



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 18 November**

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 support group for women dealing with the effects of abusive relationships.	To register, please call Yellow Gate Bookings essential. Ph.1300 564 164 E: admin@theyellowgate.org.au	To be advised	To be advised
Women are Strong Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	Hands of Hope Foundation Bookings essential. Ph. 0423 174 221 E: enquiries@handsofhope.asn.au	To be advised	To be advised
Shark Cage for Women	7-week course for women who have had relationships that are controlling, violent or abusive and how to empower yourselves.	Baptist Care For more information contact Tani Ph. 0402 981 708 or E: thawkins@christiesbaptist.org.au	To be advised	To be advised
From Strength to Strength	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: fif@anglicaresa.com.au	To be Advised	To be Advised
Out of the Shadows	This group will discuss impacts on women and children and interactions with the Domestic and Family Violence, Legal and Safety Systems	Relationships Australia Ph. 8223 4566 E: rasacentral@rasa.org.au	Address provided on registration	Fridays during term time
Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angus St Adelaide.	Women's Information Service Ph. 8303 0590	Adelaide	Ongoing- subject to volunteer availability
Free legal Information Sessions	Join Southern Community Justice Centre and learn about End-of-life planning and Disaster Ready Insurance.	Southern Community Justice Centre For more information Ph. 1300 850 650	Yankalilla	Nov 28
Free Legal Advice with Southern Community Justice Centre	Southern Community Justice Centre is offering free legal advice appointments.	Southern Community Justice Centre Enquiries and Bookings: Ph. 1300 850 650	Yankalilla	Nov 29
Legal Outreach – Women's Legal Service	Free legal advice appointments are available in-person with a solicitor from the Women's Legal Service.	The Yellow Gate Bookings: Ph. 1300 564 164	Provided on registration	Last Thursday of the month
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	Nov 28



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SOCIAL CONNECTION				
Craft and Chat	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
Women and Words	A relaxed group for creative writing therapy run by a well-known local writer	Gawler Haven Ph. 0466 801 553 E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
Women's Peer Group - Parents of neurodivergent children	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: skylight@skylight.org.au	Mount Barker	1st Thursday of the month
Women's Walking Group	The Haven Mount Gambier will be meeting every third Thursday of the month at the Railway Station Platform.	City of Mount Gambier and Centacare For more information Ph. 0439 169 925	Mount Gambier	3 RD Thursday of the month
Game Day	Join us to connect with other women and have fun with board games, cards, and trivia.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Every Monday from Oct
Report Writing and JP service	Help to prepare reports for government services such as NDIS? Need a JP? Visit the Haven and consult with an experienced volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Grow & Glow	Weekly group to help build confidence and connections.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Fridays
Cuppa and Connection	Join The Haven Whyalla for a chat over craft, cards, or games in a safe space.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesdays
Coffee and a Chat	Join The Haven Mount Gambier for a celebration of the year that was. Guest presenter Sandra Ray will be joining, for a tai chi session.	The Haven Mount Gambier: Ph. 8721 2540 Bookings Essential	Mount Gambier	Nov 27
Young Women Lead	Lead, Empower and Develop. Workshops for women aged between 15 – 25 years	The Haven Port Pirie Ph. 0403 127 077	Port Pirie	Tuesdays
Empowering Women Coercive Control	Understanding the impact and effects of coercive control	The Haven Gawler Lutheran Care Bookings Ph: 0466 801 553 E: hcp@gawlercommunityhouse.org.au	Gawler	Nov 25
Domestic Violence Community Event	Join The Haven Mount Barker for a Domestic Violence Community Information Evening and discuss what we can do to address domestic violence in our community.	The Haven Mount Barker Book your tickets for the domestic violence information evening via Humanitix	Mount Barker	Nov 27



