

# Women's Information Service



Government  
of South Australia  
Office for Women

The "What's On" page provides details of services and activities for women of SA **Monday 19 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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<b>SERVICES</b>				
<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>Pathways to Empowerment</b>	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: <a href="mailto:intake@zahrafoundation.org.au">intake@zahrafoundation.org.au</a> Ph. 8352 1889 <a href="#">Pathways to Empowerment online referral form here</a>	Mt Barker	Feb 5 to Apr 2
<b>Shark Cage</b>	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: <a href="mailto:fif@anglicare.com.au">fif@anglicare.com.au</a>  Uniting Communities P. 0447 525 288 or E: <a href="mailto:NoarlungaFRC@unitingcommunities.org">NoarlungaFRC@unitingcommunities.org</a>	Noarlunga Area  To be advised	Starts Feb 3  To be advised
<b>Resilient Women</b>	6-week program to support and empower women. Journaling, self-care, connections, financial empowerment, looking ahead and celebration	Centacare Bookings essential: Tanya Werchon Ph. 0407 718 075 E: <a href="mailto:ease@centacare.org.au">ease@centacare.org.au</a>  Susie Kranz Ph. 0472 759 829 E: <a href="mailto:mountgambierhaven@centacare.org.au">mountgambierhaven@centacare.org.au</a>	Naracoorte  Mount Gambier	Starts Feb 4  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>Women are Strong Women do Survive</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a> Hands of Hope Ph. 0423 174 221 E: <a href="mailto:Enquiries@handsofhope.asn.au">Enquiries@handsofhope.asn.au</a>	Salisbury  Outer southern suburbs  To be advised	Starts Feb 4  To be advised  To be advised
<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. <b>NOT</b> a professional development training.	Blue Knot Register online: <a href="#">Workshops for Survivors</a> Check dates online	Online	Ongoing
<b>From Strength to Strength</b>	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



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<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	Last Thursday of the month
<b>Legal Outreach</b>	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: <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>WIS Chat</b>	Can't find the information you are looking for? You can now talk to WIS at Live Chat on our web page <a href="#">Office for Women - Women's Information Service</a> - click on: "Hi there, how can I help you".	Women's Information Service Ph. 8303 0590 <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	Online	Ongoing
<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>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. All who identify as women are welcome. Start in 2026 on Jan 15. 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	2026 Jan 29 Feb 12 Mar 12 Mar 26
<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>Communication Skills for Nursing and Health Industries</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Parafield Gardens	February
<b>Commercial Kitchen Practices</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Parafield Gardens	Feb 6

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<b>I Want to Work</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Salisbury	Feb 23
<b>Pathways to Children's Services Industry</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Parafield Gardens	Feb 4
<b>Laptop Skills</b>	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: <a href="mailto:communityeducation@morella.org.au">communityeducation@morella.org.au</a>	Parafield Gardens	Feb 2
<b>Basic Auslan Training</b>	2.5-hour workshops are perfect for beginners and will give you an introduction to Auslan (Australian sign language).	Hutt Street Library Ph 8203 7990. <a href="#">Book here for Basic Auslan Training</a>	Adelaide	Jan30
<b>Skills for Growing Food</b>	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 <a href="#">Patch of Plenty registration here</a>	Aldinga	Starts Feb 4
<b>Women's Advocacy Information session TAFE SA</b>	Women's Education courses. Certificate II, III and IV. Literacy and numeracy; computer/digital and work-related competencies; expand personal development opportunities.	TAFESA <a href="#">Register here for Women's Advocacy information sessions:</a>	Noarlunga Adelaide City Elizabeth	Various Late Jan
<b>Click into Confidence</b>	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: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Wednesdays On-going
<b>HEALTH/MENTAL HEALTH</b>				
<b>SHINE SA Adolescent Sexual Health Update</b>	Focus on adolescent sexual and reproductive health. Morning tea and lunch provided.	Shine SA <a href="#">Register here for Adolescent Sexual Health Update</a>	Adelaide	Feb 14
<b>BreastScreen SA</b>	Coming to Yorketown, early February, to provide free breast cancer screening to women over the age of 40, especially 50 – 70 years.	BreastScreen SA Ph. 13 20 50 Online booking: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a>	Yorketown	Feb
<b>PARENTING</b>				
<b>PEAS in a Pod</b>	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
<b>Circle of Security</b>	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: <a href="mailto:fatima@mysa.com.au">fatima@mysa.com.au</a> <a href="#">Register here for Circle of Security course</a>	West Croydon	Jan 29
<b>Be Present Workshops</b>	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 <a href="#">Register here for the be Present Workshops</a>	Online	To be confirmed

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<b>Show Up for Your Kids series for Mums</b>	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: <a href="#">2025-26 Showing Up (Mums) Workshop Registration Form</a>	Online	Feb 9
<b>Who's in Charge</b>	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
<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	On-going
<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 and accessing physical and mental health support.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential	Elizabeth Angle Park Christies Beach	On-going
<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 0423 049 499. Bookings essential	Angle Park	On-going
<b>Rainbow Connection Playgroup</b>	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

