

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 21 November**  
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 0403 750 182 Ph. 8186 8919 or email <a href="mailto:carla.favretto@anglicaresa.com.au">carla.favretto@anglicaresa.com.au</a>	Advised on registration.	To be confirmed
<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	To be confirmed
<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	To be confirmed
<b>Family and Domestic Violence Peer Support Group</b>	An open group for people who have survived family and domestic violence to come together to share their experiences of what it has been like to build a different life for themselves.	Junction Australia Ph.8392 3080 Tammy at <a href="mailto:telvin@junctionaustralia.org.au">telvin@junctionaustralia.org.au</a> Creche available.	Hackham Area  Address provided on registration	Mondays fortnightly
<b>Zahra Foundation Pathways to Empowerment</b>	9-week group courses for women who have experienced domestic violence, with practical activities to achieving goals in life. Healthy Relationship; Healthy Communication; and Healthy Futures. Registrations essential.	Zahra Foundation For more information contact - Ph. 8352 1889 <a href="mailto:program@zahrafoundation.org.au">program@zahrafoundation.org.au</a>	Location advised on registration	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>Women's Legal Service Outreach</b>	Confidential legal service that provides legal assistance and representation to women. Call to book an appointment.	Women's Legal Service Ph. 8221 5553	Seacombe Gardens Elizabeth Downs	Thursdays Fridays
<b>Ombudsman SA Outreach at WIS</b>	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	November 24
<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	December 7
<b>Toiletry Donations</b>	WIS Haven Mount Barker is collecting donations of women's toiletries to share in the lead-up to Christmas 2022.	Mount Barker Community Centre 3 Dumas St, Mount Barker Ph. 0439 002 785	Mount Barker	Ongoing

<b>PartnerSPEAK Information session</b>	PartnerSPEAK offers support to non-offending persons affected by another's involvement with child sexual abuse and child exploitation material. 11am.	PartnerSPEAK and Women's Information Service To register please contact WIS via Email: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Online	December 7
<b>SOCIAL CONNECTION</b>				
<b>Orange the World: End Violence against women now!!</b>	Join us for a morning tea to launch 16 Days of Activism to end violence. All welcome. 10.30am - 12.30pm	WIS Haven Goolwa at Goolwa Library Ph. 0499 407 237	Goolwa	November 25
<b>16 Days of Activism: take a stand!</b>	Join us to create your own mosaic – bring along an item to break! Call for more information and to register.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	November 25
<b>Under Cover Documentary Screening</b>	The WIS Haven Mount Barker is proud to present a screening of Under Cover: sharing the lives of an eclectic group of women experiencing homelessness in Australia. Tickets \$5. Starts at 2.30pm.	Book online at <a href="https://www.eventbrite.com.au/e/screening-of-under-cover-feature-documentary-tickets-441349176267">https://www.eventbrite.com.au/e/screening-of-under-cover-feature-documentary-tickets-441349176267</a>	Mount Barker	November 27
<b>16 Days of Activism: Mount Gambier</b>	Activities taking place in Mt Gambier and surrounding towns to shine a spotlight on the issue of violence against women. Look for our stalls at Rotary Market, Centro, Market Place.	WIS Haven Mt Gambier at Mt Gambier Library Ph. 0439 169 925	Mount Gambier	November 25 – December 10
<b>Young One's Gardening Group at Whyalla WIS Haven</b>	We are excited to invite mums, grandmas, caregivers, and their young ones to our first gardening club.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	Wednesdays Starts November 30
<b>Coffee and Chat at the Mount Gambier WIS Haven</b>	Join us at 10am for a Christmas craft workshop, at our monthly coffee and chat event. Make a card and a tealight candle holder. Materials provided.	WIS Haven Mt Gambier at Mt Gambier Library Ph. 0439 169 925 Bookings encouraged	Mount Gambier	November 30
<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>Women's Walking Group at the Gawler WIS Haven</b>	Walk and talk for health, fun and friendship. Easy walk, suitable for most abilities and pram friendly. All welcome. Join us afterwards for a coffee and chat!	WIS Haven Gawler at Gawler Community House Ph. 0466 810 553. Email: <a href="mailto:hcp@gawlercommunityhouse.org.au">hcp@gawlercommunityhouse.org.au</a>	Gawler	Thursday's fortnightly
<b>The Glow Up at Gawler WIS Haven</b>	Join us from 10.30am to noon for a chat in a relaxed environment, with coffee and tea provided. Get together with an inclusive, supportive group of women.	WIS Haven Gawler at Gawler Community House Ph. 0466 810 553. Email: <a href="mailto:hcp@gawlercommunityhouse.org.au">hcp@gawlercommunityhouse.org.au</a>	Gawler	Fridays
<b>Women's Shed: 4 Workshop Series</b>	Come along and learn some woodworking and handyperson skills. 4 sessions especially for women.	Mount Barker Men's Shed Phone: 83912747 Email: <a href="mailto:mensshed@mtbcc.org.au">mensshed@mtbcc.org.au</a>	Mount Barker	Starts November 14
<b>Sista 2 Sista: E-Safety</b>	A day of pampering, education and connection for Aboriginal and Torres Strait Islander women. Leave feeling positive and empowered. 10am - 3pm	Family Violence Legal Service at the Central Whyalla Football Club Ph. 8641 2195 Please RSVP for catering numbers	Whyalla	November 23
<b>HEALTH</b>				
<b>Breast Screen SA - mobile service</b>	BreastScreen SA invites women aged over 50 years to come along for their free 2 yearly screening mammogram. It can take as little as 10 minutes!	BreastScreen SA For more information and to book Ph. 13 20 50 E: <a href="mailto&gt;HelloBSSA@sa.gov.au">HelloBSSA@sa.gov.au</a>	Kingscote Port Lincoln	Nov 23–Dec 14 Until Jan 23
<b>Are you a Carer? Carers SA Information Session</b>	A carer is someone who helps a family member or friend with managing their daily needs. Learn about the supports available to you with Carers SA	Carers SA For more information and to book contact Debby at Carers SA Ph. 0423 338 585	Seaford	November 29
<b>EDUCATION</b>				
<b>Catherine House – 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	October 20 to December 8

