

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, May 13th**  
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>Date</u>
<b>Family violence support group for women</b>	Explore the effect of violence & abuse. Non-judgmental. Share strategies.	Uniting Communities, Ph. 8202 5190	Adelaide CBD	2 <sup>nd</sup> Thursday / month
<b>The shark cage group</b>	An 8 week support group for women who have experience domestic violence or sexual abuse	Anglicare Ph. 8186 8900	Christies Beach	Tuesdays
<b>C.A.L.D. for CALD Women Program</b>	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 <a href="mailto:haroulac@womenssafetyservices.com.au">haroulac@womenssafetyservices.com.au</a>	Location supplied upon request	Thursdays
<b>The shark cage group</b>	9 week assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships.	Anglicare Ph. 8186 8900	Woodcroft Hackham	Tuesdays Term 2 Wednesdays Term 2
<b>Zahra Foundation Financial counsellor at WIS</b>	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
<b>Reclaim your path – Pathways to Empowerment</b>	Course for women who have experienced domestic violence	Zahra Foundation Ph. 8352 1889	To be advised	Starts April 30 & May 8 (Northern suburbs)
<b>Women are Strong</b>	8 week support group to develop self-confidence, understand abusive relationships and how to build resilience	Collaboration of Services in Onkaparinga Collaborative Collective Ph. 8215 6310	Christies Beach	May 10
<b>Sound Minds</b>	A group supporting people who hear voices	Skylight Ph. 8378 4100	Wayville	Wednesdays
<b>Family and Carers</b>	A Carer Support Program delivered over seven weeks (evenings) covering the issues facing families managing mental illness.	Skylight Ph. 8378 4100	Wayville	Wednesdays until May 15
<b>Skilling South Australia</b>	Pre apprenticeship skilling program. Local Government – civil construction	Maxmia Group and Skilling South Australia Ph. Tim Wurst 8340 7766	Fleurieu Peninsula, Kangaroo Island and Adelaide Hills	Starts May 2019
<b>Head2toe First Aid</b>	First Aid for Parents and Carers of children birth to 12 years (no child minding available)	Elizabeth Grove Children's Centre Ph. 8255 7515/0447 796 045	Elizabeth Grove	May 20
<b>Be Kind and Unwind</b>	Personal Wellbeing dealing with emotional overload, relaxation and mindfulness	Anglicare Ph. 8186 8900	Christies Beach	May 22
<b>Womens Network</b>	A Dynamic group all about developing skills and confidence.	Hackham West Community Centre Ph. 8384 1065	Hackham West	Wednesdays
<b>Multicultural Women and their Children</b>	Meet other mums, chat to health staff and have lots of fun	Forbes Children's Centre Ph. 8293 9000	South Plympton	Wednesdays during school term
<b>Supporting Sole Parents</b>	Explore how to cope with different types of anxiety	Centacare Ph. 8261 0993	Gillies Plains	Fridays, starting 17 <sup>th</sup> May

<b>Circle of Securing Parenting</b>	A roadmap for understanding and responding to children's needs	Uniting Care Wesley Bowden Ph. 8346 4306	Renown Park	Tuesdays May and June and 2 July
<b>Young Parents Group</b>	A fun group for parents under 25 years	Taikurrendi Children and Family Centre Ph. 8186 1102	Christies Beach	Tuesdays
<b>Bringing up Great Kids</b>	A free program for parents of young children and adolescents to help raise happy and confident kids	Uniting Communities Ph. 8202 5200	Hackham West	May 22- Jun 26 (can join anytime)
<b>Parenting Together</b>	A parenting program to improve communication with the significant people in your children's lives	Relationships Australia Ph. 8255 3323 Bookings essential	Salisbury	May 27- June 24
<b>What to do when Kids Push your Buttons</b>	A workshop for separated parents wanting to understand and manage the changes in their family	Centacare Ph. 8215 6700	City	May 15,
<b>How to Talk so Kids will Listen</b>	A course for separated families to develop strategies to effectively communicate with your kids	Centacare Ph. 8215 6700	Adelaide CBD	May 21
<b>We Yarn – Yarning Group</b>	Yarning group, create, yarn and connect	O'Sullivan Beach Children's Centre Ph. 8382 5888/8382 2850	O'Sullivan Beach	Thursdays
<b>Aboriginal and Torres Strait Islander Suicide Intervention</b>	Increase the safety of individuals at risk of suicide. Two day workshops.	Numkuwarrin Yunti Ph. 8168 8300	Adelaide	May 14 & 15 and August 14 & 15
<b>Child Protection Reform Information Session</b>	Learn about the changes and how they will affect you and your family	Aboriginal Family Support Services Ph. 8205 1530/ 0499 889 720	Bedford Park	May 20
<b>Need your Driver's License</b>	Three day intensive course to prepare you for sitting for your learner's exam. For Aboriginal job seekers	Tauondi Aboriginal College Ph. 8240 0300	Northern, Eastern, Western and Southern suburbs	June 12' Sept 4 & Nov 27
<b>Memory and Ageing Information Session</b>	Information, tips and strategies that make a positive difference to the lives of people living with dementia.	RSVP Ph. 8203 7811	North Adelaide City, and Sturt Street	April 8, May 27 & June 13
<b>English Tutoring for Youth</b>	Build your confidence in reading, writing, listening and speaking	City of Charles Sturt Ph. 8408 1315	Woodville area	Wednesdays
<b>You Space</b>	Group program for people aged 12-17yrs who identify as gender diverse& trans	Headspace Ph. 8215 6340	Port Adelaide	May 7 & June 4
<b>Budget Bliss</b>	Learn how to budget, cut costs and relax	Uniting Communities Ph. 8381 8005	Woodcroft Heights	May 13
<b>BISE Group 2019</b>	Brain Injury Support and Education free peer support based group.	Brain Injury SA Ph. 8217 7600	City	Monthly
<b>Budget Bliss</b>	Learn how to budget, cut costs and relax	Uniting Communities Ph. 8384 1065	Hackham West	May 23
<b>E.A.T. Project</b>	A series of cooking groups to introduce the New Roads AOD programs to women	Uniting Communities Ph. 8202 5010	Christies Beach	Thursdays from April-June
<b>T.R.U.C.K It</b>	8 week computer course on a range of devices	Reynella Neighborhood Centre Ph. 8322 3591	Reynella	May 7 –June 25
<b>Human Rights Lecture</b>	Living and working out of your gender comfort zone	United Nations Association of Australia SA Division Register at <a href="http://www.trybooking.com/BCEYD">www.trybooking.com/BCEYD</a>	Adelaide CBD	May 23
<b>Ombudsman SA at WIS</b>	Ombudsman SA is completely independent and investigates complaints about SA and local government services	Ombudsman SA, Ph. WIS 8303 0590	Adelaide CBD	May 28

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