



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 26th October**

All programs are free/low cost unless otherwise noted. For more details, please visit our Facebook <https://www.facebook.com/sawomen/>

If you would like the WIS What's On emailed to you, please email your name/contact details to wis@sa.gov.au

Program	Description	Provider	Location	Date
The Shark Cage Group	9-week assertive and self-confidence building course for women who have experienced abusive or controlling relationship.	Anglicare SA Ph. 8186 8900	Christies Beach	Starts Oct 20
Women are Strong Women do Survive	8-week support group for women exploring the effects of abusive relationships	Multi Agency Ph. 8215 6310	Darlington	Starts Oct 19
From Strength to Strength	8-week program for women who have experienced relationship trauma in the past	Anglicare Nicky Ph. 8186 8900	Hackham	Starts Oct 22
Zahra Foundation – Pathways to Empowerment	9-wk group course for women who have experienced domestic violence with practical advice on achieving goals in life.	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au , registration essential	Central location, advised on registration	Tuesdays, starts early October
Zahra Learning skills for effective communication	Mini workshop on effective communication	Zahra Foundation Ph. 8352 1889 or admin@zahrafoundation.org.au , registration essential	Central location, advised on registration	Nov 18
Indigo	Indigo is at Darlington Children's Centre. Please call to book a free appointment with Women's Legal Service lawyers.	Women's Legal Service Ph. 8384 2427	Darlington	Oct 27 Nov 10 Dec 10
Indigo	Indigo Outreach on Kangaroo Island for free appointments with Women's Legal Service lawyers	Women's Legal Service Ph. 8384 2427	Kangaroo Island	Nov 25
SA.GOV.AU:COVID-19 Call centres and information lines	For information, including call centres for relief assistance and mental health support, go to https://www.covid-19.sa.gov.au/health-advice/call-centres-and-information-lines	SA COVID-19 Information Line Ph. 1800 253 787 Mon-Fri, 9am to 5 pm	State-wide	Ongoing
Tax Help for women at WIS	Free and confidential service to help people who have simple tax affairs and are on low incomes (\$60,000 or less), complete their tax returns using myTax.	Women's Information Service Ph. 8303 0590	Adelaide CBD	Until the end of October
Women's Yarning Circle	Fortnightly Women's Group for Aboriginal and Torres Strait Islander Families- Excursions, Arts and Crafts Healing	Neporendi Aboriginal Forum Ph. 8322 1120	Old Reynella	Wednesdays
Women's Wellbeing Wednesday Workshops	Art therapy group workshops aiming to empower women in a safe and inspired way	Bookings Essential Ph. 8382 6161 Creche provided	Hackham	Nov 11 Nov 18 Nov 25 Dec 2
Seasons for Healing	4-week education based program (dealing with grief and loss) for small groups.	Aboriginal Family Support Services Ph. 8254 1077	Munno Para	Starts Oct 23
Cert II in Business	4 week, 5 days per week, fully funded for eligible participants. Entry level qualifications for junior/entry level admin positions	Carey Training Ph. 8351 8812 jbravington@careytraining.com.au	Flinders Park	Starts Nov 16

Working Towards Resilience	Over 4 weeks learn techniques to overcome anxiety and fear as well as honing your interview skills. Cost \$20.	Trott Park Neighbourhood Centre Bookings essential via Eventbrite Ph. 8387 2074	Trott Park	Starts Nov 5
Take Control	Free 6-week course to increase skills in resume writing, job applications, successful interviewing and build self-confidence.	Reynella Neighbourhood Centre Ph. 8322 3591/ 0414 884 447	Reynella	Starts Oct 29
Women's Information Service Volunteering	Applications are now open to become a volunteer at The Haven Murray Bridge or The Haven Mount Barker. Want to know more before you apply? Come to our information session.	Apply on line at : https://officeforwomen.sa.gov.au/womens-information-service/volunteering-programs Or Ph. 8303 0590 for more information	Information session at Mount Barker	Nov 25
Breakfast to Dinner	4-week program that starts with preparing a meal in bulk and provides information on saving money and budgeting	Uniting Care Wesley Bowden Ph. Vanessa 8405 6525	Osborne	Starts Nov 8
Keeping Families Safe	Free for separated parents and carers to cope with the difficulties of leaving a domestic violence relationship and the impact on families	Centacare Ph. 8215 6700	Adelaide CBD	Nov 3
Circle of Security Parenting	Free, 6-week course to help your child organise their feelings and help your child to feel more secure	Centacare Ph. 8256 0448	Elizabeth	Starts Nov 3
Bringing up Great Kids	6-week attachment program for caregivers with babies under 10 months	Communities for Children Ph. 8250 6600	Salisbury	Starts Oct 20
Bringing Up Great Kids	Free, 6-week interactive workshop for parents and caregivers to understand parenting styles and children's behaviour	Relationships Australia Ph. 8340 2022 to check eligibility and register	Semaphore Park	Starts Oct 30
Indigenous Young Parents Program in the North	8-week Group for indigenous parents or pregnant under 25, Support and information about parenting	Metropolitan Youth Health Sheree 8255 3477 or Justine 8243 5637	Elizabeth	Starts Oct 21
KidStuff Friday Fun Group	A group for people under 23 pregnant or a parent. Learn about caring for children and yourself	Metropolitan Youth Health 82435637 or 0422 002 561	Angle Park	Oct 23
Who's in Charge	Free 8-week course for parents struggling with complex adolescent behaviours	Lutheran Community Care Ph. 8326 4688	Old Reynella	Starts Oct 20
My Child and Me	Free 2-part workshop that helps parents and carers build an understanding of your child and their healthy development	Department of Human Services/ O'Sullivan Beach Children's Centre Ph. 0429 269 320	O'Sullivan Beach	Nov 19 Nov 26
Southern Rainbow Youth	Social Support Group for LGBTIQ+	Headspace Onkaparinga Ph. 8186 8600	Onkaparinga	Starts Oct 22

