>Financial Counselling</b>	Assistance for people who are struggling to manage their finances and provide information, options and advocacy support. 9am-2pm.	Uniting Communities   Hackham Community Centre To book an appointment Ph. 8202 5010	Hackham	Mondays
<b>SOCIAL CONNECTION</b>				
<b>Crafting at the Whyalla WIS Haven</b>	Join our lovely WIS volunteers for scrapbooking, card making and all things craft. Fortnightly on Fridays.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696 / 8645 8233	Whyalla	August 5
<b>Colour, Coffee and Chat at the Whyalla WIS Haven</b>	A safe space for women to make friends, or chat to our friendly staff. Materials provided! Monday fortnightly.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696 / 8645 8233	Whyalla	August 15
<b>Craft &amp; Chat at the Port Pirie WIS Haven</b>	Make new friends, learn new skills and take home something great. Everything you need will be provided at no cost. Wednesdays 11am-1pm during term 3.	WIS Haven Port Pirie Port Pirie Community Centre Ph. 0499 420 923 Bookings requested.	Port Pirie	Starts August 3
<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. 1pm-2.30pm.	WIS Haven Mount Barker at Mount Barker Community Centre Ph. 0439 002 785	Mount Barker	August 4
<b>Young Mums at the Mount Barker WIS Haven</b>	Social group for young and expectant mums aged up to 25 years. Meet other mums, in a relaxed, supportive and child friendly environment. 10am-12pm.	Women's Information Service and Mount Barker Community Centre Ph. 8391 2747 / 0439 002 785 E: <a href="mailto:enquiries@mtbcc.org.au">enquiries@mtbcc.org.au</a>	Mount Barker	Wednesdays
<b>Craft and a Cuppa at the Mount Barker WIS Haven</b>	Bring your craft, enjoy a chat and a cuppa, socialise, and make new friends! 10am-12pm. Gold coin donation.	Mount Barker Community Centre Ph. 8391 2747	Mount Barker	Fridays
<b>Women's Group</b>	Come and meet other women at a community driven women's group. Focus on wellbeing, empowerment, art and craft and of course food! Creche.	Junction Australia   Hackham Community Centre Ph. 8392 3080 Please register and book.	Hackham	Tuesdays - Starts August 2
<b>Women Having Fun</b>	An inclusive, supportive group of women who come together to have time out from life and lift each other up.	Hackham West Community Centre Ph. 8384 1065 Creche available.	Hackham West	Wednesdays
<b>Women's Yarnin' Circle</b>	Women's group for Aboriginal & Torres Strait Islander families; arts & crafts, excursions, healing, lunch & yarns over cuppa. Please book.	Neporendi Aboriginal Forum Inc   Vine Street Centre Ph. 8322 1120 or Ph. 0466 945 073	Old Reynella	Wednesdays fortnightly
<b>Multicultural Women's Group</b>	Join us in sharing Parenting information. Creche available. 9:30-11:00am, during school terms.	C.A.F.E. Enfield Contact Jill for more information Ph. 8342 3329	Enfield	Thursdays
<b>Women's Coffee and Craft</b>	Informal group that is open to all women. Tea, coffee and light refreshments provided. Come as you are, no booking necessary. 12-2pm.	Hackham Community Centre Ph. 8392 3080	Hackham	Fridays
<b>Young Women of MYSA</b>	A fun and welcoming environment for young women to learn new skills, create new friendships and build confidence. Please call for dates and to book.	Multicultural Youth SA Ph. 8212 0058 E: <a href="mailto:Zahra@mysa.com.au">Zahra@mysa.com.au</a>	Adelaide	Saturdays fortnightly
<b>HEALTH</b>				
<b>Positive Alternatives</b>	5 weekly sessions. Activity and support group for Aboriginal Australians experiencing Drugs & Alcohol issues.	Nunkuwarnin Yunti Contact Luke on Ph. 0428 532 049 E: <a href="mailto:lukew@nunku.org.au">lukew@nunku.org.au</a>	Adelaide	Starts August 2
<b>EDUCATION</b>				
<b>The Art Bus</b>	Learn how to engage with visual arts and build confidence through talking to people about your art. Join anytime.	Catherine House Women's Centre Contact Lisa Grant E: <a href="mailto:LisaG@catherinehouse.org.au">LisaG@catherinehouse.org.au</a>	Adelaide	August 4 to 29 September

<b>Music Course</b>	A music program that offers structured and non-structured opportunities, and options to get involved in performances For anyone who enjoys music!	Catherine House Women's Centre For more information contact Lisa Grant via E: <a href="mailto:lisag@catherinehouse.org.au">lisag@catherinehouse.org.au</a>	Adelaide	Starts August 5
