



Women's Information Service

The "What's On" page provides details of services and activities for women of SA as of **Monday 26th January 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				
Online Engagement sessions 2025 - 2026	Come and have a yarn with the Electoral Commission of SA.	South Australian First Nations Voice to Parliament Register via email: SAVoice.ECSA@sa.gov.au	Online	Various
Phoebe Wanganeen Scholarship	Three scholarships are offered to residents of the City of Salisbury who identify as Aboriginal or Torres Strait Islander and who are enrolled in any University, TAFE or RTO course. Include one university scholarship, two TAFE/RTO scholarships – eligibility requirements.	City of Salisbury All information and register interest here: Phoebe Wanganeen Aboriginal and Torres Strait Islander Scholarship • City of Salisbury	Online	Closes Mar 2
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
Shona Gates: Finding Strength Through Challenge	International Women's Day event. Shona shares her honest story navigating the pressures and pitfalls of multi-level marketing, and how she discovered resilience, courage and self-empowerment on the way. For adults, \$5 ticket	Glandore Community Centre Tickets and information: International Women's Day Event Glandore Tickets, Sat, Mar 7, 2026 at 1:00 PM Eventbrite , 1pm – 4pm	Glandore	Mar 7
Flourish and Nourish	Women's wellbeing group - free 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
Healing and Recovery	Connect with likeminded women and learn skills and strategies to empower you in your healing and recovery journey. Join in for 1,2 or 3 sessions	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Feb 25 Mar 4 Mar 11
Reclaiming Her Voice	Six-week creative writing program for women healing from trauma. Learn mindfulness and expressive writing, techniques to reclaim your voice. No previous writing experience needed.	The Haven – Goolwa Limited creche places available. Book here for Reclaiming her voice via trybooking	Goolwa	Feb 11 to Mar 18
Pathways to Empowerment	Build skills and confidence, learn about healthy relationships, communication and decision making, managing money and pathways to your future.	The Zahra Foundation To enrol: E: intake@zahrafoundation.org.au Ph. 8352 1889 Pathways to Empowerment online referral form here	Mt Barker	Feb 5 to Apr 2
Shark Cage	8-week group to help women build a strong 'shark cage' of human rights and explore how to recognise respectful 'dolphins' from abusive 'sharks'. Empowerment to heal. Selfcare. Please phone to find out if this program is right for you.	Anglicare Ph. 8186 8911 E: fif@anglicare.com.au Uniting Communities P. 0447 525 288 or E: NoarlungaFRC@unitingcommunities.org	Noarlunga Area To be advised	Starts Feb 3 To be advised



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Resilient Women	Free 6-week program to support and empower women. Journaling, self-care, connections, financial empowerment, looking ahead and celebration	Centacare Bookings essential: Taylaa Werchon Ph. 0407 718 075 E: ease@centacare.org.au Susie Kranz Ph. 0472 759 829 E: mountgambierhaven@centacare.org.au	Naracoorte Mount Gambier	Starts Feb 4 Starts Feb 20
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 022 785 E: haven@mtbcc.org.au	Mount Barker	Fortnightly 2026
Women are Strong Women do Survive	8-week domestic violence recovery group, a safe, confidential space to explore experiences, rebuild strengths, understand abuse effects, manage emotions, develop safety strategies and reclaim your identity.	Uniting Communities Registrations are essential: Ph. 8202 5190 The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Salisbury Outer southern suburbs To be advised	Starts Feb 4 To be advised To be advised
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
From Strength to Strength	6-week group - increasing personal growth and improving relationship conflict management. Ideal if you have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 0481 098 373	Outer 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 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				
The Parks Community Centre Women's Group	A safe flexible space where women can connect, learn and share with each other. May include crafts, excursions, cooking etc. Children welcome. Wednesdays for eight weeks, 9:30 to 11:30am.	The Parks Community Centre For further information: Ph. 0438 177 430 Gloria Ph. 0407 630 613 Carlyle Ph. 0403 415 851	Ferryden Park	Feb 11



