

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 as of **Monday 30th March 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				
Women are Strong	Free 8-week domestic violence healing and recovery group – safe, confidential and supportive space to reconnect with your strength. Location available on registration. Call for more information.	Uniting Communities Registrations essential: Ph. 8202 5190	Salisbury	Apr 29
The Gathering Place	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mondays Monthly
Free legal advice for women	Lawyer from Uniting Communities Family Law and Child Support Centre will be at WIS. Advice can be given on matters such as separation, divorce, domestic and family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre/ WIS To book appointment: Ph. 8303 0590	Adelaide City	Apr 28
WIS Chat	Can't find the information you are looking for? You can talk to WIS via Live Chat on our webpage. Visit www.wis.sa.gov.au and click on "Chat now" Monday – Friday, 9am – 5pm.	Women's Information Service Ph. 8303 0590	Online	Ongoing
Women are Strong	8-week educational support group. Confused by your partner/es-partner's behaviour? Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Intake by Yellow Gate Ph. 1300 564 164 Initial intake assessment for participants.	Various	Commences start of school term
Shark Cage	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Intake by Anglicare Ph. 8186 8911 Initial intake assessment for participants.	Various	Commences start of school term
From Strength to Strength	6-week program for women who have experienced relationship trauma – building resilience and self-awareness, conflict management, build healthier relationships.	Intake by Anglicare Ph: 8186 8911 Term 2 intake	Various	Runs alternative terms
The adult domestic family and sexual violence Lived Experience Advisory Network (LEAN)	LEAN brings together people with lived experience to share knowledge and perspectives, influence government and service sector decisions, create meaningful change for others.	Embolden Complete expression of interest form for Lived Experience Advisory Network here For more information: Ph. 0447 670 827 E: livedexperience@embolden.org.au	To be confirmed	Ongoing
Women's Employment Group	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Thursdays
Report Writing Assistance	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa 10am – 2pm Book appointment: Ph. 0499 407 237	Goolwa	Mondays



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Flourish and Nourish	Women's wellbeing group - monthly sessions chatting about mindset, energy, daily rituals, menopause and craving busters. Journal and light refreshments provided.	The Haven Mount Gambier Bookings essential: Registrations open 4 weeks before each session. Ph. 8721 2540	Mount Gambier	Last Friday of the month
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 Mount Barker Information and to register: Ph. 0439 002 785 E: haven@mtbcc.org.au	Mount Barker	Fortnightly 2026
Workshops for Survivors of Complex Trauma Workshops for Supporters, Family and Friends	Learn about trauma and its 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
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	First Thursday of the month
Legal Outreach	Free legal advice appointment 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
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				
Ladies Together Coffee, Chat and Craft	Come along and have 'you' time. Bring your Knitting, crochet, diamond dotz, wordsearch or other craft. 12:30 – 2:00pm \$2/week	Reynella Community Centre Contact the Centre: Ph. 8322 3591	Reynella	Mondays
Coffee and Chat Bend, Don't Break	Coffee and chat with Candi Smith, nutritionist and community educator. She will talk on 'Bend, don't break', how to adapt in challenging moments. Limited spaces.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Apr 29
Women's Circle	A non-judgmental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling No booking necessary E: ACESpace@MOSHCC For more Information: Ph 0447 144 119	Milang	Fridays
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	Friendly, inclusive gatherings, every two weeks. Tea, coffee, biscuits and gentle company. Participate a much or as little as you like – just bring yourself!	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	Apr 9 Apr 23 May 7 May 21



