

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 11th February 2019**
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 of each month
Women are strong, women do survive	An 8 week group for women effected by domestic violence in the southern suburbs	Women's Safety Services Ph. 8215 6310	O'Sullivan's Beach area	Starts Thursday 7 th February
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
The Surviving & Thriving Play Group	Supported playgroup for mums & children aged 0-5 yrs. Where the mums are survivors of DV.	Hackham West Children's Centre, Ph. 8382 6161	Hackham West	Wednesdays
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@womenssafetysservices.com.au	Location supplied upon request	Thursdays
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
Back on track	A men's group for positive change. Dealing with anger, and violence.	Relationships Australia SA Ph. 8255 3323	Elizabeth	Wednesdays starting 20 th February
Recovery Support Group for Eating Disorders	Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session. + another session for Carers	Butterfly Foundation Ph. 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	2 nd Tuesday of each month
Carers Support Group for Eating Disorders	This is a safe space where you can talk about your feelings & find connection with others. \$20/session.	Butterfly Foundation Ph. 1800 334 673 or support@thebutterflyfoundation.org.au	Glenside	1st & 3rd Tuesday /month
Who's In Charge	An 8 week program for parents or carers of young people who are beyond control, violent or defiant	Junction Community Centre Ph. 8405 6862	Enfield or Hackham	Mondays starting 4 th Feb (Enfield) 11 th Feb (Hackham)
Circle of Security	Understanding more about your child's behaviour	Centacare Ph. 8215 6700	Eastwood and Adelaide	Starts 14 th February (Eastwood) 19 th February (Adelaide)
Kick start your child's success	8 week program for Arabic speaking parents/grandparents of children under 5	Multicultural Communities Council of SA Ph. 8213 4606	Cowandilla	Starts 14 th February
Developing Resilience	Develop positive ways to help yourself and your child deal with hardship and to develop self-awareness.	Centacare Ph. 8215 6700	Adelaide	21 st February
How to talk so kids will listen	Develop strategies, hear what kids are trying to tell you, expectations and boundaries	Centacare Ph. 8215 6700	Adelaide	Starts 12 th February
Bringing up Great Kids	Develop strategies to manage your parenting approach, in your busy world	Communities for Children Ph. 8255 3323	Salisbury	Tuesdays start 26 th February
Healthy Strong Families	Building resilience in a digital world	Campbelltown Library Ph. 8366 9272	Newton	Wednesday 27 th February
Bump	Become a mentor to help empower young mums	Raise raise.org.au	All states	Ongoing

Everyday Wellbeing	For people experiencing anxiety and/or depression	Skylight Ph. 8378 4100. Bookings essential	Smithfield Plains	Wednesdays start 6 th February – 13 th March
Everyday Wellbeing	For people experiencing anxiety and/or depression	Skylight Ph. 8378 4100	Wayville	Fridays Start 8 th February – 15 th March
Sound Minds	A group supporting people who hear voices	Skylight Ph. 8378 4100	Wayville	Wednesdays
Mental health and the NDIS	Free Mental Health Community of Practice Information Session	Partners in Recovery/Cove Civic Centre Ph. 8375 6755	Hallett Cove	Friday 15 th February
Be Kind Unwind	Personal Wellbeing Gold coin donation	Cowandilla Children's Centre Ph. 8352 5346	Cowandilla	Friday 1 st March
Walk of awareness	Commemorating our stolen generation	City of Port Adelaide Enfield Ph. 08 8405 6600	Port Adelaide	13 th February
Honouring the stolen generation	11 th anniversary of the national apology	Uniting Communities Ph. 8202 5067	Adelaide	13 th February
Women's Yarning Circle	Women's Group for Aboriginal and Torres Strait Islander Families	Vine Street Centre Ph. 8322 1120	Old Reynella	Fortnightly on Wednesdays starting 13 th Feb
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 starts 14 th February
Traditional Healers Clinic	Ngangkari healers provide one-on-one consultations/treatments to Aboriginal people in need of healing	Aboriginal Family Clinic Ph. 8179 5953	Noarlunga Centre	Tuesday 19 th February
Certificate III in Women's Advocacy	Building confidence and skills for entry into further education or employment with a specific focus on women's advocacy. Cost Involved	Tafe SA Ph. 8207 8805	Adelaide or Elizabeth or Online	TBA
Certificate II in Vocational Prep for Women	Provide students with the skills, knowledge and self-confidence to make informed and realistic choices about education or employment. Free through WorkReady	Tafe SA Ph. 8207 8805	Adelaide or Noarlunga or Elizabeth or Regency Park or Online	TBA
Demolition pre-employment program	4 week training program with an accredited units from certificate III in Demolition	McMahon Services Ph. 8203 3141	Adelaide	Info session 14 th February
Confident Budgeting	Free 6-week course on Saving Money, Goal Setting, Budgeting, plus more!	MarionLIFE Ph. 8277 0304	Mitchell Park	Wednesdays starting 13 th February
Free Creche	Care for your child/ren while you study, attend appointments during school terms	Hackham Community Centre Ph. 8186 6944	Hackham	Wednesdays, Thursdays and Fridays
Voices of Women	International Women's Days Celebration, women only event	Cyprus Community of South Australia Ph. 8346 9400	Welland	Friday 8 th March
Women's Group	Meet other women at a Community driven women's group	Hackham Community Centre Ph. 8186 6944	Hackham	Tuesdays from 5 th Feb
Women of MYSA	A fun and welcoming environment for young women to learn new skills, create new friendships and build confidence	MYSA Ph. 8212 0085	Adelaide	Starts 9 th February
English Chat	Social session to gain confidence speaking the English language through conversation/games	Elizabeth Rise Community Centre Ph. 8256 0448	Elizabeth Downs	Mondays
Tech Help	Specialising in tutoring people how to correctly use their device or app.	Reynella Neighbourhood Centre Ph. 8322 3591	Old Reynella	Tuesdays during school term
T.R.U.C.K IT	The useful Computer K.it. learn on any range of modern devices.	Reynella Neighbourhood Centre Ph. 8322 3591	Old Reynella	Starts 5 th February
Take Control	Free 7 week course on looking for employment and increasing skills	Reynella Neighbourhood Centre Ph. 8322 3591	Old Reynella	Thursdays starting 14 th February

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