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Women's Shed Program	Join the Women's Shed Program and enjoy the opportunity to work with other women at the Laratinga Community Shed. 9am – 2pm	Mount Barker Community Centre For more information contact: Ph. 8391 2747 Nicki	Mount Barker	Feb 2
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 Resumes Mar 5
Expresso Yourself Chatty Cafe	Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. Fortnightly ongoing. NO session Feb 26.	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	Jan 29 Feb 12 Mar 12 Mar 26
Cuppa & Connection	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: whyallahaven@ccsa.org.au	Whyalla Stuart	Tuesdays
FITNESS				
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				
Microbusiness	Ten-week course focusing on strategies that may support starting your own business. Understand legalities, marketing, finances and find supports around you.	Morella Community Centre Register: Ph.0484 958 823 Teena or Nadia E: communityeducation@morella.org.au	Mawson Lakes	Mar 3
Communication Skills for Nursing and Health Industries	10-week introduction to basic nursing terms and topics in health. Building oral and written communication skills. Understand various health-related topics useful for personal and family circumstances.	Morella Community Centre Eligibility criteria apply, limited spots available, booking essential: Ph. 0484 958 823 E: communityeducation@morella.org.au	Parafield Gardens	Feb
Commercial Kitchen Practices	15-week accredited course introducing participants to work opportunities and future study pathways in the food industry while developing employability skills	Morella Community Centre Register your interest: Ph. 0484 923 E: communityeducation@morella.org.au	Parafield Gardens	Feb 6
I Want to Work	Build confidence, clarity and practical skills to help you enter or re-enter the workforce. Hands on 10-week course, step-by-step career planning, job search strategies, and creating a strong, professional job application.	Morella Community Centre Register interest - contact Teena Ph. 8406 8482 or Ph. 0484 958 823 E: communityeducation@morella.org.au	Salisbury	Feb 23
Pathways to Children's Services Industry	Free to those eligible. Fully funded 15-week accredited course introducing participants to the Children's Services Industry.	Morella Community Centre Register: Ph. 0484 958 823 Teena or Nadia or Email: communityeducation@morella.org.au	Parafield Gardens	Feb 4
Laptop Skills	A 10-week program that will build your confidence using a laptop for study or work.	Morella Community Centre Register interest P. 0484 958 823 E: communityeducation@morella.org.au	Parafield Gardens	Feb 2
Skills for Growing Food	14-week course to learn skills to grow organic food in backyards, community gardens and small farms	Patch of Plenty-City For more information and to register Ph. 0473 891 729 Patch of Plenty registration here	Aldinga	Starts Feb 4
Click into Confidence	Build your digital skills in a friendly and supportive environment. No experience needed. Free 1-hour sessions between 1:00 and 4:00 pm.	Women's Information Service Bookings essential: Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Wednesdays On-going



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HEALTH/MENTAL HEALTH				
SHINE SA Adolescent Sexual Health Update Day	Focus is on adolescent sexual and reproductive health. Morning tea and lunch provided.	Shine SA Register here for Adolescent Sexual Health Update	Adelaide	Feb 14
PARENTING				
Pregnancy 2 Parenting	6-week program for young pregnant people under 25 years and their partners or support people. Provides information and peer support around pregnancy, parenting and wellbeing.	Metropolitan Youth Health Ph. 08 0384 0666 Shannon E: Shannon.harris@cdc.sa.gov.au	Christies Beach	Feb 11
Circle of Security	7-week parenting course. Learn to foster a healthy relationship and close attachment with your child.	Elizabeth Rise Community Centre/Centacare Bookings, call Centacare Ph. 8215 7600	Elizabeth Downs	Start Feb 3
Bringing Up Great Kids	This six-week parenting program provides information about how vital the early years (including pregnancy) are in a child's development. An opportunity for expectant and new parents to begin their parenting journey.	The Benevolent Society Contact: Ph. 8252 8539 Olga Ph. 0402 471 987 Therese	Elizabeth Vale	Feb 5
PEAS in a Pod	Parenting empowerment and support group for care-givers and their child/ren under 12 months.	Centacare More information and registration: Ph. 8215 6310	Hackham	Feb 5
Circle of Security	8-week course. Learn to foster a healthy relationship and close attachment with your child. Creche available	MYSA Mums & Bubs More information Ph. 8212 0085 Fatima or E: fatima@mysa.com.au Register here for Circle of Security course	West Croydon	Jan 29
Be Present Workshops	Designed to support parents whose children are in care and on an 18-year Order. Practical tools, guided activities, and a safe respectful space to explore how to stay connected with your child and work on personal change.	Reily Foundation Register here for the be Present Workshops	Online	To be confirmed
Show Up for Your Kids series for Mums	4-week workshop series, for Mums. Workshops have helped hundreds of parents navigate the child protection system to make positive life changes for the benefit of their children.	Reily Foundation Register online: 2025-26 Showing Up (Mums) Workshop Registration Form	Online	Feb 9
Who's in Charge	8-week program designed for parents and carers of young people (8-18) who are acting beyond control, becoming violent or defiant at home. Supportive group, practical strategies, provides tools for improving safety and well-being.	Centacare, Reconnect, City of Port Adelaide Enfield Enquiries and referrals: Ph. Trevor 0410 698 907 Ph. Centacare 8228 8900	Enfield Community Centre	Wednesdays From Feb 11