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Healthy Relationships - 16 Days of Activism	Free workshop. Healthy vs Unhealthy Relationships	The Haven Mount Gambier Centacare Bookings: Ph. 8721 2540	Mount Gambier	Dec 3
Walk Against Gender Based Violence	16 Days of Activism -The Haven Goolwa will walk against gender-based violence and a candlelight vigil at Jaralde Park. Wear something orange to show your support!	Junction, The Haven Goolwa For more Information: Deb (The Haven) 0427 208 937 or Jo (Junction) 0472 571 696	Goolwa	Nov 29
Women's Information Service - 16 Days of Activism	Information session focusing on UN Women Australia's challenge that "Women should be SAFE. EVERYWHERE. ALWAYS"	WIS Register for the WIS Online Session Here	Online	Nov 28
Self Defence - 16 Days of Activism	FREE Self Defence Workshop for women with Alba Kraatz Learn basic self-defence skills, during the 16 Days of Activism.	Mount Gambier Library The Haven Mount Gambier Bookings Essential Ph: 0472 759 829	Mount Gambier	Dec 5
Family and Domestic Violence in the Aboriginal Community	Come along and hear from experts in the field about the topic of Family and Domestic Abuse in the Aboriginal Community.	City of Charles Sturt Registration required Contact Diana Ciampa Ph. 8405 6709, E: diana.ciampa@cityofpae.sa.gov.au	Woodville	Dec 5
Remembering Courageous Women Vigil	Remembering those who have lost their lives through Domestic Violence.	Kim Ph. 0408 92 143	Gawler	Nov 28
Women's Self Care Session	Gathering with women to enjoy food, drinks and support. This session is for women with a lived experience of Domestic Violence.	Seaford Community Centre Bookings Essential: Ph.0400 279 328 E: kristen.frost@cityofonkaparinga.sa.gov.au	Seaford	Nov 26
March for Peace and Courage	To remember those who have lost their lives to Domestic Violence. Wear your Orange Gear and join us.	Zonta Club of Gawler Gawler Domestic Violence Network	Gawler	Dec 7
Walk & Talk	Women in the community who have been impacted by Domestic & Family Violence. Come walk with us non-judgmental, all fitness levels welcome, inclusive and supportive environment.	Yellow Gate How to register: Please contact Ph. 1300 564 164	Moana Beach	Dec 16
Law for Community Workers Webinar – 16 Days of Activism	Enhancing Legal Pathways for DV Victim Survivors	Legal Service Commission Book for webinar via Eventbrite here	Online	Nov 28
Domestic and Family Violence Awareness Day	Join this free community event to Stand Up, Speak Out and Act to prevent domestic violence in our community.	The Rural City of Murray Bridge For more information contact Tim Ph. 8539 1178	Murray Bridge	Nov 29
EDUCATION				
My Money Basics	Everyday money management workshops to learn how to reduce money stress, live within your income and plan for the future.	Good Shepherd and Goolwa Children's Centre To register Ph. 8555 2509	Goolwa	Dec 1 Dec 8



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HEALTH				
BreastScreen SA	BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40	BreastScreen SA For more information contact 13 20 50 or go to www.breastscreen.sa.gov.au	Victor Harbor Osborne Kingscote Port Lincoln	Jul 23- Nov 20 Nov 7- Nov 28 Nov 22-Dec 12 Oct 21-Mar 5
PARENTING				
Anxious Child	A parenting Workshop to provide simple strategies to support your child's anxiety.	Bookings- Book here for the Anxious Child workshop	Myponga	Nov 20
Walk for Perinatal Mental Health	"It's okay to be not okay". Take a walk around the Curtis Wetlands in recognition of Perinatal Mental Health Week	Bookings required for catering purposes Ph. 0434 856 804 E: christie.button@sa.gov.au	Munno Para	Nov 21
Perinatal Mental Health Week - Baby Massage	Massage can help build confidence and trust between you and your little one.	Mark Oliphant Children's Centre To Book Contact Christie: Ph: 0434 856 904 E: christie.button@sa.gov.au	Munno Para	Nov 22
Mindful Parenting	Strategies to support new and expectant parents on the journey of parenting	Mark Oliphant Children's Centre To Book Contact Christie: Ph: 0434 856 904 E: christie.button@sa.gov.au	Munno Para	Nov 20

