

# Women's Information Service

The "What's On" page provides details of services and activities for women of SA as of **Monday 16<sup>th</sup> 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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<b>SERVICES</b>				
<b>Harmony Day</b>	Celebrating Our Cultural Diversity – face painting, henna, bouncing castle, cultural performances, sausage sizzle.	John McVeity Centre More information: Ph. 0429 372 052 Amita Ph. 0419 671 660 Cissy	Smithfield Plains	Mar 21
<b>Women in Sports BBQ</b>	Community BBQ event celebrating opportunity, community and career pathways. Inviting SA sportswomen, fans and local employers to join for insights, networking and shared stories from qualified electricians and elite athletes on the common strengths between sport and the trades.	Big Sister: Advanced Mentoring SA/WA Register book free ticket: <a href="#">Register here for the Big Sister BBQ</a>	Klemzig	Feb 24
<b>Community Consultation</b>	First Nations Healing warmly invites Aboriginal and Torres Strait Islander community members to join for open consultation. Share voice, stories, 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: <a href="mailto:viv@firstnationshealing.com.au">viv@firstnationshealing.com.au</a>	Port Adelaide	Feb 24
<b>The adult domestic family and sexual violence Lived Experience Advisory Network (LEAN)</b>	LEAN brings together people with lived experience to share knowledge and perspectives, influence government and service sector decisions, create meaningful change for others.	Embolden <a href="#">Complete expression of interest form for Lived Experience Advisory Network here</a> For more information: Ph. 0447 670 827 E: <a href="mailto:livedexperience@embolden.org.au">livedexperience@embolden.org.au</a>	To be confirmed	Ongoing
<b>Volunteer Opportunity</b>	The Women's Information Service is looking for people to connect with the community, to empower local women with information	Women's Information Service For more information: Ph 8303 0590 WIS E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a> 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 Ph. 0439 169 925 The Haven Mount Gambier	Mount Barker Murray Bridge Whyalla Riverland Mount Gambier	Mar 2 and 3 Training
<b>Women's Employment Group</b>	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Thursdays
<b>Online Engagement sessions 2025 - 2026</b>	Come and have a yarn with the Electoral Commission of SA.	South Australian First Nations Voice to Parliament Register via email: <a href="mailto:SAVoice.ECSA@sa.gov.au">SAVoice.ECSA@sa.gov.au</a>	Online	Various
<b>Phoebe Wanganeen Scholarship</b>	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: <a href="#">Phoebe Wanganeen Aboriginal and Torres Strait Islander Scholarship • City of Salisbury</a>	Online	Closes Mar 2

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Government  
of South Australia  
Office for Women

<b>Report Writing Assistance</b>	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
<b>Flourish and Nourish</b>	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
<b>Healing and Recovery</b>	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
<b>Reclaiming Her Voice</b>	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. <a href="#">Book here for Reclaiming her voice via trybooking</a>	Goolwa	Feb 11 to Mar 18
<b>Resilient Women</b>	Free 6-week program to support and empower women. Journaling, self-care, connections, financial empowerment, looking ahead and celebration	Susie Kranz Ph. 0472 759 829 <a href="mailto:E:mountgambierhaven@centacare.org.au">E:mountgambierhaven@centacare.org.au</a>	Mount Gambier	Starts Feb 20
<b>The Gathering Place</b>	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: <a href="mailto:haven@mtbcc.org.au">haven@mtbcc.org.au</a>	Mount Barker	Fortnightly 2026
<b>Workshops for Survivors of Complex Trauma Workshops for Supporters, family and friends</b>	Learn about trauma and it's impacts, techniques to support regulation and self-care. Educational webinar, not therapeutic. NOT a professional development training.	Blue Knot Register online: <a href="#">Workshops for Survivors</a> Check dates online	Online	Ongoing
<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 Ph. 0457 671 385 Ph. 0429 269 320	Christie Downs	First Thursday of the month
<b>Legal Outreach</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on 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>	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
<b>Family Court Support</b>	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
<b>SOCIAL CONNECTION/ COFFEE &amp; CHAT</b>				
<b>Women's Circle</b>	A non-judgmental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling No booking necessary E: <a href="mailto:ACESpace@MOSHCC">ACESpace@MOSHCC</a> For more Information: Ph 0447 144 119	Milang	Fridays

