

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 13 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.	Ph. Tammy on 0403 772 859 or Helen 8186 8911 Location provided on registration.	Northern suburbs	To be advised
Women are Strong Women do Survive	8-week educational support group for women dealing with the effects of abusive relationships. Limited creche available. Bookings essential.	For more information contact Centacare Ph. 8215 6310 Location provided on registration.	Southern suburbs	To be advised
The Shark Cage Group – (It is recommended to complete Women are Strong women do survive before attending The Shark Cage)	Assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships and/or sexual abuse.	Anglicare SA Ph. 8186 8911 E: fif@anglicaresa.com.au	Southern Suburbs	To be advised
Family and Domestic Violence Peer Support Group	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. Creche available.	Junction Australia Ph.8392 3080 Tammy at telvin@junctionaustralia.org.au	Southern Area Address provided on registration	Mondays during school terms
Zahra Foundation Pathways to Empowerment	9-week group courses for women who have experienced domestic violence, with practical activities to achieving goals in life. Healthy Relationships, Healthy Communication, Healthy Decisions, and Healthy Futures. Registrations essential.	Zahra Foundation For more information contact - Ph. 8352 1889 program@zahrafoundation.org.au	To be advised	To be advised
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 Online enquiry form here	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	Available to women attending Family/Federal Circuit Court at 3 Angas St. Adelaide	Women's Information Service Ph. 8303 0590	Adelaide	Ongoing – subject to volunteer availability

E-safety Webinair	WIS & E-safety present Technology facilitated abuse and its relationship to domestic and family violence	E-safety/WIS Please register by emailing wis@sa.gov.au	Online	Mar 30
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	Mar 30
SOCIAL CONNECTION				
Yoga at Whyalla WIS Haven	Come and join yoga for all levels. Beginners welcome. 6-8 classes, followed by coffee and chat.	WIS Haven Whyalla at Centacare Whyalla Ph. 0407 251 696	Whyalla	Starts Feb 9
Women's Walking Group at the Gawler WIS Haven	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: hcp@gawlercommunityhouse.org.au	Gawler	Thursdays fortnightly
The Glow Up at Gawler WIS Haven	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. E: hcp@gawlercommunityhouse.org.au	Gawler	Fridays
Laughing Yoga at the Haven	Six sessions of Laughing Yoga. Laughing yoga can regulate blood pressure, reduces depression and anxiety and can boost immunity	Happydemic The Haven Murray Bridge Ph. 8531 1799.	Murray Bridge	Starts Mar 22
The Creative Space	A safe space for women to make friends or chat to our staff! Some materials provided.	The Haven Whyalla Ph.0407 251 696 or Teri Ph. 0477 219 10	Whyalla	Mar 20 Mar 27
Craft & Chat Port Pirie Haven	Come along and join other women to learn craft in a relaxed, friendly environment. During school terms.	Port Pirie Haven Ph. 0499 420 923 Between 10am-2pm	Port Pirie	Wednesdays
Trouble shooting with Beau	Your I.T. questions answered. Bring in your own laptop, tablet, mobile phone.	Reynella Neighbourhood Ph: 8322 3591 for an appointment	Old Reynella	Starts Mar 2
Home and Personal Safety Information Session	Home and personal safety information session. Presented by SAPOL	Bookings essential: admin@goolwacommunitycentre.org.au Ph. 8555 3941 or via Facebook	Goolwa	Mar 28
Let's Chat Gardens 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
Persian Embroidery Workshops	Learn how to create your own stunning Persian embroidery piece	North Adelaide Community Centre and Library Ph. 8203 7811 E: nacc@cityofadelaide.com.au	North Adelaide	Starts Mar 20
HEALTH				