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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				
Walk & Talk	Relaxed walking group, stay active and have a chat. Wear comfortable shoes, a hat and bring a water bottle. Meet 9:30am for 9:40 start.	Elizabeth Rise Community Centre More information: Ph. 8256 0448	Elizabeth Rise	Mondays during school term
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 EMPLOYMENT				
Women In Construction Industry – Information Session and Selection Session	Information session for Accredited Training: Introduction to Construction Skill Set (SSDIS01008) 7-week program running 3 days a week. Training includes White Card, site visits, career coaching, work experience opportunities and employment pathways on completion. Attendance at Information/Selection session is mandatory for all applicants.	Building Women/A TEC More information and to register: Ph. 0499 499 626 Toni Rowland E: hello@buildingwomen.org.au	Lonsdale	Information session: Apr 8 Training start: May 4
IPEPA 2926 SA Study Tour	For Aboriginal or Torres Strait Islander working in any area of health, aged or disability care across SA. Spend two days with IPEPA Mentors, who are trained in providing culturally responsive mentoring. CPD certificate provide, Manager's approval required.	Indigenous Program of Experience in the Palliative Approach (IPEPA) E: pepasa@palliativecaresa.org.au Ph. 08 8271 1643 Registrations close 10th March.	Tarntanya (Adelaide)	Apr 8-9
HEALTH/MENTAL HEALTH				
Liver Health Information Session	Free community information session – common causes of liver problems, how you can take simple steps to protect yourself and your family. Question time. Resources in different languages. Find out where to get testing or help. Particularly relevant to those living with blood-borne viruses, and or at risk of vertical transmission (diseases spread from mother to baby).	Hepatitis SA Registration essential vial: Promoting Healthy Liver Function & Wellness Info Session City of West Torrens	Hilton	Apr 16
Our Sexual Health Matters: Our Voices Our Bodies	A creative community project using collage art to explore sexual health, safer sex, consent, healthy relationships and stigma reduction. Peer-led online discussions. Develop creative skills and produce culturally informed sexual health messaging. Artwork will be exhibited during Pride Month.	SAMESH Registration form: Our Sexual Health Matters: Our Voices. Our Bodies.	Online	Mar 27 Apr 24 May 17
BreastScreen SA	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: www.breastscreen.sa.gov.au Ph. 13 20 50	Mt Gambier Murray Bridge Yorketown	To early July To late May To mid Mar
PARENTING				
Hands On Technology Program	Free four-day hands on technology program for students ages 11-15 residing in the City of Port Adelaide and Enfield. Explore connections to Country through virtual storytelling, eco-inspired VR creations and 3D designs.	Beacon Holiday Program More information: Ph. 8120 3150 E: beacon@makersempire.com	Port Adelaide	Apr 20-23
Creative Relationships	Eight-week group of nurturing, nature play-based visual art program for parents/carers and their children aged 3-6 years (pre-school). Develop your relationship with your child and support their learning.	Communities for Children/Anglicare Bookings: E: artistclaire29@gmail.com Or www.artistclaire.com	Aldinga Beach Christies Beach	Starts Apr 30 Starts Apr 27



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Peas in a Pod	For new parents and caregivers with children under the age of 12 months who are looking to connect with other families, community and gain information and support in early stages of parenting.	Centacare Information and registration: Ph. 8215 6310	Hackham	Apr 30 to Jun 25
Teach Do Learn	Parents, carers and children aged up to four years, a couple of hours filled with fun and educational experiences. Every second week there will be a visiting childhood development specialist.	Gowrie SA Enquiries: Ph. 8234 5219 or E: train@gowriesa.org.au	Christie Downs	Apr 30 to Jun 18
ThinkUKnow parent, carer and teacher presentation	Free presentation covers what young people see, say and do online, the challenges relating to online child sexual exploitation and how to report, get help and support. Not suitable for children to attend.	ThinkUKnow/SAPOL Registration required for attendance: ThinkUKnow parent, carer, and teacher presentation - free event Tickets, Tuesday, Apr 7, 2026 from 6 pm to 7:30 pm Eventbrite	Noarlunga	Apr 7
Who's in Charge	Eight-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Reconnect/Centacare and City of Port Adelaide Enfield Enquiries and referrals: Ph. 0410 698 907 Trevor Ph. 8215 6700 Centacare	Angle Park	May 6
Talking Realities – Tailored Learning	Accredited education for young pregnant and parenting people under 23. Supportive, designed for young parents. Gain SACE points and/or work towards a Certificate III in Community Services, connect with other young parents, receive one-on-one support. Practical assistance available.	My Health/Metropolitan Youth Health Westwood Health Centre For more information call or text: Ph. 8243 5637 Ph. 0422 002 561 Caras or Katrina	Angle Park	Tuesdays and Wednesdays
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	Ongoing
Kidstuff program for young parents aged under 25 years	Weekly group and 1:1 program supporting young parents to form social connections, develop understanding about child development, relationships and parenting.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing

