

Women's Information Service

The “What's On” page provides details of services and activities for women of SA **Monday 3rd November 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

Program	Description	Provider	Location	Date
SERVICES				
Purple Waves of Change - walk	Community Day – Rotary says NO to Family and Domestic Violence and invites you – featuring Australia's biggest dog walk. Wear something purple to say NO to domestic violence.	Rotary Adelaide South and Fleurieu Register using QR Code, \$20 donation: Register here for the Purple Waves of Change	Moana Beach Surf life Saving Club	Nov 23
One Step One Community	Walk against Domestic Violence Free BBQ, Guest speakers	Mount Barker Community Centre Ph 8391 2747 E: Enquiries@mtbcc.org.au	Mount Barker	Nov 26
Walk With Us	As part of the global campaign 16 Days of Activism Against Gender- Based violence. Show support for respectful relationships.	Whyalla Haven/parkrun/Rotary Registration: optional Time: 7:45 – 9am	Whyalla Foreshore parkrun	Dec 6
Walk to End Digital Violence Against All Women and Girls	As part of the global campaign 16 Days of Activism against Gender-Based violence. Wear something orange to show your support.	Goolwa Haven/Junction More information: Deb (WIS Haven) Ph. 0427 208 937 Jo (Junction) Ph. 0472 571 696	Junction Goolwa	Nov 28
Speaking Up Standing Firm	Hear from and connect with leading women of colour working in diverse sectors and with strong professional skill sets. Strategies and insights to overcome barriers that prevent us speaking up, setting boundaries and being our authentic selves at work and mainstream settings.	Women of colour Skill Collective Register Humanitix: Speaking Up, Standing Firm: Self-advocacy for Women of Colour	Adelaide City	Nov 4
Resilient Women	Free six-week program, gratitude journaling, self-care, connections, financial empowerment, looking ahead and celebration. Places available.	Centacare at The Haven Bookings essential by Oct 24: Suzie Kranz Ph. 0472 759 829 E: skranz@centaare.org.au	Mount Gambier	Oct 31 to Dec 5
Enhanced Communication	One-on-one session to assist individuals to increase awareness around conflict and the impact on our mental health, developing skills and strategies to manage interactions with another person with insight and objectivity.	Uniting Communities Monday to Friday Contact: Sandra: Ph. 0447 525 288 or Amanda: Ph. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org	Noarlunga, online and phone	Ongoing
Shark Cage	Eight 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.	Uniting Communities P. 0447 525 288 or E: NoarlungaFR@unitingcommunities.org Anglicare Ph. 8186 8911 E: fif@anglicare.com.au	To be advised To be advised	To be advised, runs each school term
Workshop for Survivors of Complex Trauma	Learn about trauma and impacts. Techniques to support regulation and self-care. Educational webinar, not therapeutic. NOT a professional development training.	Blue Knot Register online: Workshops for Survivors	Online	Nov 14 Dec 5
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 - Women's Information Service - click on: “Hi there, how can I help you”.	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing

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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	Outer southern suburbs To be advised	To be advised, runs each school term To be advised
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	Nov 3 – Dec 8
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	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	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				
Taikurrendi Tucker Easy Meals No Waste	Learn basic cooking skills and how to create simple family meals with the food you have in the fridge. Opportunities to explore native foods and learn about available alternatives.	Taikurrendi Children and Family Centre. To book call Steph. Ph: 0438 912 583.	Christies Beach	Nov 13
Card Making	All materials provided. Come and chat and craft and create	Whyalla Haven For information: Ph. 0407 251 699 between 10am to 2pm	Whyalla	Fridays in November
Tukka Time	For Aboriginal people with disability and families to come together. Cook a meal together – with the support of a dietitian from Life Skills Hub. To join one member needs to have a disability.	Kawanta Pirku-itya NDIS not an eligibility requirement. Limited spots. Bookings essential Ph. 8209 3840 or 0436 349 387	Elizabeth Rise	Fortnightly Nov to Dec 11
Haven Singers	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 st and 3 rd Monday of each month
Flourish and Nourish	Monthly sessions where we will chat about wellbeing topics. Not on in Dec 2025 and Jan 2026.	The Haven Mt Gambier For bookings contact the Mt Gambier Library Ph. 8721 2540	Mount Gambier	Last Friday of the month until Nov
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
Game Day	Join us to connect with other women and have fun with board games, cards, and trivia.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Mondays



