

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 19 September**

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
SERVICES				
The Shark Cage Group	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 carla.favretto@anglicaresa.com.au	Advised on registration.	To be confirmed
Women are Strong Women do Survive	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
Women: Strength and Safety	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
Family and Domestic Violence Peer Support Group	An open, peer-support 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. Fortnightly sessions. Creche available.	Junction Ph.8392 3080 or email Tammy at telvin@junctionaustralia.org.au	Hackham Area <i>(Location provided on booking)</i>	Mondays Starts October 17 Tuesdays Starts October 18
Zahra Foundation Early Paths to Empowerment	9-week course for women 18 – 35 years who are recovering from family and domestic abuse. Registrations essential.	Zahra Foundation Ph. 8352 1889 program@zahrafoundation.org.au	Location advised on registration	To be confirmed
Zahra Foundation Pathways to Empowerment	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 program@zahrafoundation.org.au Location provided on registration.	Location advised on registration	To be confirmed
Women's Domestic Violence Court Assistance Service	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
Family and Domestic Violence No Interest Loans (NILS) Support at WIS	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 www.wis.sa.gov.au	Adelaide	Ongoing
Family Court Support at WIS	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
Zahra Foundation Outreach at WIS	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	October 5 October 20
Tax Help at WIS	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 www.wis.sa.gov.au	Adelaide	Thursdays

Domestic Violence Disclosure Scheme Information Session	Information session for workers. For more information and to register your interest please email wis@sa.gov.au	Women's Safety Services SA and Women's Information Service Ph. 8303 0590	Online	September 23
Ombudsman SA 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	September 29
Ignite: an afternoon for women	An afternoon of activities, music and food. An opportunity for women to connect with services in a safe and private environment. 1-3.30pm.	Hutt St Centre Ph 8418 2500 Held first Thursday of the month.	Adelaide	October 6
SOCIAL CONNECTION				
Fiction Addiction Book Club	Join the group at the WIS Haven on the first Thursday of the month for our friendly book club chat. 1pm-2.30pm.	WIS Haven Mount Barker at Mount Barker Community Centre Ph. 0439 002 785	Mount Barker	October 6
Young Mums at the Mount Barker WIS Haven	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: enquiries@mtbcc.org.au	Mount Barker	Wednesdays
Colour, Coffee and Chat at the Whyalla WIS Haven	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	September 26
Craft and a Cuppa at the Mount Barker WIS Haven	Bring your craft, enjoy a chat and a cuppa, socialise, and make new friends! 10am-12pm. Children most welcome.	Mount Barker Community Centre Ph. 8391 2747 Bookings not required.	Mount Barker	Fridays
Craft & Chat Port Pirie WIS Haven	Come along and join other women to learn craft in a relaxed, friendly environment.	Port Pirie Community Centre Ph. 0499 420 923 to book	Port Pirie	Wednesdays
Women's Group	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
Women Together	Enjoy relaxed conversation, share a skill or learn something new. All levels of English are welcome, children welcome and no bookings required. 1.30-3pm.	MarionLIFE and Australian Refugee Association Ph. 82770304 E: info@marionlife.org.au	Mitchell Park	Wednesdays
Women Having Fun	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
Multicultural Women's Group	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
Women's Coffee and Craft	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
Young Women of MYSA	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: Zahra@mysa.com.au	Adelaide	Saturday fortnightly
HEALTH				
Breast Screen SA - mobile service	BreastScreen SA invites women aged over 50 years to come along for their free 2 yearly screening mammogram.	BreastScreen SA For more information and to book Ph. 13 20 50 E: HelloBSSA@sa.gov.au	Tanunda Lameroo Port Lincoln	Until Sept 23 Sept 20 to 27 From Sept 30
Women's Health and Well Being Expo	An Expo to connect or reconnect women with Playford services. Information and activities. Tea and Coffee provided. Children welcome but parent supervision required.	Mark Oliphant Children's Centre and Playford Uniting Church. Christie on 0434 856 904 E: Christie.button@sa.gov.au	Munno Para	September 23

