

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 3 May**
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

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 relationships.	Anglicare SA Ph. Nicky on 0409 858 992 ntanner@anglicaresa.com.au	O'Sullivan Beach Cowandilla	Starts May 4 Starts May 6
Women are Strong Women do Survive	8-week support group for dealing with the effects of abusive relationships. Creche available.	Multi Agency Ph. 8215 6310	Hackham area – address on registration	Starts May 5
From Strength to Strength	8-week group program for women who have experienced relationship trauma in the past, focused on resilience and empowerment.	Anglicare SA Ph. Nicky on 0409 858 992 ntanner@anglicaresa.com.au	Darlington	Starts May 3
Zahra Foundation Pathways to Empowerment	9-week course for women who have experienced domestic violence, with practical activities to achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au Registration essential.	Central location, advised on registration	Starts May 4
Zahra Foundation Pathways to Empowerment	9-week course for women who have experienced domestic violence, with practical activities to achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au Registration essential.	Central location, advised on registration	Starts May 5
Zahra Foundation Open House	Information session to assist and inform women who have come out of domestic violence situations.	Zahra Foundation Ph. 8352 1889	Advised on registration	May 13
Zahra Financial Counsellor	Free financial counselling for women who have experienced domestic violence at any time in their lives at the Women's Information Service.	Zahra Foundation Ph. 8352 1889	Adelaide	May 5
Women's Domestic Violence Court Assistance Service	WDVCAS provides a range of services helping women apply for intervention orders and ending tenancy agreements.	WDVCAS on 1800 246 642	Various	Ongoing
Family Court Support at WIS	Confidential support for women attending the Family and Federal Circuit Court in Adelaide. We also provide support in our office if you have an online hearing, mediation, or family conference.	For more information or to book your family court support please contact Women's Information Service Ph. 8303 0590	Adelaide	Ongoing
Volunteer at WIS The Haven Whyalla -	Applications are open to become a WIS Outreach volunteer. Want to know more? Join our Zoom information session.	Women's Information Service Ph. 8303 0590 or email wis@sa.gov.au Apply online: https://bit.ly/3swoFP8	Whyalla	Applications open
Volunteer at WIS - The Haven Gawler	Applications are open to become a WIS Outreach volunteer. Online & in-person training in May.	Women's Information Service Ph. 8303 0590 or email wis@sa.gov.au	Gawler	Applications open
Free English Language Lessons	Free English lessons run through Adelaide Uni Teacher Training Program. 6-week and 7-week program. Register now.	University of Adelaide http://pcwebforms.wufoo.com/forms/free-english-lessons-registration-2021-/	Adelaide	Starts June 30 and July 9
IT Trouble shooting	Make a time with Beau to have your IT questions answered for free. Appointments are 15-30 mins long.	Bookings essential Reynella Community Centre Ph. 8322 3591	Old Reynella	Fridays

Take Control	6-week course. Looking for employment? Finding it difficult to get work? Do you need a resume?	Call Sonia Ph. 8322 3591 or email takecontrol@reynellanc.org.au	Reynella	Starts 13 May
Cuppa & Chat at Roopena	WIS is excited to support this new weekly social connection group at Roopena in O'Sullivan Beach. Mondays during term time.	O'Sullivan Beach Children's Centre & Women's Information Service Jo Ph. 8382 2850 or E: wis@sa.gov.au	O'Sullivan Beach	Starts May 3
Coffee & Chat Women's Group	Meet other women in a safe, inclusive space for a fortnightly social get together with WIS volunteers.	Parafield Gardens Children Centre & Women's Information Service Ph. Alice on 8303 0590	Parafield Gardens	Starts May 12
Chat Time at The Haven Murray Bridge	Come say hello to our friendly Women's Information Service volunteers for a cuppa and Chat Time	The Haven & Murray Bridge Community Centre Ph. 8531 1799	Murray Bridge	Monday and Thursday
Bolder Braver: Understanding Healthy Relationships for Women	6-week program for women will focus on building connections, self-compassion, resilience and understanding. Bookings essential.	Skylight Mental Health and Junction Ph. Emma on 8392 3060 or Erica on 8378 4100	Goolwa	Starts May 4
Health Matters	Wellness group that supports you to understand your health and find what works for you to improve your wellbeing and lead a fulfilling life.	Elizabeth Rise Community Centre and NEAMI National Salisbury Bookings to Sue Bunce or Katherine Tumes on Ph. 8180 9995	Elizabeth Downs	Starts May 11
Circle of Security - for parents from CALD backgrounds	8-week program to explore and understand how to best support and connect with your children's needs. Creche available.	Australian Refugee Association & Lutheran Care Ph. Abi on 0490 858 919 or E: acatchlove@lccare.org.au	Murray Bridge	Starts May 4
Mindful Awareness Parenting	8-week program to explore mindful awareness to help in all aspects of life.	Anglicare SA Ph. 0437 120 972 (Sheri) or 8557 6208 (Tara)	Aldinga Beach	Starts May 5
Wellbeing and Resilience Workshop for Young People	Workshop to learn techniques and strategies to improve your wellbeing and resilience	Multi Agency. Register at: http://events.humanitix.com/free-wellbeing-and-resilience-workshop-for-young-people	Elizabeth	May 6th
KidStuff for Young Parents	6-week program to meet other parents and learn about you and your child.	Metropolitan Youth Health Ph. 8326 6053 Anna	Christies Beach	Starts May 6
Growing Together	8-week program for women who have had domestic violence experiences to share positive experiences with their children	To register Ph. 8406 8297 or visit salisbury.sa.gov.au/gt	Ingle Farm	Starts May 7
Post-Separation Parenting Course	A workshop for separated parents. Understand and manage the changes in your family.	Centacare Adelaide Ph. 8215 6700 Salisbury Ph. 8412 9500 registrations@centacare.org.au	Adelaide Salisbury	May 7 May 13
Parenting Together	Communication based parenting program	Relationships Australia Community Projects Team on Ph: 8250 6600. Bookings essential.	Salisbury	Starts 11 May
Building Coping Skills	2-part workshop that helps parents and carers to support your child or young person's resilience.	O'Sullivan Beach Children's Centre Ph. 8382 2850. Bookings essential. Creche available.	O'Sullivan Beach	Starts May 13
My Child and Me	3-week workshop for parents and carers to build an understanding of their child's development	Christie Button Ph. 0434 856 904 christie.button@sa.gov.au Joanne Macheda Ph. 8209 1800 joanne.macheda3@sa.gov.au	Munno Para	Starts May 13
Bringing Up Great Kids	Strategies for parents and carers to understand why their children behave as they do and how to be the kind of parent/carer they want to be.	Hackham West Children's Centre Ph: 8382 6161	Hackham West	Starts May 20
Keeping Families Safe	Workshop for parents and carers to explore how children experience domestic violence and strategies to support children and help them heal.	Centacare Ph. 8215 6700 or email: registrations@centacare.org.au Bookings essential.	Adelaide	June 1