

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 13 May**

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>Women are Strong Women do Survive</b>	8-week support group for women dealing with the effects of abusive relationships. Free crèche available – bookings essential.	Onkaparinga Collaborative Approach Centacare Ph. 8215 6310 E: <a href="mailto:aldinga@centacare.org.au">aldinga@centacare.org.au</a> Location provided on registration	Christies Beach Area	To be advised
<b>Shark Cage for Women</b>	8-week course to help you build a strong sense of self and to feel empowered. Recommended to complete Women are Strong women do survive before attending Shark Cage for Women	Anglicare SA Ph. 8186 8919 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a> Relationships Australia Ph. 8377 5400 Uniting Communities Ph. 8202 5200	Location provided on registration	To be advised
<b>From Strength to Strength</b>	6-week group for women who would like to increase their personal growth and improve relationship conflict management. Ideal for women who have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 8186 8900 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	Southern address. Location provided on registration	To be advised
<b>Out of the Shadows</b>	This group will discuss impacts on women and children and interactions with the Domestic and Family Violence, Legal and Safety Systems	Relationships Australia South Australia To register Ph. 8223 4566 E: <a href="mailto:rasacentral@rasa.org.au">rasacentral@rasa.org.au</a>	Location provided on registration	Friday's
<b>Zahra Foundation – Pathways to Empowerment</b>	9-week group courses for women who have experienced domestic violence. Courses explore healthy communication, healthy decisions, healthy futures and healthy relationships.	Zahra Foundation Ph. 8352 1889 or E: <a href="mailto:admin@zahrafoundation.org.au">admin@zahrafoundation.org.au</a> registration essential	Various	To be advised
<b>Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier</b>	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. We will be available to meet with clients and support services.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
<b>Family Court Support</b>	Available to women attending Family/Federal Circuit Court at 3 Angas St. Adelaide	Women's Information Service 101 Grenfell St Ph. 8303 0590 E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Subject to volunteer availability
<b>Ombudsman 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	May 30
<b>Women's Legal Service</b>	A fortnightly FREE & confidential service. By appointment only, 10am-4pm	Elizabeth Rise Community Centre Ph. 8221 5553	Elizabeth	Fridays fortnightly

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SOCIAL CONNECTION				
<b>Craft and Chat</b>	Come along and join other women to learn craft in a relaxed and friendly environment. All materials provided.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Wednesdays
<b>Let's Chat Gardening Port Pirie Haven</b>	For women who enjoy gardening Share ideas, make friends and guest speakers.	Port Pirie Haven Ph. 0499 420 923	Port Pirie	Fridays
<b>Women and Words</b>	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 or E: <a href="mailto:haven@gawlercommunityhouse.org.au">haven@gawlercommunityhouse.org.au</a>	Gawler	Thursdays
<b>Creative Space</b>	A safe space for women to make friends or chat. Materials, coffee and tea provided.	Centacare Ph. 8645 8233, Whyalla Haven Ph. 0407 251 696 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla	Tuesdays
<b>Bee Creative</b>	An artist led, creative workshop for women of all ages and skill levels. Creche, snacks, tea and coffee provided.	The Goolwa Haven For more information contact the Goolwa Children's Centre Ph. 8555 2509	Goolwa	Wednesdays
<b>Women's Group</b>	A safe space for women to connect, share and learn from each other	Lutheran Church Gloria Debba Ph. 0438 177 430 Carlye Bowden Ph. 0407 630 713 Jodie Molitor Ph. 0403 415 851	Ferryden Park	Wednesdays During term time
<b>Women's Peer Group - Parents of neurodivergent children</b>	A group for all women who are caring for a neurodivergent child or children and would like help to improve their own mental health.	Skylight Ph: 83784100 E: <a href="mailto:skylight@skylight.org.au">skylight@skylight.org.au</a>	Mount Barker	2nd Thursday of the month
<b>Resilient Women</b>	Join us over 6 weeks and learn about art, self-care, financial empowerment and more.	The Haven Mount Gambier Bookings essential. Contact Susie Kranz Ph. 0472 759 829 or E: <a href="mailto:skranz@centacare.org.au">skranz@centacare.org.au</a>	Mount Gambier	Starts May 24
EDUCATION				
<b>Report Writing</b>	Do you have to prepare a report for a government service such as NDIS? Consult with an experienced Haven volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Mondays ongoing
<b>Chinwag</b>	MYSA Chingwag is a fun and interactive conversational program for young migrant and refugee people to practice speaking English and build confidence.	MYSA For more information please contact MYSA on Ph. 8212 0085 or E: <a href="mailto:vanshreet@mysa.com.au">vanshreet@mysa.com.au</a>	Adelaide	Held every other Monday