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Women's Meditation	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
COFFEE & CHAT SOCIAL GROUPS				
Coffee and Chat	Create a unique succulent planter. All materials supplied.	Mount Gambier Haven Bookings essential Ph. 8721 2540	Mount Gambier	Nov 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
Espresso Yourself	Coffee and chat, informal social connection. All who identify as women are welcome. Fortnightly at Minor Works Building Community Centre. Fortnightly until Dec 4. Dates for 2026 coming.	Women's Information Service For information: Ph. 8303 0590	Adelaide	Nov 6 Nov20 Dec 4
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				
Home Security Workshop	SAPOL – protect what matters and home security audit; Bunnings – home security, product viewing; Centacare – Safe at home, safety planning.	Centacare, SAPOL, Bunnings Bookings essential: Ph. 8721 2540	Mount Gambier	Dec 8
Click into Confidence	Build your digital skills in a friendly and supportive environment. Free 1-hour sessions between 1:00 and 4:00 pm, Wednesdays.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au Bookings essential	Adelaide	Nov 12
My Money, My Choice	Making informed decisions about your finances. Financial independence, recognising your strengths, setting financial goals.	Financial Independence Hub, Good Shepherd. Registration essential to access this webinar: My Money, My Choice Tickets, Wed, Nov 19, 2025 at 4:00 PM Eventbrite	Online	Nov 19
HEALTH/MENTAL HEALTH				
Yoga classes for women	Free Yoga classes. After yoga have a cuppa at the Dyson Road, Christies Beach group room. You don't have to be a Uniting Communities client to join.	Uniting Communities Call Kelly or Sharon for information or booking Ph. 8202 5010	Christies Beach	Mondays
Cervical Screening	Get tested during training clinics, led by experienced and skilled staff – and receive a \$50 digital gift voucher. Quick and private test.	SHINE SA To book: Ph. 8300 5300 or book online SHINE SA-Davoren Park - Book Doctors Online with HotDoc	Davoren Park	Tuesday and Thursdays
Reclaiming Her Voice	A six-week creative writing program for women healing from trauma. Learn mindfulness and expressive writing techniques to reclaim your voice.	Supported by City of Onkaparinga Register here for Reclaiming her Voice via Try Booking	Aldinga	Oct 22 to Nov 26
Just Listening Therapeutic Community	Support for individuals experiencing psychosis, suicidal distress, other emotional distress – one-to-one connection, group connection and a safe community space.	Just Listening – walk-in service, no booking needed Just Listening Therapeutic Community E: info@justlistening.com.au	Christies Beach	Weekdays
PARENTING				

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Rainbow Connection Playgroup	Do you want to connect with the LGBTQIA+ community? Bring your children and meet other parents you identify with! Free, fun, dynamic, welcoming playgroup.	Forbes Children's Centre Contact: Katherine, through Pink Parents Ph. 0438 536 346 OR Facebook Messenger	South Plympton	Mondays during school Terms
Navigating Neurodiversity	For parents/caregivers supporting someone with neurodiversity. Come and connect, share and find guidance in a safe and welcoming space.	Goolwa Haven At Strathalbyn Uniting Church Ph. 0499 407 237	Strathalbyn	Nov 18 Dec 2
Bringing up great kids	Understand your child's behaviour and learn about parenting styles and strategies to support their development and wellbeing self-care. Two-hour weekly sessions.	Relationships Australia SA Bookings essential: Ph. 8255 3323 or fill out the enquiry form online: Bringing Up Great Kids Group Workshop for Parents and Carers	Elizabeth Park	Starts Nov 2 to Dec 11

