

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 as of **Monday 23rd March 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				
Women are Strong	Free 8-week domestic violence healing and recovery group – safe, confidential and supportive space to reconnect with your strength. Location available on registration. Call for more information.	Uniting Communities Registrations essential: Ph. 8202 5190	Salisbury	Apr 29
The Gathering Place	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mondays Monthly
Introduction to Kurna Language	An introduction to Kurna language with Kira Bain, a proud Ngarrindjeri Woman, born and raised on Kurna land. Two-hour session. Tickets \$11.90	City of Charles Sturt/Cheltenham Community Centre Register: Introduction to Kurna Language Tickets, Wednesday, Mar 25, 2026 from 7 pm to 9 pm Eventbrite	Cheltenham	Mar 25
Free legal advice for women	Lawyer from Uniting Communities Family Law and Child Support Centre will be at WIS. Advice can be given on matters such as separation, divorce, domestic and family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre/ WIS To book appointment: Ph. 8303 0590	Adelaide City	Apr 28
Warrior Run	Deadly Fun Run celebrating Women Warriors.	Indigenous Marathon Foundation Office for Recreation Sport and Racing Ph. Steph on 0438 912 583.	Christies Beach	March 29
International Women's Day event	Inspiring stories from women leaders, cultural performances, henna, information from services and providers, lunch.	City of Playford, Anglicare, Communities for Children, Uniting Communities, ANMS Ph. 0408 868 623 Wendy Ph. 0403 086 291 Raish	Elizabeth Playford Civic Centre	Mar 25
Zonta Women's Expo	Expo showcases clubs, organisations and businesses - health, fitness and employment services and activities for women.	Zonta Adelaide Hills Ph. 0412 645 053 E: zcahills@gmail.com	Mitcham	Mar 28
WIS Chat	Can't find the information you are looking for? You can talk to WIS via Live Chat on our webpage. Visit www.wis.sa.gov.au and click on "Chat now" Monday – Friday, 9am – 5pm.	Women's Information Service Ph. 8303 0590	Online	Ongoing
Women are Strong	8-week educational support group. Confused by your partner/es-partner's behaviour? Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Intake by Yellow Gate Ph. 1300 564 164 Initial intake assessment for participants.	Various	Commences start of school term
Shark Cage	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Intake by Anglicare Ph. 8186 8911 Initial intake assessment for participants.	Various	Commences start of school term
From Strength to Strength	6-week program for women who have experienced relationship trauma – building resilience and self-awareness, conflict management, build healthier relationships.	Intake by Anglicare Ph: 8186 8911 Term 2 intake	Various	Runs alternative terms



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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
Women's Employment Group	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Thursdays
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
Flourish and Nourish	Women's wellbeing group - 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
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 002 785 E: haven@mtbcc.org.au	Mount Barker	Fortnightly 2026
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
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				
Ladies Together Coffee, Chat and Craft	Come along and have 'you' time. Bring your Knitting, crochet, diamond dotz, wordsearch or other craft. 12:30 – 2:00pm \$2/week	Reynella Community Centre Contact the Centre: Ph. 8322 3591	Reynella	Mondays
Coffee and Chat Take a Line for a Walk	Enjoy this mindful activity with Susan Briffa, on a pre-prepared A4 page you will have a design that will allow you mind to go wherever the line leads you. No rules, no stress, just fun!	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Mar 25



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Women's Circle	A non-judgmental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling No booking necessary E: ACESpace@MOSHCC For more Information: Ph 0447 144 119	Milang	Fridays
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
Espresso Yourself Chatty Cafe	Friendly, inclusive gatherings, every two weeks. Tea, coffee, biscuits and gentle company. Participate a much or as little as you like – just bring yourself!	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	Mar 26 Apr 9 Apr 23 May 7
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				
Walk & Talk	Relaxed walking group, stay active and have a chat. Wear comfortable shoes, a hat and bring a water bottle. Meet 9:30am for 9:40 start.	Elizabeth Rise Community Centre More information: Ph. 8256 0448	Elizabeth Rise	Mondays during school term
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 EMPLOYMENT				
Women In Construction Industry – Information Session and Selection Session	Information session for Accredited Training: Introduction to Construction Skill Set (SSDIS01008) 7-week program running 3 days a week. Training includes White Card, site visits, career coaching, work experience opportunities and employment pathways on completion. Attendance at Information/Selection session is mandatory for all applicants.	Building Women/ATEC More information and to register: Ph. 0499 499 626 Toni Rowland E: hello@buildingwomen.org.au	Lonsdale	Information session: Apr 8 Training start: May 4
IPEPA 2926 SA Study Tour	For Aboriginal or Torres Strait Islander working in any area of health, aged or disability care across SA. Spend two days with IPEPA Mentors, who are trained in providing culturally responsive mentoring. CPD certificate provide, Manager's approval required.	Indigenous Program of Experience in the Palliative Approach (IPEPA) E: pepasa@palliativecaresa.org.au Ph. 08 8271 1643 Registrations close 10th March.	Tarntanya (Adelaide)	Apr 8-9
Western Adelaide Jobs Expo	Help for all job seekers, from school leavers to mature aged, connect with potential local employers. Get inspired and improve job seeking skills and knowledge	PAE and Workforce Australia Register her for Western Adelaide Jobs Expo	Hindmarsh	Mar 25
HEALTH/MENTAL HEALTH				
BreastScreen SA	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: www.breastscreen.sa.gov.au Ph. 13 20 50	Mt Gambier Murray Bridge Yorketown	To early July To late May To mid Mar
PARENTING				
Who's in Charge	Eight-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Reconnect/Centacare and City of Port Adelaide Enfield Enquiries and referrals: Ph. 0410 698 907 Trevor Ph. 8215 6700 Centacare	Angle Park	May 6



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Talking Realities – Tailored Learning	Accredited education for young pregnant and parenting people under 23. Supportive, 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	Tues and WedsSSSSSS SSS
Pregnancy to Parenting program for young parents aged under 25 years	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
Kidstuff program for young parents aged under 25 years	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

