

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 18 March**

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

<u>Program</u>	<u>Description</u>	<u>Provider</u>	<u>Location</u>	<u>Date</u>
SERVICES				
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Centacare For more information or to register Ph. 8215 6310 or E: aldinga@centacare.org.au	Location provided on registration	To be advised
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Bookings essential.	Hands of Hope Ph. 0476 760 004	Location provided on registration	To be advised
Shark Cage for Women	8-week course to help you build a strong sense of self and to feel empowered. Recommended to complete Women are Strong women do survive before attending Shark Cage for Women	Anglicare SA To register please contact Carla Favretto on Ph. 8186 8919 or E: fif@anglicaresa.com.au	Location provided on registration	To be advised
From Strength to Strength	6-week group for women who would like to increase their personal growth and improve relationship conflict management. This group is ideal for women who have completed both Women are Strong and Shark Cage groups.	Anglicare SA For more information contact Nicky E: ntanner@anglicaresa.com.au or Jaymi E: jaymi.humphreys@anglicaresa.com.au or Ph. 8186 8900	Southern address. Location provided on registration	To be advised
Out of the Shadows	Have you ever felt as though you were walking on eggshells? Have you experienced abuse in a relationship? Are you wanting to connect with other women who have similar experiences? This group will discuss impacts on women and children and interactions with the Domestic and Family Violence, Legal and Safety Systems	Relationships Australia South Australia For more information or to register Ph. 8223 4566 or E: rasacentral@rasa.org.au	Location provided on registration	Friday's
Zahra Foundation – Pathways to Empowerment Healthy Communication	9-week group courses for women who have experienced domestic violence. Explores boundaries, communication strategies and respectful relationships.	Zahra Foundation Ph. 8352 1889 or E: admin@zahrafoundation.org.au registration essential	Central	May 9
Zahra Foundation Pathways to Empowerment -Healthy Decisions	9-week group courses for women who have experienced domestic violence. Explores social norms, decision making and advocating for self and others	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	North	May 7
Zahra Foundation Pathways to Empowerment -Healthy Relationships	9-week group courses for women who have experienced domestic violence. Uses creative activities focusing on reconnection with self and community, values and rights.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	West	May 10
Zahra Foundation Pathways to Empowerment -Healthy Futures	9-week group courses for women who have experienced domestic violence. Builds on skills and goal setting, with the ability to create an individual pathway plan for the future including information and support for study or work.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	South	May 8

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Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. We will be available to meet with clients and support services.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angas St. Adelaide	Women's Information Service 101 Grenfell St Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Subject to volunteer availability
Ombudsman Outreach at WIS	Talk to the Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state government department or local government agency.	Ombudsman SA at WIS. Drop-in 10am – 12 noon. Ph. 8303 0590 Call-back service available	Adelaide	Mar 28
Women's Legal	A fortnightly FREE & confidential service. By appointment only, 10am-4pm	Elizabeth Rise Community Centre Ph. 8221 5553	Elizabeth Rise	Fridays Fortnightly
SOCIAL CONNECTION				
Craft and Chat	Come along and join other women to learn craft in a relaxed and friendly environment. All materials provided.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Wednesdays
Let's Chat Gardening Port Pirie Haven	For women who enjoy gardening Share ideas, make friends and guest speakers.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Fridays
Women and Words	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 or E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
Craft and Conversation – The Haven Mount Gambier	Join in with this creative production line to make inspiring gifts for women.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Second Thursday of the month
Creative Space	A safe space for women to make friends or chat. Materials, coffee and tea provided.	Centacare Ph. 8645 8233, Whyalla Haven Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesday's
Bee Creative	An artist led, creative workshop for women of all ages and skill levels. Creche, snacks, tea and coffee provided.	The Goolwa Haven For more information contact the Goolwa Children's Centre Ph. 8555 2509	Goolwa	Wednesday's
Women's Community Street Soccer	Held indoors and all skills levels welcome	The Big Issue For more information contact Erica on Ph. 8359 3450, 0417 861 448 or E: erees@bigissue.org.au	Wayville	Tuesdays
Let's Fidget Together	The Haven Mount Gambier invites you to support Dementia Australia and anyone with dementia. If you know anyone with dementia or support someone with dementia join us to complete some fiddle items. Such as blankets, muffs and scarves that will be donated and distributed to patients.	The Haven Mount Gambier For more information Ph. 04389 169 925	Mount Gambier	Mar 19
Closing the Gap Day	Secure your spot at Closing the Gap Day now!	Register her for Closing the Gap Day	Adelaide	Mar 21

