



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday, 24 Aug.**

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
Women are Strong...Women do Survive.	8-week support group for women exploring the effects of abusive relationships	Presented by multi-agencies as part of Onkaparinga Collaborative Approach Ph. 8215 6310	Christies Beach area	Starts Jul 28
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	O'Sullivan's Beach	To be advised
Zahra Foundation Financial Counsellor	Providing financial support and assistance to women who have experienced domestic violence. Face-to-face or phone appointments available. Please book	Zahra Foundation Ph. 8352 1889	Location supplied upon request	By appointment
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
Women's Group	Free! Meet other women at a community driven women's group: wellbeing, empowerment, art & craft, and food! Free crèche - please book	Hackham Community Centre Ph. 8392 3080	Hackham	Tuesdays Starts in Term 3
Bouncing Back to Wellness	5-wk course to help develop & practice a series of wellbeing and resilience tools; manage stress, think more optimistically and locate new skills to help you through. Suitable for yrs. 16+. Cost \$25	Glandore Community Centre Ph. 7420 6400 & book at: www.eventbrite.com.au/e/bouncing-back-to-wellness-5-week-course-glandore-tickets-115825417943	Glandore	Starts Aug 24
Breakfast to Dinner	4-wk program designed to help you eat and live well on a budget. Cook and take home a meal. Free.	Parafield Gardens Children's Centre/ UCWB Ph. 8258 3659	Parafield Gardens	Starts Aug 27
Saver Plus Info sessions	Saver Plus is a free financial education and matched savings program that matches your savings \$ for \$, up to \$500 towards education related expenses. Check criteria*.	The Smith Family/Saver Plus Ph. *Claire 0438 648 670 Claire.Rowe@thesmithfamily.com.au	Online/Zoom	Thursdays
Tax Help for women at WIS	Free Tax Help: community volunteers are trained and accredited by the ATO and provide a 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	Until the end of October
White Card: Work safely in the construction industry Aboriginal Access Centre	Free, 1-day course suitable for people who want to work in the construction industry.	TafeSA: Regency ph. 8348 2425 or annemaree.cooper@tafesa.edu.au Salisbury ph. 8207 9984 or ronald.obrien@tafesa.edu.au	Regency Park Salisbury	Sep 1 Sep 2
Renewal SA Works Program: What's Working Well	FREE, 1-day, workshop aimed at increasing your wellbeing and resilience to help you successfully navigate the job market. This workshop is available	Renewal SA Ph. Jennifer, 0438 951 897 Or jennifer.miron@sa.gov.au	Mitchell Park	Aug 25

	to people who have become unemployed due to the COVID-19 pandemic.			
Renewal SA Works Program: Intro to Digital Literacy Workshop	FREE, 1-day workshops aimed at helping you troubleshoot your technological skills. This workshop is available to people who have become unemployed due to the COVID-19 pandemic.	Renewal SA Ph. Jennifer, 0438 951 897 Or jennifer.miron@sa.gov.au	Woodville South	Aug 27
Renewal SA Works Program: Resume and Interview Skills	FREE, one-day workshops aimed at helping you update your resumé, identify your transferable skills and prepare for interview. This workshop is available to people who have become unemployed due to the COVID-19 pandemic.	Renewal SA Ph. Jennifer, 0438 951 897 Or jennifer.miron@sa.gov.au	Brompton	Aug 26
Everyday English / Cultural Conversations	Come and join – crèche available, please book. Free!	Parafield Gardens Children's Centre Ph. 8258 3659 or Morella Community Centre Ph. 8406 8484	Parafield Gardens	Sep 1 & 8
Free English Language Lessons	Free lessons for visitors, existing students (over 18) or resident migrants; to register: https://pcwebforms.wufoo.com/forms/free-english-lessons-registration-2020/	English Language Centre / Adelaide University Ph. 8313 4777	Adelaide	Sep 6
Coffee & Chat	Group session to chat informally with the Occupational Therapist & support worker. Children welcome & supported	Hackham West Children's Centre Ph. 8382 6161 or Huang, 0428 265 801	Hackham west	Mondays
Kid's Stuff – Talking Realities	Come and have fun while discovering creative ways of caring for your child and yourself. Suitable for parents/parents-to-be under 23 yrs. Free lunch & creche, please book.	Metropolitan Youth Health/UnitingSA Ph. 8243 5637 or 0422 002 561	Angle Park	Fridays
Child and Family Health Service	For families with children birth to 5 years offering information and support about feeding, settling and behaviour; up to date health information. Please book.	Taikurrendi Children and Family Centre Ph. 1300 733 606	Christies Beach	Tuesdays
Infant Massage	Learn to practice creating a special time with your baby (under 10-mnths) & build your connection with them.	Relationships Australia Ph. 8250 6600	Salisbury	Starts Aug 18
Sacred Little Ones – yarn time + online group program	Sacred Little Ones supports Aboriginal and Torres Strait Islander families living with parenting and wellbeing struggles and their little ones aged no more than 30 months.	AnglicareSA Ph. Tricia, 8131 3480 E: sacredlittleones@anglicaresa.com.au	Elizabeth Way Christies Beach online/yarn time ongoing via zoom	Aug 14 Aug 21 Aug 21 Starts Aug 28
Developing Resilience	For families experiencing separation: develop positive ways to help yourself and your child deal with hardship and to develop self-awareness. Please book	Centacare Ph. 8215 6700 Or registrations@centacare.org.au	Adelaide CBD	Sept 15
What to do when kids push your buttons	For families experiencing separation: FREE workshop to assist Parents and Carers. Bookings essential.	Centacare Ph. 8215 6700 Or registrations@centacare.org.au	Adelaide CBD	Sept 15
Post-Separation Parenting Course	A workshop for separated parents: understand and manage the changes in your family. Various dates – please book	Centacare Ph. 8215 6700 registrations@centacare.org.au	Adelaide CBD	Sep 2 & 16 Oct 1
Girl Power: Boxing & Self Defence	Free, supervised program designed for women 14-18	Lefevre Community Sports Stadium, ph. Simon 0431 299 112 To register: trainer@pushingperformance.com.au	Osborne	Tuesdays