

Women's Information Service

The “What's On” page provides details of services and activities for women of SA **Monday 16 June**

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's Legal Service at Elizabeth Rise Community Centre	Assisting women with legal information, advice, and representation.	Women's Legal Service SA By appointment only – Ph. 8221 5553	Elizabeth	Until July 4
Gladys Elphick Artist Competition 2025	The Gladys Elphick Awards celebrate the life achievements of the late Aunty Gladys Elphick and her fellow members of the Council of Aboriginal Women of South Australia. Open to Young Aboriginal women aged 16 – 21.	Ochre Dawn For more information and to apply: Gladys Elphick Artist Competition 2025 information	Online	Closes June 30
Power Up	Have you or someone you know ever thought about standing for political office? If so, this is a workshop for you! Facilitated by First Nations women with lived experience in political life, we explore the unique space of Blak Politics.	Women for Election EQUIP: Candidate Training Port Augusta 17 June 2025 EQUIP: Candidate Training Mt. Gambier 21 June 2025	Port Augusta Mount Gambier	June 17 June 21
One-on-one counselling	The Yellow Gate will be delivering weekly one-on-one counselling in the Goolwa area.	The Yellow Gate To book Ph. 1300 564 164 or e: admin@theyellowgate.org.au	Address provided on registration	Starts May 27
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	Northern area	To be advised
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	To be advised
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 385Jo Ph. 0429 269 320	Christie Downs	Last Thursday of the month



Women's Information Service

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
WIS Chat	Can't find the information you are looking for? You can now talk to WIS via Live Chat on our webpage. 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
SOCIAL CONNECTION				
Catherine House Women's Centre Activities	Various wellbeing and social activities at Catherine House.	Catherine House Tam Ph. 0418 856 129 E: tammmyc@catherinehouse.org.au	Address provided upon registration	June 16 – June 20
Respectful Relationships and Wellbeing - Refugee Week Event	Join us for an uplifting session to relieve stress, boost resilience, and support your wellbeing. Experience the power of movement and build strong, positive connections with yourself and others.	For bookings and more information Relationships Australia SA Ph. 8245 8110 E: askpeace@rasa.org.au SAMESH/Thorne Harbour Health E: ben-hur.winter@thorneharbour.org	Adelaide	June 27
Pride Month at Onkaparinga	Onkaparinga Libraries is excited to be celebrating Pride Month with a range of events and programs.	Book via Pride Month by Onkaparinga Libraries Eventbrite	Southern suburbs	Until June 26
Pride at Country Markets	Rainbow Hub SA will be at some upcoming country markets. Visit the market stalls to see what LGBTIQ+ support is available.	Rainbow Hub SA Ph. 0487 033 684	Clare Peterborough Port Pirie	July 12 August 16 September 14
Flourish and Nourish	Monthly sessions where we will chat about wellbeing topics.	The Haven Mt Gambier For bookings contact the Mt Gambier Library on Ph. 8721 2540	Mount Gambier	Last Friday of the month
Women's Walking Group	At the Laratinga Wetlands. No booking needed.	Mount Barker Community Centre Ph. 8391 2747	Mount Barker	Fridays
Rainbow Rhythms - Headspace	For ages 12-25. A safe space to connect, create and socialise in a LGBTIQ+ inclusive and friendly environment.	Headspace Murray Bridge Ph. 8531 2122	Murray Bridge	Every second Tuesday during school term



Women's Information Service

Women's Gathering Group	A weekly catch-up to connect, learn, and grow. Building friendships and supporting each other along the way.	The Haven Goolwa Ph. 0499 407 237	Strathalbyn	Starts May 15 Fortnightly
Craft & Chat	Come along and join other women to learn craft in a relaxed, friendly environment.	The Haven Port Pirie Ph. 0499 420 923	Port Pirie	Wednesdays
Women's Group	Share in creative activities in a relaxed and inviting environment. Bookings essential.	Hackham Community Centre Ph. 8392 3080 E: cchackham@junctionaustralia.org.au	Hackham	Tuesdays
Coffee & Chat	Focus On Health. Tips on goal setting for improving health and wellbeing in a sustainable way.	The Haven Mount Gambier Ph. 8721 2540	Mount Gambier	June 25
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	Social rides Starts May 24
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
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
EDUCATION				
Understanding and Responding to Strangulation	Insight Exchange has a free (donated) NEW online learning module "Understanding and Responding to Strangulation (45 min)".	Insight Exchange Free responding to strangulation module here	Online	Ongoing
Click into Confidence	Beginners computer group. Learn about word and excel. More sessions to come	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	June 19 - Full
Women's Shed Workshop	Join our women's shed program at the Laratinga Community Shed and enjoy the opportunity to learn some new skills. Cost \$5.	Mount Barker Community Centre Book here Womens Shed Workshop Ph. 8391 2747	Mount Barker	June 23
Handy Woman Workshop Series Bike Safety and Maintenance	Learn about bike safety and maintenance.	The Haven Mount Gambier Information and bookings Ph. 0472 759 829	Mount Gambier	June 18
Women Can - Bus Driver or Short Haul Truck Driver	Women Can Australia is seeking women interested in joining the transport sector as a Bus Driver or Short Haul Driver.	Women Can Lisa Ph. 0421 956 284 E: adelaidedrive@womencanaustralia.org	Northern & Southern Adelaide	Ongoing
HEALTH				
Carers Gatherings	You are invited to share your ideas and connect with other carers. We want to hear the voices of local Carers to inform the Village Voices project.	For more information, or for respite support for this session contact Julie Walter Ph. 0473 239 349 Register here for carers gatherings via Humanitix	Fleurieu Peninsula	June 18 – June 25
The Plug In	Do you or a loved one have a life limiting illness? Share your experience to shape future care.	COTA The Plug-in and the University of Adelaide Share your experience to shape future care. - The Plug-in Ph. 08 8224 5526 e: connect@theplugin.com.au	Online	Ongoing

Women's Information Service

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	Various	June - September
BreastScreen SA Screen to Win	We're offering a chance to win 1 of 10 \$500 pre-paid Visa cards simply by attending a free breast screen in June, July, or August. For more details and Terms & Conditions, please visit breastscreen.sa.gov.au/win .	To book breastscreen.sa.gov.au/book or Ph. 13 20 50	Various	June - September
PARENTING				
Bringing Up Great Kids with Young Parents	Are you a parent under the age of 25 years? Come along and learn about children's development, emotions and more.	Metropolitan Youth Health Service Raquel Ph. 0468 719 301 Anna Ph. 0466 622 864	Christies Beach	Starts May 20
Developing Differently	This workshop for parents and/or caregivers, is designed to provide a safe space for those caring for children or young people with disability.	Department of Human Services To book Ph. Louise 0407 477 652 (O'Sullivan Beach) Ph. Monique 8381 8005 (Woodcroft Heights)	Woodcroft Heights	June 25

