

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, April 29th**
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>Dates</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
Reclaim your path – Pathways to Empowerment	Course for women who have experienced domestic violence	Zahra Foundation Ph. 8352 1889	To be advised	Starts April 30 & May 8 (Northern suburbs)
Domestic & Aboriginal Family Violence Vigil	Remembering the women and children who've lost their lives to domestic and family violence.	Coalition of Women's Domestic Violence Services	Elder Park	May 1
Playgroup parents and Kids	A supported playgroup for babies, toddlers and preschoolers and their families and caregivers.	Hackham West Children's Centre, Ph. 8382 6161	Hackham West	Saturdays
Recovery Support Group for Eating Disorders	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session.	Butterfly Foundation, please register – ph. The National Helpline Ph. 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	2 nd Tuesday of each month
Women are Strong	8 week support group to develop self-confidence, understand abusive relationships and how to build resilience	Collaboration of Services in Onkaparinga Collaborative Collective Ph. 8215 6310	Christies Beach	May 10
Sound Minds	A group supporting people who hear voices	Skylight Ph. 8378 4100	Wayville	Wednesdays
Family and Carers	A Carer Support Program delivered over seven weeks (evenings) covering the issues facing families managing mental illness.	Skylight Ph. 8378 4100	Wayville	Wednesdays until May 15
Skilling South Australia	Pre apprenticeship skilling program. Local Government – civil construction	Maxima Group and Skilling South Australia Ph. Tim Wurst 8340 7766	Fleurieu Peninsula, Kangaroo Island and Adelaide Hills	Starts May 2019
Take Control	7 week course to increase work skills	Tafe SA City of Onkaparinga Ph. 8322 3591	Old Reynella	Starts May 9

Women's Craft Coffee and Chat	Craft and social group for Women. All materials provided.	Elizabeth Rise Community Centre Ph. 8256 0448	Elizabeth	Starts May 8
First Aid	First aid for Mums and Dads. Three-hour course. Cost involved	Ardtornish Children's Centre Ph. 8264 9828 or 0409 984 495	St. Agnes	June 29, September 21
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	May 1' June 12' Sept 4 & Nov 27
Food for Life	Free program to learn essential nutrition information to cook fresh, healthy and inexpensive meals for the whole family.	Morella Community Centre Ph. 8406 8484	Parafield Gardens	May 7
Food Education Session	Healthy Food For All Program	Food Bank	Christies Beach	April 30 May 14
Mums and Bub's Playgroup MYSA	Circle of Security parenting classes, playgroup and social group.	Playgroup SA Head Office Ph. 8212 0085	Prospect	Fridays
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 or 8341 1334	Angle Park	Starts May 6
Seasons for Growth	An 8 week program helping children (ages 6-10) to manage family separation and loss	Centacare Ph. 8215 6700	City	Starts May 7
Joining the Dots	Supporting parents and carers understand children's behaviour	Gawler Children's Centre ph. 8523 2575	Gawler	May 9
Circle of Security	Relationship based parenting program	Communities for children Ph. 8255 3323	Ingle Farm	April 30
So Connect	Program aimed at increasing connections to mainstream support services and the community for people with a disability. For those not eligible for the NDIS	Glandore Community Centre Ph. Melissa Ph.8217 7612	Glandore	May 3
BISE Group 2019	Brain Injury Support and Education free peer support based group.	Brain Injury SA Ph. 8217 7600	City	Monthly
Memory and Ageing Information Session	Information, tips and strategies that make a positive difference to the lives of people living with dementia.	RSVP Ph. 8203 7811	North Adelaide City, and Sturt Street	April 8, May 27 & June 13
You Space	Group program for young people aged 12-17yrs who identify as gender questioning, gender diverse and transgender	Headspace Ph. 8215 6340	Port Adelaide	May 7 & June 4
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
Aboriginal and Torres Strait Islander Suicide Intervention	Increase the safety of individuals at risk of suicide. Two day workshops.	Nunkuwarri Yunti Ph. 8168 8300	Adelaide	May 14 & 15 and August 14 & 15
My Well Being	10 week course to develop resilience.	ACE City of Marion Ph. 7420 6400	Hallett Cove	Starts April 29
Intro to Small Business	10 week course to introduce the basics of small business	ACE City of Marion Ph. 7420 6400	Hallett Cove	Starts May 1
Creating Competent Children	Parenting workshop to encourage parenting to build competence and optimism in children	Centacare Ph. 8215 6700	Adelaide	May 9
Personal Safety Program	5 week program for women to increase their personal power and safety	Kalaya Children's Centre Ph. 8447 6519	Queenstown	Starts May 10

