

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 17th November 2025**

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

Program	Description	Provider	Location	Date
SERVICES				
Celebrate Disability Pride!	Meet friendly people, watch our amazing video, hear from interesting speakers, play games, eat free food and drinks. Anyone with a disability welcome to join. Please reserve a spot for family or support people when booking.	SACID's Peer Action Crew Information: Ph. 80 8352 4416 E: cathi@sacid.org.au To book: Celebrate Disability Pride! SACID Peer Action Crew	Nailsworth	Dec 2
Coercive Control community forum	Community forum on SA's new Coercive Control legislation and key recommendations from the Royal Commission into Domestic, Family and Sexual Violence. Guest speaker: Hon Katrine Hildyard MP, Minister for Child Protection, Domestic, Family and Sexual Violence, and Women.	Southern Domestic Violence Action Group RSVP: Dianne Ph. 0406 069 710 E: dianne@atdot.dotat.org	Christies Beach	Dec 5
Trans Day of Remembrance Vigil Feast Festival	Commemorates trans lives lost in acts of transphobia, discrimination and violence. Invitation to trans and gender diverse folk to share a speech, music, poetry or art at the vigil.	Feast Festival info@saraa.org.au To book: Trans Day of Remembrance Vigil - Feast Festival » Feast Festival	Adelaide	Nov 20
Enhanced Communication	One-on-one session to assist individuals to increase awareness around conflict and the impact on our mental health, developing skills and strategies to manage interactions with another person with insight and objectivity.	Uniting Communities Monday to Friday Contact: Sandra: Ph. 0447 525 288 or Amanda: Ph. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org	Noarlunga, online and phone	Ongoing
Shark Cage	Eight-week group to help women build a strong 'shark cage' of human rights and explore how to recognise respectful 'dolphins' from abusive 'sharks'. Empowerment to heal. Selfcare.	Uniting Communities P. 0447 525 288 or E: NoarlungaFR@unitingcommunities.org Anglicare Ph. 8186 8911 E: fif@anglicare.com.au	To be advised To be advised	To be advised, runs each school term
Workshops for Survivors of Complex Trauma Workshops for Supporters, family and friends	Learn about trauma and impacts. Techniques to support regulation and self-care. Educational webinar, not therapeutic. NOT a professional development training.	Blue Knot Register online: Workshops for Survivors Check dates online	Online	Dec 5 Ongoing
WIS Chat	Can't find the information you are looking for? You can now talk to WIS at Live Chat on our web page Office for Women - Women's Information Service - click on: "Hi there, how can I help you".	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing
Women are Strong Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Outer southern suburbs To be advised	To be advised, runs each school term To be advised
From Strength to Strength	6-week group - increasing personal growth and improving relationship conflict management. Ideal if you have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 0481 098 373	Outer southern suburbs	To be advised

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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 SA Ph. 8223 4566 E: rasacentral@rasa.org.au	Address provided on registration	Fridays during term time
Time for Me	For women who have experienced Domestic Abuse. A two-hour workshop to support relaxation, creativity and connection.	Christie Downs Community House Ph. 0457 671 385 Ph. 0429 269 320	Christie Downs	Last Thursday of the month
Legal Outreach	Free legal advice appointments are available in-person with a solicitor from the Women's Legal Service or Southern Community Justice Services SA	The Yellow Gate Bookings essential Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided upon registration	2 nd , 3 rd and 4 th Thursday of the month
Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier	At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. Can meet with clients and support services.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
Family Court Support	WIS provides confidential support for women at the Federal Circuit and Family Court in Adelaide. We can also provide support at your lawyer's office if you have a phone/video-conference hearing, mediation or family conference.	Women's Information Service Ph. 8303 0590 for more information or to book your family court support.	Adelaide	Subject to volunteer availability
Royal Commission Forum Open Community Forum	Hear directly from Minister Hildyard and Mayor Were as they discuss the findings and outcomes of the Royal Commission into Domestic, Family and Sexual Violence and the commitments being made in response.	Respect Community Action Group and Zonta Club of Adelaide Flinders Register: Royal Commission Forum Tickets , Aberfoyle Park Community Centre , Aberfoyle Park TryBooking Australia	Aberfoyle Park	Nov 18
SOCIAL CONNECTION				
Freedom Wheels	Ride, laugh, connect! All ages, all abilities. Bring your family, carers and friends. All inclusive bike and trike ride experience day.	Technology for Ageing and Disability SA Inc. Aldinga Community Centre Ph. 8488 2075 Register here via Humanitix for Freedom Wheels bike ride	Aldinga Beach	Nov29
Card Making	All materials provided. Come and chat and craft and create	Whyalla Haven For information: Ph. 0407 251 699 between 10am to 2pm	Whyalla	Fridays in November
Tukka Time	For Aboriginal people with disability and families to come together. Cook a meal together – with the support of a dietitian from Life Skills Hub. To join one member needs to have a disability.	Kawanta Pirku-itya NDIS not an eligibility requirement. Limited spots. Bookings essential Ph. 8209 3840 or 0436 349 387	Elizabeth Rise	Fortnightly Nov to Dec 11
Haven Singers	Explore the joy of singing. Led by professional Singing Teacher, Composer and Sound and Movement Therapist, Jen de Ness.	The Goolwa Haven For information Deb Ph. 0427 208 937 Jen Ph. 0434 880 695	Port Elliot	1 st and 3 rd Monday of each month
Flourish and Nourish	Monthly sessions where we will chat about wellbeing topics. Not on in Dec 2025 and Jan 2026.	The Haven Mt Gambier For bookings contact the Mt Gambier Library Ph. 8721 2540	Mount Gambier	Last Friday of the month until Nov
Craft & Chat	Come along and join other women to learn craft in a relaxed, friendly environment. The Haven is open 10am to 2pm.	The Haven Port Pirie Book your place: Ph. 0499 420 923	Port Pirie	Wednesdays
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	Mondays

