



Women's Information Service

The "What's On" page provides details of services and activities for women of SA as of **Monday 2nd February 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				
Community Consultation	First Nations Healing warmly invites Aboriginal and Torres Strait Islander community members to join for an open consultation. To share voice, stories, and ideas to help shape how we support our mob impacted by Domestic and Family Violence.	First Nations Healing Please register: Ph. (08) 8367 6474 E: viv@firstnationshealing.com.au	Port Adelaide	Feb 24
The adult domestic family and sexual violence Lived Experience Advisory Network (LEAN)	(LEAN) brings together people with lived experience to: Share knowledge and perspectives, influence government and service sector decisions, create meaningful change for others	Embolden Complete expression of interest form for Lived Experience Advisory Network here For more information: Ph. 0447 670 827 E: livedexperience@embolden.org.au	To be confirmed	Ongoing
Volunteer Opportunity	The Women's Information Service is looking for people to connect with the community, to empower local women with information	WIS For more information: Ph 8303 0590 WIS E: wis@sa.gov.au Ph. 0439 002 785 The Haven Mount Barker Ph. 0402 889 542 The Haven Murray Bridge Ph. 0407 251 696 The Haven Whyalla Ph. 0409 461 727 The Haven Riverland	Mount Barker Murray Bridge Whyalla Riverland	Mar 2 and 3 Training
Women's Employment Group	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: goolawahaven@alexandrina.sa.gov.au	Goolwa	Thursdays
WIS Chat	Can't find the information you are looking for? You can now talk to WIS at Live Chat on our web page. Office for Women Web Page here – click on: "Chat now"	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing
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



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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
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	Salisbury Hackham and Marion	Starts Feb 4 Starts Feb 4 Starts Feb 5
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
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



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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
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	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@cccsa.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				
Tech Support	Your IT questions answered. Bring in your tablet, mobile phone or laptop. One-to-one appointments.	Reynella Neighbourhood Centre Inc Details and bookings: Ph. 8322 3591	Old Reynella	Thursdays Fridays
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
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



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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
HEALTH/MENTAL HEALTH				
BreastScreen SA	Free breast cancer screening to women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: www.breastscreen.sa.gov.au	Mount Gambier	Jan to early Jul
PARENTING				
Mum's Space	A quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Fortnightly.	The Haven Whyalla More information: Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Mar 11
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
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
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	Wednesdays From Feb 11