Carer Forum: Caring and Wellbeing	Join us for a morning tea, pampering and wellness session, giftbag, giveaways and more. 9.30am - 12.30pm.	Barossa Wellbeing Hub Carers SA RSVP by 5 October to Lynn on Ph. 0491 067 617	Tanunda	October 17
EDUCATION				
Aboriginal and Torres Strait Islander Young Women's Leadership Program	YWCA Australia Program for young women 14-17, who are interested in having a voice in the community to lead change and create solutions. 2 full days.	To register or for more information contact Violet Buckskin on Ph. 0482 187 645 or email violet.buckskin@ywca.org.au	Christie Downs	September 22 and 29
Inggarni Wardli Technologies Program	For Aboriginal and Torres Strait Islander students in years 10, 11 or 12. This immersive camp give an opportunity to experience the many ways that STEM can be applied to the real world.	To apply go to: Inggarni Wardli Technologies Program Expression of Interest Wirritu Yarlur University of Adelaide	Adelaide	October 10
Computer and Online Basics	10-week class that helps develop basic skills and build confidence with computers and using the internet.	Pooraka Farm Community Centre Adult Community Education Ph. 84068488	Pooraka	Starts October 19
Introduction to Care: Aged, Disability and Health	10-week program introducing the skills and knowledge required to work in the care field. Thursday & Friday mornings.	Pooraka Farm Community Centre Adult Community Education Ph. 84068488	Pooraka	Starts October 20
Everyday Conversation Skills	Improve your English conversation and general speaking skills in a relaxed supportive environment. 9.30-11.30am	Pooraka Farm Community Centre Adult Community Education Ph. 84068488	Pooraka	Thursdays
TALK: basic English for everyday life	Practice speaking English with other people; understanding spoken English; basic writing. Creche may be available.	Australian Refugee Association Ph. Mohsen on 8354 2951 mohsen.abdel-meseh@ausref.net	Salisbury Smithfield Plains	Tuesdays Fridays
English for Everyday Reading and Writing	This program will help you to improve your English reading and writing skills in a relaxed supportive environment.	Pooraka Farm Community Centre- Adult Community Education Ph. 84068488	Pooraka	Wednesdays
PARENTING				
Supporting Children after Separation	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Adelaide	September 28
Supporting Children after Separation	Workshop for separated parents. Understand and manage the changes in your family. Bookings essential. Cost \$5	Centacare Ph. 8252 2311 E: registrations@centacare.org.au	Elizabeth Park	September 29
Supporting Children after Separation	Online session for separated parents to understand and manage the changes in their family. Bookings essential.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Online via Zoom	September 21
What to do when kids push your buttons	A workshop assisting parents/carers to understand and manage their children's behaviour. For families experiencing separation. Bookings essential.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Adelaide	September 27
Stepping Up to Gaming	4-week program for young people 11-17 together with their parents/caregivers. Focuses on developing a balanced approach to gaming. Bookings essential.	Relationships Australia SA Ph. 8250 6600 E: r.carr@rasa.org.au	Elizabeth	Starts September 29
Mindfulness and Self Care for Parents and Carers	Workshop covering simple mindfulness techniques that will enhance your parenting experience with your children. Bookings essential.	Fleurieu Families Centacare Ph. 8551 0542 E: agraham@victor.sa.gov.au	Victor Harbor	October 18
Circle of Security Parenting	6-week course. Learn how to help your child to feel secure, and enjoy a more fulfilling relationship with your child. Bookings essential. No creche provided.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Elizabeth Downs	Starts October 18
Who's in Charge?	8-week program for parents and carers of young people (8-18) who are beyond control, violent or defiant. Reclaim respect and calm in your family.	Reconnect Centacare Ph. Trevor on 8405 6862 Ph. Centacare on 8215 6700	Greenacres	Starts October 27