

Women's Information Service



Government of South Australia

Office for Women

The "What's On" page provides details of services and activities for women of SA **Monday 5 January 2026**

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				
Resilient Women	6-week program to support and empower women. Journaling, self-care, connections, financial empowerment, looking ahead and celebration	Centacare Bookings essential: Ph. Tanya Werchon 0407 718 075 E: ease@centacare.org.au	Naracoorte	Starts Feb 4
Pathways to Empowerment Explore	Build skills and confidence, learn about healthy relationships, communication and decision making, managing money and pathways to your future.	Zahra Foundation Ph. 8352 1889 E: intake@zahrafoundation.org.au Pathways to Empowerment online referral form here	Mount Barker	Starts Feb 5
Online Engagement Sessions	Come and have a yarn with the Electoral Commission of SA. Engagement events are online. RSVP is essential for meeting link.	South Australian First Nations Voice to Parliament Register via email. E: SAVoice.ECSA@sa.gov.au	Online	Various
The Gathering Place	A safe and supportive group for women who have experienced/experiencing family or domestic abuse. Sessions run fortnightly in 2026.	The Haven Information and to register: Ph. 0439 022 785 E: haven@mtbcc.org.au	Mount Barker	Fortnightly 2026
Women are Strong Women do Survive	8-week domestic violence recovery group, a safe, confidential space to explore experiences, rebuild strengths, understand abuse effects, manage emotions, develop safety strategies and reclaim your identity.	Uniting Communities Registrations are essential: Ph. 8202 5190	Salisbury	2026 Feb 4,11, 18,25 March 4,11,18,25
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
Enhanced Communication	One-on-one session to build awareness of conflict and the impact on our mental health, developing strategies for objective, effective communication. .	Uniting Communities Monday to Friday Contact: Sandra: Ph. 0447 525 288 Amanda: Ph. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org	Noarlunga, online and phone	Ongoing
Shark Cage	8-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: NoarlungaFRC@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 it's 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	Ongoing
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 on registration	2 nd , 3 rd and 4 th Thursday of the month
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'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
SOCIAL CONNECTION/ COFFEE & CHAT				
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
Women's Meditation	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
Espresso Yourself Chatty Cafe	Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. All who identify as women are welcome. Start in 2026 on Jan 15. Fortnightly ongoing.	Women's Information Service At Minor Works Building Community Centre No need to register. For information: Ph. 8303 0590	Adelaide	2026 Jan 15 Jan 29 Feb 12 Feb 26
Cuppa & Connection	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: whyallahaven@cccsa.org.au	Whyalla Stuart	Tuesdays
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				
Skills for Growing Food	14-week course to learn skills to grow organic food in backyards, community gardens and small farms	Patch of Plenty-City For more information and to register Ph. 0473 891 729 Patch of Plenty registration here	Aldinga	Starts Feb 4
Women's Advocacy Information session TAFE SA	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 Jan
Click into Confidence	Build your digital skills in a friendly and supportive environment. No experience needed. Free 1-hour sessions between 1:00 and 4:00 pm.	Women's Information Service Bookings essential: Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Wednesdays On-going



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HEALTH/MENTAL HEALTH				
BreastScreen SA	Coming to Penola and Maitland from early January to provide free breast cancer screening to women over the age of 40, especially 50 – 70 years.	BreastScreen SA Ph. 13 20 50 Online booking: www.breastscreen.sa.gov.au	Penola Maitland	2026 Jan
Yoga classes for women	Free Yoga classes. After yoga have a cuppa at the Dyson Road, Christies Beach group room.	Uniting Communities Call Kelly or Sharon for information/booking Ph. 8202 5010	Christies Beach	Mondays
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				
Who's in Charge	8-week program designed for parents and carers of young people (8-18) who are acting beyond control, becoming violent or defiant at home. Supportive group, practical strategies, provides tools for improving safety and well-being.	Centacare, Reconnect, City of Port Adelaide Enfield Enquiries and referrals: Ph. Trevor 0410 698 907 Ph. Centacare 8228 8900	Enfield Community Centre	Wednesdays From Feb 11
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)	Fortnightly program for pregnant and parenting people who are aged under 25 years who have Aboriginal children. Connect with each other and culture, 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