Breastscreen SA	Women aged over 40, especially 50 to 74 years are invited to come along	Ph. 13 20 50 to make your appointment or to find out more.	Gawler Ceduna	Feb – Apr Mid Mar - Mar
Closing the Gap Day 2023	Join Sonder and Nunkuwarrin Yunti at Closing the Gap Day, an event for Aboriginal and Torres Strait Islander people of all ages and mobs. Learn about local services that can support your health, well being and other areas of your lives	Contact: visit www.closingthegapday.net for more information	Wayville	Mar 16
EDUCATION				
Financial Capability Workshop - Mount Barker	4-hour workshop presented by the Zahra Foundation Join other women to learn how to make more of your finances. Lunch provided	Zahra Foundation/WIS Haven Mount Barker Ph. 0439002785	Mount Barker	Mar 29
Financial Capability Workshop - Goolwa	4-hour workshop presented by the Zahra Foundation Join other women to learn how to make more of your finances. Lunch provided	Zahra Foundation/WIS Haven Goolwa Ph. 0499 407 237 GoolwaHaven@alexandrina.sa.gov.au	Goolwa	Mar 31
Financial Capability Workshop – Mount Gambier	4-hour workshop presented by the Zahra Foundation Join other women to learn how to make more of your finances. Lunch provided	Zahra Foundation/WIS Haven Mount Gambier Ph. 0439 169 925E E: mountgambierthehaven@gmail.com	Mount Gambier	April 19
My Money Basics	Everyday money management workshops	Hut Community Centre Ph.8339 4400 E: hayley@thehut.org.au	Aldgate	Mar 21
Built by Jill - Women in construction	Built by Jill is for women looking to explore the construction industry in an employment program designed to upskill you and guide you towards a great career.	MEGT SYC Ph. 0498 667 631 E: suschabenson@megt.com.au or E: jskanes@syc.net.au	Elizabeth West	Starts Mar 27
Empowering Pathways into Aged Care MADEC	6-week course for Women only. There will be traineeships offered at the end of the completed course to all participants.	MADEC Ph. Suscha 0498 667 631 E: SuschaBenson@megt.com.au	CBD	Starts Mar 23
Youth Leadership Program	Offers participants a unique opportunity to build transferable professional skills, increase their confidence, and participate in memorable events and activities, all at no cost	Adelaide Hills Council Bookings: https://www.ahc.sa.gov.au/services/youth-leadership-program#apply-for-the-program Ph. 0439 833 121 E:mdelange@ahc.sa.gov.au.	Woodside	Starts Apr 5
Gambling and Financial Counselling	Information session on how gambling affects people's lives and how you can support someone experiencing gambling harm.	Relationships Australia SA Book here: GamblingHelp@rasa.org.au	CBD	Mar 30
Flow into Your Future	7-week interactive self-development course with a focus on work, study, volunteering and linking back into your community	FocusOne Health Ph. 8582 3823	Renmark Berri	Starts Mar 21 Starts Apr 3

PARENTING				
Bringing up great kids	Presents parents with access to knowledge about development, connection with others and an opportunity to reflect on their communication with children.	O'Sullivan Beach Children's Centre and register your interest Ph. 8382 2850	O'Sullivan Beach	To be confirmed
Healthy Homes, Resilient Families: Routine and Rules	Program to help people make routines to help parents and children.	Aboriginal Family Support Services Catherine Ph. 8281 5440 E: Catherine.momo@afss.com.au	Paralowie	Mar 23 Mar 30
Health Minds for Healthy Kids	Parenting Workshops. Learn parenting strategies from expert psychologists	Anglicare SA Bookings: https://www.trybooking.com/events/landing?eid=1023413& Ph. 0457 999 706 for more information	Munno Parra	Starts Mar 15
My Child and Me	Two-part program. Practical strategies for parents and carers,	Bookings via Eventbrite: https://www.teatreegully.sa.gov.au/Events-programs-and-activities/Eventbrite/Parenting-program-my-child-and-me-468948265887#	Surrey Downs	Starts Mar 9
Healthy Minds Parenting Workshops	Learn Parenting Strategies from expert psychologists.5-week program	Anglicare SA BOOK: www.trybooking.com Ph. 8255 2108 or kristy.doolan852@schools.sa.ed.au	Elizabeth Grove	Starts Apr 6
The Fast Five Parenting tips	Key concepts from current Australian research into effective parenting strategies.	Centacare Ph. 8215 6700 E: registrations@centacare.org.au	Adelaide	April 19



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