

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 14 July 2025**

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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
SERVICES				
<b>COTA Plug-in workshops Regional</b>	If you are 50+ with experiences of financial challenge in South Australia, we want to hear from you, to help inform new support programs.	COTA SA <a href="https://survey.zohopublic.com/zs/wmCi8R">https://survey.zohopublic.com/zs/wmCi8R</a>	Online	Ongoing
<b>Tax Help</b>	A volunteer from the ATO will be at the Women's Information Service on Thursdays from 24th July 2025. If you earn \$70K or less a year and have simple tax affairs, you may be eligible for free assistance to lodge your Tax Return.	Contact Women's Information Service to check your eligibility and book your appointment: Ph. 8303 0590 E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Starts July 24
<b>Safer Relationships</b>	8-week psycho-education group for women who have experienced abusive or controlling relationships.	Cedar Health Service Ph. 8444 0700	Port Adelaide Address provided on registration	Starts Aug 7
<b>Women are Strong Women do Survive</b>	8-week support group for women dealing with the effects of abusive relationships.	The Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Marion area	Starts July 31
		Hands of Hope Ph. 0423 174 221 E: <a href="mailto:Enquiries@handsofhope.asn.au">Enquiries@handsofhope.asn.au</a>	Northern area	To be advised
<b>Shark Cage for Women</b>	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla Ph. 8186 8911 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>  The Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Southern suburbs	To be advised
<b>From Strength to Strength</b>	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: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	To be advised	To be advised
<b>Out of the Shadows</b>	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: <a href="mailto:rasacentral@rasa.org.au">rasacentral@rasa.org.au</a>	Address provided on registration	Fridays during term time
<b>Time for Me</b>	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
<b>Legal Outreach</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided upon registration	2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Thursday of the month
<b>Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier</b>	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

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<b>Family Court Support</b>	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
<b>WIS Chat</b>	Can't find the information you are looking for? <b>You can now talk to WIS via Live Chat on our webpage.</b> Visit us at <a href="#">Women's Information Service Live-Chat</a> And click on the: "Hi there, how can I help you" pop-up.	Women's Information Service Ph. 8303 0590 <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	Online	Ongoing
<b>SOCIAL CONNECTION</b>				
<b>Resilient Women</b>	6-week wellbeing program at Centacare. Bookings essential.	The Haven Mount Gambier RSVP to Suzie by July 25 Ph. 0472 759 829 <a href="mailto:skranz@centacare.org.au">e:skranz@centacare.org.au</a>	Mount Gambier	Starts Aug 1
<b>Swap and Grow</b>	Bring cuttings, seedlings or small plants to share with others and take new ones home.	The Haven Whyalla Ph. 0477 219 410	Whyalla	1 <sup>st</sup> Thursday of the month
<b>Haven Singers</b>	Explore the joy of singing. Led by professional Singing Teacher, Composer and Sound and Movement Therapist, Jen de Ness.	The Goolwa Haven For information Deb Ph. 0427 208 937 Jen Ph. 0434 880 695	Port Elliot	1 <sup>st</sup> and 3 <sup>rd</sup> Monday of each month
<b>Flourish and Nourish</b>	Monthly sessions where we will chat about wellbeing topics.	The Haven Mt Gambier For bookings contact the Mt Gambier Library Ph. 8721 2540	Mount Gambier	Last Friday of the month
<b>Women's Group 100 Cups of Tea</b>	We welcome all who identify as women in a safe space to connect, share and learn from each other. Children welcome.	DHS and Hippy The Parks For information and to register: Gloria Ph. 0438 177 430 Carlye Ph. 0407 630 713 Jodie Ph. 0403 415 851	Ferryden Park	Starts July 30
<b>Coffee &amp; Chat</b>	Come along to make a difference in your community and form lifelong friendships – while making cards!	Country Women's Association Ph. 8271 2540	Mount Gambier	July 30
<b>Coffee and Chat</b>	Talk Laugh and Connect, we'll bring the coffee!!	Aldinga Beach Children's Centre Ph. 0436 677 468	Aldinga	Aug 1 Aug 29 Sept 26
<b>Kindness Project</b>	Come along to the Haven 10:30 – 11:30am to craft a project to be shared in the community.	Haven Whyalla Ph. 0477 219 410 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla	Fridays
<b>Pride at Country Markets</b>	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	Peterborough Port Pirie	August 16 September 14
<b>Games Day</b>	Cards - Board Games - Bingo	The Haven Mount Gambier At the Mount Gambier Library Free Session/No Bookings Required	Mount Gambier	Mondays
<b>Women's Gathering Group</b>	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	Thursdays Fortnightly
<b>Craft &amp; Chat</b>	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