<b>Catherine House – Music Course</b>	A music program that offers structured and non-structured opportunities, learn to sing, and harmonise, read, and play music in a group. Join anytime.	Catherine House Women’s Centre Contact Lisa Grant E: <a href="mailto:LisaG@catherinehouse.org.au">LisaG@catherinehouse.org.au</a>	Adelaide	October 21 to December 9
<b>Aboriginal Pathway Program at UniSA</b>	Free, 18-month program to prepare Aboriginal and Torres Strait Islander students for university study. Provides face-to-face teaching and support to study on campus, with direct entry into any UniSA degree on completion.	University of South Australia Apply online at <a href="http://unisa.edu.au/app">unisa.edu.au/app</a>  For further information email: <a href="mailto:app@unisa.edu.au">app@unisa.edu.au</a>	Adelaide Ceduna Mount Gambier Port Lincoln Whyalla	Apply now to start in February 2023
<b>Ready Set Prep</b>	4-week program where 4 people will cook 4 family meals together and get to take them home! Information session must be attended. Cost \$10.	Book here for the free Information session <a href="https://bit.ly/3gVLBWR">https://bit.ly/3gVLBWR</a>	Elizabeth Downs	Information Session November 23
<b>PARENTING</b>				
<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	November 30 December 16
<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	November 24 December 8
<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	December 14
<b>Siblings in Focus Resilience Program (FRIENDS)</b>	For 5-12-year-old siblings of children with disabilities and/or chronic illness. Make social connections and build strategies for emotional resilience.	Junction Australia Ph. Tammy on 8392 3080 E: <a href="mailto:telvin@junctionaustralia.org.au">telvin@junctionaustralia.org.au</a>	Hackham Seaford Aldinga	Fridays Thursday Wednesdays
<b>Building Coping Skills</b>	A free workshop that helps you as parents and caregivers to support your child or young person’s resilience	O’Sullivan Beach Children’s Centre Bookings essential, Ph. 8382 2850	O’Sullivan Beach	November 23
<b>Cyber Safety for children and parents</b>	A free workshop designed to help parents and caregivers build a better understanding of the online world.	Hackham West Community Centre Ph. Bel on 0438 862 295 Bookings essential Creche provided	Hackham West	November 25
<b>Bringing Up Great Kids</b>	4-week course for separated mums and female carers to encourage parenting practices that build competence, optimism and capability in children.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	Starts November 29
<b>The Fast Five: parenting tips that really work</b>	This workshop collects key concepts from current Australian research into effective parenting strategies.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	December 6
<b>Growing and learning in the family</b>	2-part workshop to help families and caregivers gain an understanding of how children learn through play and form meaningful connections.	Hackham West Community Centre Ph. Bel Pollard on 0438 862 295 Bookings essential.	Hackham West	Starts December 9
<b>Keeping Families Safe: Picking up the pieces after domestic violence</b>	Workshop for separated parents/carers to explore how to support children as they heal and strategies to nature their wellbeing. Bookings essential.	Centacare Ph. 8215 6700 E: <a href="mailto:registrations@centacare.org.au">registrations@centacare.org.au</a>	Adelaide	December 13



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