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Women's Meditation	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
COFFEE & CHAT SOCIAL GROUPS				
Coffee and Chat	Create a unique succulent planter. All materials supplied.	Mount Gambier Haven Bookings essential Ph. 8721 2540	Mount Gambier	Nov 26
Cuppa & Connection	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: hyallahaven@cccsa.org.au	Whyalla Stuart	Tuesdays
Espresso Yourself	Coffee and chat, informal social connection. All who identify as women are welcome. Fortnightly at Minor Works Building Community Centre. Fortnightly until Dec 4. More 2026 dates coming.	Women's Information Service For information: Ph. 8303 0590	Adelaide	Nov 20 Dec 4 Jan 15
FITNESS				
Women's Walking Group	Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands.	The Haven Mount Barker Enquiries Ph. 8391 2747	Mount Barker	Fridays
EDUCATION				
Women's Advocacy Information session TAFE SA	Develop skills to gain work, change careers, or study further with TAFESA's Women's Education courses. Certificate II, III and IV Literacy and numeracy; computer/digital and work-related competencies; expand personal development opportunities.	TAFESA Register here for Women's Advocacy information sessions:	Noarlunga Adelaide City Elizabeth	Various Late Nov Late Jan
Power Up Equip	Held over two sessions – to INSPIRE + EQUIP women on their political journey. Access to ongoing resources after training.	Women for Election Register here for Power Up EQUIP online sessions	Online	Nov 26 and Dec 3
Home Security Workshop	SAPOL – protect what matters and home security audit; Bunnings – home security, product viewing; Centacare – Safe at home, safety planning.	Centacare, SAPOL, Bunnings Bookings essential: Ph. 8721 2540	Mount Gambier	Dec 8
Click into Confidence	Build your digital skills in a friendly and supportive environment. Free 1-hour sessions between 1:00 and 4:00 pm, Wednesdays.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au Bookings essential	Adelaide	Nov 19
My Money, My Choice	Making informed decisions about your finances. Financial independence, recognising your strengths, setting financial goals.	Financial Independence Hub, Good Shepherd. Registration essential to access this webinar: My Money, My Choice Tickets, Wed, Nov 19, 2025 at 4:00 PM Eventbrite	Online	Nov 19
HEALTH/MENTAL HEALTH				
Breastscreen SA	Visiting Smithfield Plains – women over 40, especially 50 to 74 – book a free appointment. Breastscreen takes 15 minutes to detect breast cancer at early stage.	Breastscreen SA Book online: Book online here for your BreastscreenSA appointment Ph. 13 20 50	Smithfield Plains	Late Nov to Early Dec
Yoga classes for women	Free Yoga classes. After yoga have a cuppa at the Dyson Road, Christies Beach group room. You don't have to be a Uniting Communities client to join.	Uniting Communities Call Kelly or Sharon for information or booking Ph. 8202 5010	Christies Beach	Mondays

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Cervical Screening	Get tested during training clinics, led by experienced and skilled staff – and receive a \$50 digital gift voucher. Quick and private test.	SHINE SA To book: Ph. 8300 5300 or book online SHINE SA-Davoren Park - Book Doctors Online with HotDoc	Davoren Park	Tuesday and Thursdays
Just Listening Therapeutic Community	Support for individuals experiencing psychosis, suicidal distress, other emotional distress – one-to-one connection, group connection and a safe community space.	Just Listening – walk-in service, no booking needed Just Listening Therapeutic Community E: info@justlistening.com.au	Christies Beach	Weekdays
PARENTING				
Pregnancy to Parenting program for young parents aged under 25 years.	6-week antenatal education program for young parents aged under 25 years. Information about healthy pregnancy, labour and birth, breastfeeding, relationships, parenting and perinatal mental health. Facilitated by a Midwife.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential	Elizabeth Angle Park Christies Beach	On-going
Kidstuff program for young parents aged under 25 years.	Weekly group and 1:1 program Supports young parents to form social connections, develop understanding about child development, relationships and parenting and accessing physical and mental health support.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential	Elizabeth Angle Park Christies Beach	On-going
Indigenous Young Parents Program (IYPP) is for young pregnant and parenting people who are aged under 25 years who have Aboriginal children	Fortnightly program for Aboriginal young parents to connect with each other, culture, to build parental capacity, health and wellbeing, child development, healthy relationships and community supports.	Metropolitan Youth Health Service Ph: 8243 5637 or 0423 049 499. Bookings essential	Angle Park	On-going
Rainbow Connection Playgroup	Do you want to connect with the LGBTQIA+ community? Bring your children and meet other parents you identify with! Free, fun, dynamic, welcoming playgroup.	Forbes Children's Centre Contact: Katherine, through Pink Parents Ph. 0438 536 346 OR Facebook Messenger	South Plympton	Mondays during school Terms
Navigating Neurodiversity	For parents/caregivers supporting someone with neurodiversity. Come and connect, share and find guidance in a safe and welcoming space.	Goolwa Haven At Strathalbyn Uniting Church Ph. 0499 407 237	Strathalbyn	Nov 18 Dec 2