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Women's Circle	A non-judgemental, safe space for women to share their feelings and daily struggles	Whyalla Haven Ph. 0407 251 696	Whyalla	Wednesday fortnightly
Empowering Women - Building Connections in a new home	The workshop for migrant women, provides a safe space to network, share experiences and gain knowledge about Australian law, Rules and social norms regarding relationships and power dynamics.	Lutheran Care Ph: 0490 255 163	Blair Athol	Mar 28
Highlighting Women in Whyalla	Come and join us for a free cuppa and a casual conversation with amazing women who work in our community, you may not be aware of.	The Haven Whyalla Ph. 0407 251 696.	Whyalla	Mar 22
Volunteers Wanted The Haven Whyalla	The Haven Whyalla is on the lookout for vibrant souls to join our volunteer family in the Whyalla region.	Women's Information Service. Ph 8303 4590 or E: wis@sa.gov.au	Whyalla	Apply by Mar 24
Volunteers Wanted The Haven Mount Gambier	The Haven Mount Gambier is on the lookout for vibrant souls to join our volunteer family in the Mount Gambier region.	Women's Information Service. Ph 8303 4590 or E: wis@sa.gov.au	Mount Gambier	Apply by Mar 24
Ripples Across SA	Join Our Place of Courage for the launch of the 'Ripple' site. A public art space designed to acknowledge the impact of domestic and family violence in our community	Register here for Ripples Across SA http://iyurl.com/mm2sjy4v	Port Adelaide	3 April
EDUCATION				
Report Writing	Do you have to prepare a report for a government service such as NDIS? Consult with an experienced Haven volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Western Adelaide Jobs Expo	This job expo is designed to help all job seekers, from school leavers to mature aged, connect with potential employers. This is a free event.	MAS into work Australia To book go to https://www.eventbrite.com.au/e/western-adelaide-jobs-expo-2024-tickets-709800040027	Regency Park	Mar 20
How e-safety can help	Provides an overview of the eSafety Commissioner, and supporting programs and resources for parents and carers. It's suitable for parents and carers of children and young people in primary and secondary school	E-safety Commission Register here for How e-safety can help	Online	Mar 20
Online safety and social media	Provides an overview of managing different functions of social media, It's suitable for parents and carers of children and young people in primary and early secondary school	E-safety Commission Register here for Online safety and social media	Online	Mar 26
Music Course	Have fun with rhythms, voice and melody in a supportive environment. Learn about songwriting and write your own songs.	Catherine House Women's Centre Ph. 0418 856 129	Adelaide	Starts Apr 12

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Life your best life & plan for your future	10-week course is a fun and inspiring way to help you learn how to get more out of life	Catherine House Women's Centre Ph. 0428 883 950	Adelaide	Enrol by Apr 23
Art Course	Learn new skills in various art mediums and processes in a supportive environment	Catherine House Women's Centre Ph. 0418 856 129	Adelaide	Enrol by Apr 24
Domestic Violence Disclosure Scheme Information Session	Online session to learn about the Domestic Violence Disclosure Scheme	Women's Information Service Register here for DV Disclosure scheme Information Session.	Online	Mar 27
PARENTING				
Circle of Security Parenting	A 6-week course to help your child organise their feelings and enjoy a more fulfilling relationship with your child.	Centacare Bookings essential. Contact Centacare on Ph 8215 6700	Adelaide	Starts Mar 26



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