



Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 20 January**

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 Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	The Yellow Gate Bookings essential. To register call: Ph.1300 564 164 E: admin@theyellowgate.org.au	O'Sullivan Beach area	Starts Feb 4
Women are Strong Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	Junction Ph. 8392 3060 E: FDVS@junctionaustralia.org.au Location provided on registration	Fleurieu Region	Dates provided on registration
Women are Strong	An 8-week support and information program that explores what is abuse, the different types and effects of abuse, support services, self-care strategies and ways to move forward to rebuild your life.	Hands Of Hope Foundation Location provided on registration. Ph. 0423 174 221 E: enquiries@handsofhope.asn.au	North	Starts Feb 6
Standing Strong	8-week program that explores boundary setting, maintaining boundaries, managing trauma responses and goal setting.	Hands Of Hope Foundation Location provided on registration. Ph. 0423 174 221 E: enquiries@handsofhope.asn.au	South	Starts Feb 5
Shark Cage for Women	7-week course to help you build a strong sense of self and to feel empowered	Centacare Ph. 8228 8900 Location provided on registration	Northern area.	Starts Feb 6
Shark Cage for Women	8-week course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla on 8186 8919 or E: fif@anglicaresa.com.au Location provided on registration	Southern Area	Starts Feb 5
From Strength to Strength	6-week group for women who would like to increase their personal growth and improve relationship conflict management. Ideal for women who have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 8186 8900 E: fif@anglicaresa.com.au	To be Advised	To be Advised
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 Ph. 8223 4566 E: rasacentral@rasa.org.au	Address provided on registration	Fridays during term time
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	Second & last Thursday of the month



Women's Information Service

Walk n Talk	Come and walk with us – all fitness levels welcome in a supportive and inclusive environment. For women in the community who have been impacted by family and domestic violence.	The Yellow Gate To register call Ph. 1300 564 164 E: admin@theyellowgate.org.au	Moana Beach	Feb 17
Rhythm2Recovery	Come and explore your creative side and join us in our drumming circle. For women in the community who have been impacted by domestic and family violence.	The Yellow Gate To register call Ph. 1300 564 164 E: admin@theyellowgate.org.au	Noarlunga area	Starts Feb 7
Art for Healing	Come and explore your creative side with simple art and mindfulness techniques. For women in the community who have been impacted by family and domestic violence.	The Yellow Gate To register call Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on Registration	Starts Feb 13
Trauma-informed yoga	Women in the community who have been impacted by domestic and family violence can join a free, weekly trauma-informed yoga class.	The Yellow Gate Ph. 1300 564 164 Address provided on Registration	Christies Beach area	Starts Feb 14
Resilience Program Workshop	Join us in these workshops to discover comprehensive skills to boost your resilience. For women in the community who have been impacted by domestic and family violence.	The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au Address provided on Registration	Noarlunga area	Starts Feb 19
Women's Domestic Violence Court Assistance Service	The Women's Domestic Violence Court Assistance Service will be visiting Mount Gambier Magistrates Court on a fortnightly basis to assist women who have applied for private intervention orders.	Legal Services Commission For more information Ph.1800 246 642	Mount Gambier	Fortnightly
Family Court Support	Available to women attending Family/Federal Circuit Court at 3 Angus St Adelaide.	Women's Information Service Ph. 8303 0590	Adelaide	Ongoing- subject to volunteer availability
WIS Chat	Can't find the information you are looking for? <u>You can now talk to WIS via Live Chat on our webpage.</u> Visit us at Women's Information Service Live-Chat And click on the: "Hi there, how can I help you" pop-up.	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing
Ombudsman SA	Talk to the Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state government department or local government agency.	Women's Information Service Ph. 8303 0590	Adelaide	Jan 30
SOCIAL CONNECTION				
Craft and Chat	Come along and join other women to learn craft in a relaxed and friendly environment. All materials provided.	The Haven Port Pirie Ph. 0499 420 923	Port Pirie	Wednesdays



Women's Information Service

Women and Words	A relaxed group for creative writing therapy run by a well-known local writer.	The Haven Gawler Ph. 0466 801 553 E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
Women's Walking Group	Meet at Laratinga Wetlands for a casual walk and talk.	The Haven Mount Barker For more information Ph. 8391 2747	Mount Barker	Fridays
Women's Peer Group - Parents of neurodivergent children	A group for all women who are caring for a neurodivergent child or children and would like help to improve their own mental health.	Skylight Ph. 83784100 E: nicoleb@skylight.org.au	Mount Barker	1st Thursday of the month
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
Report Writing and JP service	Help to prepare reports for government services such as NDIS? Need a JP? Visit the Haven and consult with an experienced volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Cuppa and Connection	Join The Haven Whyalla for a chat over craft, cards, or games in a safe space.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesdays
Women's Group	Come and meet other women at a community driven women's group.	Hackham Community Centre BOOKINGS ESSENTIAL. Ph. 8392 3080 E: cchackham@junctionaustralia.org.au	Hackham	Tuesdays
EDUCATION				
Auto Skills basic car maintenance	A morning of learning skills, tips and tricks for purchasing, owning and maintaining your car. Cost \$5 Hackham Community Centre	The Precinct Book here via Eventbrite	Smithfield Plains	Feb 11 Mar 4
HEALTH				
BreastScreen SA	BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40.	BreastScreen SA For more information contact 13 20 50 or go to www.breastscreen.sa.gov.au	Port Lincoln	Oct 21-Mar 5
Women's Health Sessions	Two-part session covers all aspects of women's health including menstrual health and general wellbeing – teens are encouraged to attend with their guardian.	John McViety Centre Book for women's health session via Eventbrite here	Smithfield Plains	Feb 18 Feb 25



Women's Information Service

PARENTING				
Showing Up for your Kids (Mums)	Workshop for women who have children on 12-month orders or less (including safety plans) Support to connect with relevant services, have questions answered by children protection professionals, learn how to understand and manage requirements of DCP and case plans	Reily Foundation 2025 Showing Up (Mums) Workshop Registration Form	Brompton	Feb 6 Feb13
Circle of Security	7-week course learn how to enjoy a more fulfilling relationship with your child.	Centacare Ph. 8228 8900 Bookings essential	Elizabeth Downs	Starts Feb 4
Who's in Charge?	Does your child hurt or intimidate you? Do you feel you are losing control? Do you want to handle conflict better?	Centacare Trevor 0410 698 907 Centacare 8215 6700	Lightsview	Starts Feb 12
Bringing Up Great Kids	6-week interactive program for parents of young children and adolescents to help raise happy kids.	Family Relationship Centre Ph. Nicole 0475 505 696 E: noarlungaFRC@unitingcommunities.org	O'Sullivan Beach	Starts Feb 10
Bringing Up Great Kids	6-week interactive program for parents of young children and adolescents to help raise happy kids.	Goolwa Children's Centre Ph. 8555 2509 Booking essential.	Goolwa	Starts Feb 11
Parentstuff: Circle of Security for Young Parents	For parents under the age of 25 years	MYSA Anna Ph. 0466 622 864 Raquel Ph. 0468 719 301	Christies Beach	Starts Feb 18
Support group for parents and carers of neurodiverse children	Information Session	Goolwa Haven Ph. 0499 407 237 Deb 0427 208 937	Goolwa	Feb 5
Mankurri-Apinthi Peer to Peer Program	Are you Aboriginal or Torres Strait Islander with children? Do you want to connect with community while having fun?	KWY Ph. 08 8377 7822 E: admin@kwy.org.au	Blair Athol	Wednesdays