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<b>Craft &amp; Chat</b>	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
<b>Women's Meditation</b>	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays Resumes Mar 5
<b>Espresso Yourself Chatty Cafe</b>	Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. Fortnightly. NO session Feb 26.	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	Mar 12 Mar 26 Apr 9 Apr 23
<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>Women's Walking Group</b>	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
<b>EDUCATION</b>				
<b>Ready Set Go</b>	Build confidence, polish interview skills and connect with employment providers.	PAE Business Register: <a href="#">Get Set Workshop in Parks – Prepare to land your next job</a>	Angle Park	Feb 24
<b>Resume Writing - Get Set for the Jobs Expo</b>	Come to the information workshop to update your resume ahead of the expo and explore your options to get into local work. Resume writing tips, career and training opportunities, how to make the most of the Western Adelaide Jobs Expo, what employers and recruiters are looking for. Build skills and confidence.	Workforce Australia and the City of Charles Sturt Register: <a href="#">Resume Writing - Get Set for the Jobs Expo Tickets, Wed, 18 Mar 2026 at 10:00 am   Eventbrite</a> Seaton Register: <a href="#">Get Set Workshop in Semaphore – Prepare to land your next job</a> Semaphore	Seaton  Semaphore	Mar 18  Feb 26
<b>I Want to Work</b>	Hands on 10-week course, step-by-step through career planning job search strategies and creating a strong, professional job application. Prepare for interview, practice common questions and techniques.	Morella Community Centre Register interest with Teena: Ph. 8406 8482 Ph. 0484 958 823 E: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Salisbury	Feb 23
<b>White Card training</b>	Free for the Aboriginal community. Small group one day course - Construction industry induction Prepares you to work safely. White Card on completion – required to work in Construction.	TAFESA Aboriginal Access Centre Enrol over the phone or via email. Ph. (08) 7210 3859 E: <a href="mailto:anji.solomann@tafesa.edu.au">anji.solomann@tafesa.edu.au</a>	Noarlunga Regency Salisbury	Mar 12 Mar 10 Mar 11
<b>Talking Realities – Tailored Learning</b>	Accredited education for young pregnant and parenting people under 23. A supportive, understanding environment designed for young parents. Gain SACE points and/or work towards a Certificate III in Community Services, connect with other young parents, receive one-on-one support. Practical assistance available.	My Health/Metropolitan Youth Health Westwood Health Centre For more information call or text: Ph. 8243 5637 Ph. 0422 002 561 Caras or Katrina	Angle Park	Tuesdays and Wednesdays
<b>Flying Start – Taster Course – Early Childhood Education and Care</b>	4-week Pre-certificate course to introduce you to the Early Childhood sector, confidence building skills, employment support, practical experience, and complete nationally accredited HLTAID012 Provide First Aid in an Education and Care Setting.	Gowrie Register for an information session: Ph. 1800 129 606 OR E: <a href="mailto:pathways@gowrie.org.au">pathways@gowrie.org.au</a>	Thebarton	Information session Mar 3
<b>English Language and Literacy Support</b>	A fun and friendly conversation group practising all English skills. Reading, writing, grammar, vocabulary and spelling assistance. Form filling and numeracy. \$5/session	Old Reynella Community Centre Ph. 8322 3591	Old Reynella	Wednesday Term time only

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<b>Tech Support</b>	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
<b>Microbusiness</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Mawson Lakes	Mar 3
<b>HEALTH/MENTAL HEALTH</b>				
<b>Understanding Eating Disorder Recovery</b>	A 6-week online course based on the work of Janey Treasure's 'Skills Based Caring for a Loved One with an Eating Disorder'. The course provides communication and self-care strategies to help carers support a loved one through eating disorder recovery.	The Butterfly Foundation Facilitated webinar requires computer or device with internet and audio. Register: <a href="#">Online Course - Understanding Eating Disorder Recovery (UEDR) March 2026 Tickets, Thu 19/03/2026 at 7:30 pm   Eventbrite</a>	Online	Mar 19
<b>Official Grand Opening of Muna Paiendi</b>	Celebrate the new Muna Paiendi location with Welcome to Country, BBQ lunch, kids' activities, marketplace stalls and site tours. Muna Paiendi is a culturally safe, primary health service available to Aboriginal and Torres Strait Islander people.	Northern Adelaide Local Health Network. F16 Playford Blvd, Elizabeth	Elizabeth	Feb 19 10:30-2:00pm
<b>BreastScreen SA</b>	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a> Ph. 13 20 50	Mount Gambier  Murray Bridge  Yorketown	Jan to early Jul Early Feb to late May Early Feb to mid Mar
<b>PARENTING</b>				
<b>Indigenous Young parents Program (IYPP)</b>	Fortnightly program for pregnant and parenting people who are aged under 25 years who have Aboriginal children. Connect with each other and culture, build parental capacity, health and wellbeing, child development, healthy relationships and community supports.	Metropolitan Youth Health Service Ph: 8243 5637 or Ph: 0423 049 499	Angle Park	Ongoing
<b>Pregnancy to Parenting program for young parents aged under 25 years</b>	6-week antenatal education program for young parents aged under 25 years. Information about healthy pregnancy, labour and birth, breastfeeding, relationships, parenting and perinatal mental health. Facilitated by a Midwife.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing
<b>Kidstuff program for young parents aged under 25 years</b>	Weekly group and 1:1 program supports young parents to form social connections, develop understanding about child development, relationships and parenting.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing
<b>Tuning into Teens</b>	For parents and carers of young people beginning high school.	Centacare Reconnect Mental Health Service Ph. 8303 6660	Seaton	Feb 19
<b>Mum's Space</b>	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: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>	Whyalla	Mar 11