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<b>Women's Group</b>	Share in creative activities in a relaxed and inviting environment. Bookings essential.	Hackham Community Centre Ph. 8392 3080 E: <a href="mailto:cchackham@junctionaustralia.org.au">cchackham@junctionaustralia.org.au</a>	Hackham	Tuesdays
<b>Cuppa &amp; Connection</b>	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla Stuart	Tuesdays
<b>FITNESS</b>				
<b>Gym Sessions</b>	8-week gym program for women from refugee or migrant communities.	Australian Refugee Association For details and registration: Nazdana Ph. 0452 299 925 E: <a href="mailto:nazdana.hussaini@ausref.net">nazdana.hussaini@ausref.net</a>	Salisbury Downs	Starts July 26
<b>Women's Walking Group</b>	Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands, Bald Hills Road carpark entrance.	The Haven Mount Barker For enquiries Ph. 8391 2747	Mount Barker	Fridays
<b>Soccer Session</b>	Free soccer session for girls and women from refugee or migrant communities.	Australian Refugee Association For details and registration: Nazdana Ph. 0452 299 925 E: <a href="mailto:nazdana.hussaini@ausref.net">nazdana.hussaini@ausref.net</a>	Kilburn	July 15
<b>Females Fighting Forward</b>	Join us for a free 90min self-defence class. Bookings essential.	The Haven Gawler Ph. 0466 801 553 E: <a href="mailto:haven@gawlercommunityhouse.org.au">haven@gawlercommunityhouse.org.au</a>	Gawler	August 16
<b>Women's Community Street Soccer</b>	A free, weekly, women's only space, where we get to connect over soccer. No previous experience is required.	The Big Issue Georgia Ph. 8359 3450	Wayville Bonython Park	Tuesdays 1st Tuesday of the month
<b>Come and Try Soccer</b>	Are you a women or girl (12 years and over) from a refugee or migrant background seeking fun and connection. 8-week program	Australian Refugee Association Kilburn Community Centre Ph: 0452 299 925 E: <a href="mailto:nazdana.hussaini@ausref.net">nazdana.hussaini@ausref.net</a>	Kilburn	Starts Aug 6
<b>EDUCATION</b>				
<b>Understanding and Responding to Strangulation</b>	Insight Exchange has a free (donated) NEW online learning module "Understanding and Responding to Strangulation (45 min)".	Insight Exchange <a href="#">Free responding to strangulation module here</a>	Online	Ongoing
<b>Handy Women Workshop</b>	"Power and Hand Tools Usage". Learn how to use power and hand tools safely.	Bunnings The Haven Mount Gambier To book: <a href="#">D.I.Y. Workshops And Activities - Bunnings Australia</a>	Mount Gambier	July 28
<b>Women's Work Shed</b>	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 To Book: <a href="#">Womens Shed Workshop</a> Ph. 8391 2747	Mount Barker	July 28
<b>Financial Wellbeing Webinars</b>	Webinar offerings for the Financial Independence Hub (FIH). This webinar series is for people of all genders who have experienced financial abuse and/or domestic and family violence.	Good Shepherd Australia Registrations essential <a href="#">book here</a>	Online	July – Nov
<b>Adult and Children Water Safety Program</b>	Build confidence, knowledge and skills around water. Available for adults and children 5 years + Bookings essential.	Royal Life Saving SA Ph. 8210 4500 <a href="#">book here for Adult and Children Water Safety Program</a>	Elizabeth	Saturdays until August 30
<b>HEALTH</b>				

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<b>Endometriosis Information and Support Event</b>	Find out about the SA Parliamentary Enquiry with guest speaker Catherine Hutchesson MP	Mount Barker Community Centre Ph. 8391 2747 Bookings Essential <a href="#">Endometriosis Support Group</a> Topic: <a href="#">Parliamentary Enquiry</a>	Mount Barker	July 23
<b>BreastScreen SA</b>	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 <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a>	Various	June - September
<b>BreastScreen SA Screen to Win</b>	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 <a href="http://breastscreen.sa.gov.au/win">breastscreen.sa.gov.au/win</a> .	To book <a href="http://breastscreen.sa.gov.au/book">breastscreen.sa.gov.au/book</a> or Ph. 13 20 50	Various	June - September
<b>PARENTING</b>				
<b>Parenting Q&amp;A - Pregnancy to Young Families</b>	Join practitioners who work with pregnant women, post-natal women, children and young families for short presentations with question time. Cost \$5.	The Summit Community Centre Tickets here: <a href="#">Parenting Q&amp;A - Pregnancy to Young Families</a> For enquiries Ph. 8390 0457 E: <a href="mailto:thesummit@ahc.sa.gov.au">thesummit@ahc.sa.gov.au</a>	Norton Summit	Aug 9
<b>Who's In Charge</b>	8-week program for parents or carers of young people (8 –18) who are beyond control, violent or defiant.	Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services Enquiries and Referrals: Trevor Ph. 0410 698 907 Centacare Ph. 8215 6700	Enfield	Starts July 30
<b>Navigating Neurodiversity</b>	Join us in this free support group for parents and caregivers who care for those with neurodiversity.	The Haven Goolwa Ph.0499 407 237 Deb Ph. 0427 208 937	Goolwa	Weds fortnightly
<b>Parenting Connection Group</b>	For parents of neurodivergent children looking to connect with other parents. Monthly. Cost \$5. Booking essential for all sessions.	City of Onkaparinga Bookings essential: <a href="#">Book here for the parenting Connection Group</a>	Old Reynella	Starts July 4
<b>Peas in a Pod Parenting Group</b>	A space for you and your child/ren where you can connect with other caregivers, community services and programs.	Centacare For further information and registrations Ph. 8215 6310	Hackham	July 24 - September 25
<b>Circle of Security</b>	7-week course to learn how to enjoy a more fulfilling relationship with your child and understand their behaviour.	Centacare Bookings essential Ph. 8228 8900	Elizabeth	Starts July 29

