

Women's Information Service

The “What's On” page provides details of services and activities for women of SA **Monday 14 April**

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				
Festival for the Future	A two-day event to support LGBTIQ+ communities living in the regions, connecting attendees to new people, new ideas and new services. Seniors Card holders: \$10 , (excl. fees). General Admission: \$15 (excl. fees).	Office for Ageing Well and Seniors Card Festival for the Future — The Equality Project®	Victor Harbor	April 30 – May 1
WIS Easter Closing Dates	The Women's Information Service shopfront will be closed on Thursday 17th April 2025. We will reopen on Tuesday 22nd April 2025 at 9:00am	WIS	Adelaide	April 17
Financial Counsellor	Drop-in Financial Counsellor. No appointment needed.	Anglicare SA Aldinga Beach Children's Centre Ph. 1800 759 707 to arrange a financial counselling appointment	Aldinga	Last Wednesday of the month
Domestic and Family Violence Candlelight Vigil	Mark Domestic and Family Violence Remembrance Day at a candlelight vigil to honour the memory of those whose lives have been taken through domestic and family violence.	Embolden For information E: contact@embolden.org.au Domestic & Family Violence Candlelight Vigil - Embolden	Adelaide CBD	May 7
Photo Voice	Women impacted by DV, 8-week program with a professional photographer teaches participants skills about taking photos.	The Yellow Gate To register Ph. 1300 564 164 E: admin@theyellowgate.org.au	Hackham	Starts May 8
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 Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Fleurieu Region Northern area	Dates provided on registration Starts May 7
Shark Cage for Women	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla Ph. 8186 8911 E: fif@anglicaresa.com.au The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	Southern suburbs	Starts May 8
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	Southern suburbs	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 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 Kerry Ph. 0457 671 385 Jo Ph. 0429 269 320	Christie Downs	Last Thursday of the month



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Art for Healing	Come and explore your creative side with simple art and mindfulness techniques. For women impacted by DV.	The Yellow Gate To register Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on Registration	Starts May 6
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	Christies Beach area	Starts May 9
Walk n Talk	Inclusive walking group for women who have been impacted by DV.	The Yellow Gate To register Ph. 1300 564 164	Moana Beach	1 st Monday 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	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. We will be available to 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 attending 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 0590 for more information or to book your family court support.	Various	Ongoing
SOCIAL CONNECTION				
Catherine House Women's Centre Activities	Various wellbeing and social activities.	Catherine House Tam Ph. 0418 856 129 E: tammmyc@catherinehouse.org.au	Adelaide	April 14 – April 25
Flourish and Nourish	Monthly sessions chatting about various wellbeing topics.	The Haven Mt Gambier For bookings contact the Mt Gambier Library on Ph. 8721 2540	Mount Gambier	Last Friday of the month, starts May
Game Day	Cards, Board Games and Bingo.	The Haven Mount Gambier For enquires Ph. 0439 169 925	Mount Gambier	Mondays
Ride Her Way	Ride Her Way is a community that connects, empowers and inspires women to be active and ride a bike. Beginner workshops and social rides.	Bike SA Jim Ph. 8406 8251 for bookings Ride Her Way - Register your interest	Salisbury North	Workshops start May 4 Social rides start May 24
Cuppa and 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	Tuesdays
Wellness Workshop	Series of workshops designed to support and empower you.	Bendigo Bank Elizabeth Rise Community Centre Book here for Wellness Workshop	Elizabeth Downs	Apr 15 May 20
Swap and Grow	Bring cuttings, seedlings or small plants to share with others and take new ones home.	The Haven Whyalla Ph. 0477 219 410	Whyalla	1 st Thursday of the month
Craft & Chat	Come along and join other women to learn craft in a relaxed, friendly environment.	The Haven Port Pirie To book Ph. 0499 420 923	Port Pirie	Wednesdays

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EDUCATION				
Women's Shed	Join our Women's Shed program at the Laratinga Community Shed and enjoy the opportunity to learn some new skills with Jocelyn Grant.	Mount Barker Community Centre Book here: Womens Shed Workshop	Mount Barker	April 28
Basic Computer Skills for Study & Employment	5-week course to build your computer and digital skills, to feel confident in your path to employment.	City of Marion and City of Mitcham, supported by the Government of South Australia For information Ph. 8277 0304 e: info@marionlife.org.au Register: Basic Computer Skills for Study and Employment Course	Mitchell Park	Starts April 29
English Language Skills for Study and Employment	5-week course will improve your English language skills and prepare you for work and study.	City of Marion and City of Mitcham, supported by the Government of South Australia For information Ph. 8277 0304 e: info@marionlife.org.au Register: English Language Skills for Study an Employment Course	Pasadena	Starts May 1
Group English Conversation Practice	Facilitated group session, then stay for a 1-on-1 conversation to build confidence and improve communication skills. No bookings needed.	Pasadena Community Centre Group English Conversation Practice City of Mitcham	Pasadena	Starts Mar 13
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 Ph. 13 20 50 www.breastscreen.sa.gov.au	Clare	April 11-June 12
PARENTING				
Peas in a Pod	This Parenting Group aims to provide a safe, positive and stimulating space for you and your child/ren.	Centacare To register and information Ph. 8515 6310	Hackham	Starts May 1
Who's in Charge	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Centacare Enquiries and referrals Trevor Ph. 0410 698 907 Centacare Ph. 8215 6700	Angle Park	Starts May 7
Circle of Security	7-week course, learn how to enjoy a more fulfilling relationship with your child.	Centacare for all three Ph. 8215 6310 E: aldinga@centacare.org.au	Aldinga	Starts May 6
		Ph. 8228 8900	Elizabeth Downs	Starts May 6
		Ph. 8228 8900	Adelaide	Starts May 13
Navigating Neurodiversity	Support group for parents and caregivers who care for those with Neurodiversity. Fortnightly.	The Haven Goolwa For more information Ph. 0499 407 237 or Deb Ph. 0427 208 937	Goolwa	Wednesdays during school term
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? Peer to peer program led by volunteers with lived experience to form community connections.	KWY Ph. 8377 7822 admin@kwy.org.au www.kwy.org.au	Blair Athol	Wednesdays
Bringing Up Great Kids	Course to help parents and carers understand their child's behaviour.	Relationships Australia SA Bookings are essential. Ph. 8255 3323	Salisbury	Starts April 28



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