

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 26 May**

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				
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
Working Women's Centre SA 2025 Career Roadshow	Connect with local communities, chat about common workplace issues and get information about your rights at work.	Working Women's Centre SA Ph. 8410 6499	Port Augusta Whyalla	May 28 May 29
Women's Legal Service Outreach	Women's Legal Service SA outreach, assisting women with legal information, advice, and representation.	Women's Legal Service SA Elizabeth Rise Community Centre Appointment required Ph. 8221 5553	Elizabeth Downs	April 4 – July 4
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
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

OFFICIAL



Women's Information Service

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 www.wis.sa.gov.au And click on the: "Hi there, how can I help you" pop-up Monday to Friday between 9:00am and 5:00pm.	WIS Ph 8303 0590 or 1800 188 158	Online	Ongoing
SA Police Community Forum	Police and community- working together. Naracoorte community forum to address Domestic Abuse to improve awareness, and bring attention to the complexities of stalking, harassment and technology-facilitated domestic abuse. Bookings essential.	SA Police Naracoorte and Lucindale Council Brevet Sergeant Chris Mailley Ph.0437 731 717 E: christopher.mailley@police.sa.gov.au Book via Eventbrite here	Naracoorte	May 28
What Are Your Legal Rights	Women's free session to learn and ask questions in a private & confidential space.	The Haven Whyalla Ph. 0407 251 696	Whyalla Stuart	June 4
SOCIAL CONNECTION				
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 LGBTQIA+ inclusive and friendly environment.	Headspace Murray Bridge Ph. 8531 2122	Murray Bridge	Every second Tuesday during school term
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

Women's Information Service



Government
of South Australia
Office for Women

EDUCATION				
Click into Connection	Beginners computer group. 2 sessions. Learn about emails, folders, internet, word, excel etc. Attend one session or both.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	June 12 June 19
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
Western Collaboration Against Family and Domestic Abuse Forum	Forum aimed at community members and service providers to raise awareness and discuss best practice in supporting our communities who experience Family and Domestic Abuse.	City of Charles Sturt Book here Forum Tickets	Woodville	May 28
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: adelaiddrive@womencanaustralia.org	Northern & Southern Adelaide	Ongoing
HEALTH				
Endometriosis Support Group	Join us at this free Endometriosis support group. Guest speaker Catherine Hutchesson MP will speak about the results of the SA Parliamentary Enquiry into Endometriosis.	Mount Barker Community Centre More info and book here: Endometriosis Support Group Topic: Parliamentary Enquiry Ph. 8391 2747	Mount Barker	June 11
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	Clare	April 11-June 12
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)	O'Sullivan Beach Woodcroft Heights	May 28 June 25
Navigating Neurodiversity	Support group for parents and caregivers who care for those with Neurodiversity. Fortnightly.	The Haven Goolwa For more information Ph. 0499 407 237 or Deb Ph. 0427 208 937	Goolwa	Wednesdays during school term



OFFICIAL