<b>Live your best life and plan for the future</b>	10-week course to develop knowledge and skills in communication, problem solving, exploring strengths and more.	Catherine House Women's Centre Contact Lisa Grant Ph. 0418 856 129 E: <a href="mailto:LisaG@catherinehouse.org.au">LisaG@catherinehouse.org.au</a>	Adelaide	Information session August 2 Starts August 9
<b>Catherine Helen Spence Memorial Scholarship</b>	Provides financial support to young women (20-35) to investigate or study social problems in Australia or overseas.	Office for Women For more information go to: <a href="http://sa.gov.au/education/spence">sa.gov.au/education/spence</a>	Adelaide	Applications close September 5
<b>PARENTING</b>				
<b>eSafety 2022 Parent &amp; Carer Webinars</b>	Every month live webinars about online safety for your children.	<a href="http://eSafety.gov.au/parents/webinars">eSafety.gov.au/parents/webinars</a>	Online	Ongoing
<b>Supporting Children after Separation</b>	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5	Centacare Ph. 8252 2311 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Elizabeth Park	August 2  August 18
<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	August 25
<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	August 10
<b>Circle of Security Parenting</b>	8-week program assists parents to build stronger and more secure relationships with their children. Learn about understanding and responding to children's needs Bookings essential. Creche may be available.	Elizabeth Grove Children's Centre Ph. Lesley on 0409 631 775 Pennington Children's Centre Ph. Diane on 0477 709 821 Ocean View Children's Centre Ph. RASA CAPSwest on 8340 2022	Elizabeth Grove  Pennington  Taperoo	Starts August 4 Starts August 11 Starts August 12
<b>Connect, Coach and Take Charge</b>	6-week program for parents / caregivers Helping kids feel calm, confident and co-operative. Registrations essential.	Developing Minds Ph. 8357 1711 E: <a href="mailto:admin@developingminds.net.au">admin@developingminds.net.au</a>	Online via Zoom	Starts August 2
<b>Who's in Charge?</b>	8-week program for parents and carers of young people (8-18) who are beyond control, violent or defiant. Please book.	Centacare   Reconnect For more information contact Trevor on ph. 8405 6862.	Angle Park	Starts August 4
<b>Stronger Together Workshops</b>	Free workshops – delivered in English. Session 1: The family and children's development in physical health, mental health and behaviours. Session 2. The family as the foundation of society.	Australian South East Asian Women's Association Ph 0452 641 368 E: <a href="mailto:aseawa@chariot.net.au">aseawa@chariot.net.au</a>	Woodville	Session 1 - August 17 & 24  Session 2 - August 23 & 31
<b>Bringing Up Great Kids</b>	6-week course about understanding the messages of your child's behaviour and developing strategies to manage your parenting approach. Bookings required.	Kilburn Community Centre   Relationships Australia SA Ph. 8340 2022 E: <a href="mailto:CAPSwest@rasa.org.au">CAPSwest@rasa.org.au</a>	Kilburn	Starts August 16
<b>Chilled Kids</b>	4-week program for children and their parents/caregivers. Help your children develop skills to manage their reactions when they feel disappointed, frustrated or angry. Essential to attend all sessions.	Developing Minds Ph. 8357 1711 E: <a href="mailto:admin@developingminds.net.au">admin@developingminds.net.au</a> Registrations essential.	Aberfoyle Park	Starts August 6
<b>Infant Massage</b>	5-week group for parents and caregivers with babies under 12 months. Bookings essential.	C.A.F.E. Enfield   Relationships Australia SA Ph. 8340 2022	Enfield	Starts August 17
<b>Siblings in Focus</b>	Sessions for 5-12yo siblings of children with disabilities/chronic illness. Provides children time away from their roles as carers to do activities, meet others and have fun. Weekly during term time.	Communities for Children Onkaparinga   Junction Ph: Tanas on 8392 3085 or Email: <a href="mailto:tmackay@junctionaustralia.org.au">tmackay@junctionaustralia.org.au</a> Bookings requested	Aldinga  Seaford  Hackham	Wednesdays  Thursdays  Fridays