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<b>Let's talk about money</b>	Lutheran Care and the Zahra Foundation are delivering free sessions to women and non-binary people impacted by Domestic and Family Violence. The session will help you to talk about money and build confidence in money management.	Lutheran Care and Zahra Foundation Bookings are required, please call Ph. 8562 2688	Nurioopta	June 12
<b>Let's talk about money</b>	Lutheran Care and the Zahra Foundation are delivering free sessions to women and non-binary people impacted by Domestic and Family Violence. The session will help you to talk about money and build confidence in money management.	Lutheran Care and Zahra Foundation Bookings are required, please call Ph. 8269 9300	Adelaide Hills	May 22 June 12
<b>Legal help for all South Australians</b>	This free webinar will show you how to access the services provided by the Legal Services Commission. This webinar will also help you to identify suitable referral pathways to resolve legal problems for your clients.	Legal Services Commission To register go to <a href="http://www.eventbrite.com.au/e/law-week-2024-legal-help-for-all-south-australians-tickets-886049938217">www.eventbrite.com.au/e/law-week-2024-legal-help-for-all-south-australians-tickets-886049938217</a>	Online	May 22
<b>Australian Institute of Family Studies (AIFS) Webinar</b>	This webinar will help you to develop strategies and skills to assist Aboriginal and Torres Strait Islander parents.	AIFS Please register via this link <a href="https://www.aifs.gov.au/relationships-matter-walking-alongside-aboriginal-and-torres-strait-islander-parents">Relationships Matter: Walking alongside Aboriginal and Torres Strait Islander Parents   Australian Institute of Family Studies (aifs.gov.au)</a>	Online	May 29
<b>Aged Care and Financial Information</b>	Join our guests from Services Australia, Aged Care and Financial Information Services who will discuss their roles and how they can assist the community.	The Haven Mount Gambier To book: Ph. 0439 169 925	Mount Gambier	May 29
<b>E-Safety Webinar - Consent &amp; Boundaries on Social Media</b>	How to support your primary school-aged child.	The Haven Goolwa To register call WIS Haven Ph.0499 407 230, E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	May 28
<b>HEALTH</b>				
<b>BreastScreenSA</b>	BreastScreen SA is offering screening for women during April, May and June at Berri, Salisbury, and Millicent.	Please check the dates for your area and make a booking for your appointment online: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a> <a href="https://www.sa.gov.au/health/breast-screen-sa">BreastScreen SA   SA Health</a>	Berri  Millicent Salisbury	Mar7-May 23 May 23-Jul 3 Apr 23-Jun 6
<b>Endometriosis Information Session</b>	Come along to the Mount Barker Community Centre and hear guest speakers provide information about Endometriosis	Mount Barker Community Centre To book Ph. 8391 2747 <a href="https://www.mbc.org.au/health/endometriosis">Book here for endometriosis information session</a>	Mount Barker	May 22

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<b>Shine SA</b>	Shine SA is offering free cervical screening appointments for all until June 2024.	Shine SA <a href="#">Find a clinic and book here</a> Ph. 7099 5320 (Hyde St) Ph. 8300 5300 (Woodville).	Adelaide and Woodville	Ongoing until June 2024
<b>Counselling</b>	Contact us for free counselling if you find yourself in need of help or just wanting someone to listen. Our counsellor has a special interest in trauma and PTSD.	Junction Australia Ph. 8392 3080 or E: <a href="mailto:telvin@junctionaustralia.org.au">telvin@junctionaustralia.org.au</a>	Hackham	Appointments available on Tuesdays
<b>PARENTING</b>				
<b>Kidstuff</b>	Are you pregnant, a mum or dad under 25 years? Come along and meet other young parents and gain information about looking after yourself and your child. Lunch and creche provided.	Metropolitan Youth Health For more information or to book please call Anna on Ph.0466 622 864.	Hackham	Starts May 15
<b>Parenting Teenagers in Australia</b>	A workshop for multicultural communities that helps parents and caregivers to build an understanding of your teenager and their healthy development.	Gloria Debba on Ph. 0438 177 430 E: <a href="mailto:gloria.debba@sa.gov.au">gloria.debba@sa.gov.au</a>	Woodville Gardens	May 23
<b>My Child and Me</b>	2 part workshop that helps parents and caregivers build an understanding of children and their healthy development.	Families Growing Together Ph. 8268 1200 E: <a href="mailto:Maggie.mccabe2@sa.gov.au">Maggie.mccabe2@sa.gov.au</a>	Pennington	June 19 June 26

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