

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 13th October 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				
Resilient Women	Free six-week program, gratitude journaling, self-care, connections, financial empowerment, looking ahead and celebration.	Centacare at The Haven Bookings essential by Oct 24: Suzie Kranz Ph. 0472 759 829 E: skranz@centaare.org.au	Mount Gambier	31 Oct to Dec 5
The Storyteller's Lens	Photography workshop and exhibition. Learn photography skills - What does Strength and/or courage mean, conversations and awareness.	The Haven, Uniting Communities, City of Mount Gambier	Mount Gambier	Nov 4 Nov 25
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: P. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org	Noarlunga, online and phone	Ongoing
Shark Cage	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.	Uniting Communities P. 0447 525 288 or E: NoarlungaFR@unitingcommunities.org	Christies Beach	Oct 14 to Dec 2
Workshop for Survivors of Complex Trauma	Learn about different types of traumas and their impacts. Techniques to support regulation and self-care. Educational webinar, not therapeutic <u>Do not register if aiming to attend in a professional capacity</u> – this is not a professional development training.	Blue Knot Register online: Workshops for Survivors	Online	Oct 31 Nov 14 Dec 5
Tax Help	If you earn \$70K or less a year and have simple tax affairs, you may be eligible for free assistance to lodge your Tax Return.	Women's Information Bookings essential Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Thursdays To Oct 30
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	Oct 15 - Dec 3 To be advised
Shark Cage for Women	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships. Eight weeks, free. Recommended you complete Women are Strong group prior to Shark Cage. No creche.	Anglicare Ph. 8186 8911 E: fif@anglicare.com.au	Outer southern suburbs. Inner southern.	Oct 15 - Dec 3 Oct 16 - Dec 4
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. 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

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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	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. Available to 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				
Tukka Time	Program for Aboriginal people with disability and families to come together. Cook a meal together, build essential life skills – with the support of a dietitian from Life Skills Hub. To join one member (adult or child) needs to have a disability.	Kawanta Pirkui-itya NDIS not an eligibility requirement. Limited spots. Bookings essential Ph. 8209 3840 or 0436 349 387	Elizabeth Rise	Fortnightly Oct, Nov to Dec 11
HeARTful Healing	Unwind with paint by numbers or create with a blank canvas for Mental Health Awareness Month	The Haven Whyalla Enquiries: Ph. 0407 251 696	Whyalla	Fridays in Oct
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
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.	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 Port Pirie 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
Women's Meditation	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
COFFEE & CHAT SOCIAL GROUPS				
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	Women's Information Service For information: Ph. 8303 0590	Adelaide	Oct 23
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

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EDUCATION				
Click into Confidence	Build your digital skills in a friendly and supportive environment. Free 1-hour sessions	Women's Information Service Ph. 8303 0590 E; wis@sa.gov.au Bookings essential	Adelaide	Wednesdays
Setting Financial Goals	Learn how to set financial goals using different strategies and tools – financial independence, recognising your strengths, setting financial goals.	Financial Independence Hub, Good Shepherd. Registration essential to access this webinar: Setting Financial Goals Tickets, Thu, Oct 23, 2025 at 4:00 PM Eventbrite	Online	Oct 23
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
Discovering my Money Strengths	Understanding your strengths and money personality	Good Shepherd - Financial Independence Hub Register here for your tickets for Discovering my Money Strengths	Online	Nov 4
Northern Adelaide Jobs and Careers Expo	For school leavers and secondary students. Discover local job opportunities, connect with employers and support services, interactive workshops. Get help with resumes, networking and making industry contacts.	City of Playford and Workforce Australia Register: Northern Adelaide Jobs and Careers Expo 2025	Elizabeth	Oct 30
Catherine Helen Spence Scholarship	Applications now open. This scholarship provides up to \$25,000 in financial support for a woman to investigate social problems or study in the field of social science in Australia and overseas.	Department of Human Services Office for Women. Apply: sa.gov.au/CHSSscholarship Enquiries: E: DHSQFWinformation@sa.gov.au	South Australia	Applications close Nov 3
Get Set Workshop and Essentials Day	Learn skills for job search and interviewing.	SYC Ph: 7231 8200 E: elizabeth@sy.net.au	Elizabeth	Oct 21
HEALTH/MENTAL HEALTH				
Breast Cancer Awareness Month - October	If you've booked everything else – now book your breast screen. A free appointment takes just 15 minutes and could save your life.	Breast Screen SA Book today: Online Bookings for BreastscreenSA here Ph. 132050	Various locations	October
Dementia Coffee and Chat	Learn more about Dementia and how to assist those who are living with it.	Mount Gambier Haven and Dementia Australia Bookings essential: Ph. 8721 2540	Mount Gambier	Oct 29
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
BreastScreen SA	BreastScreen SA is coming to West Lakes from early October to November. Free breast cancer screening for women over the age of 40.	BreastScreen SA Book: Ph. 13 20 50 or Online www.breastscreen.sa.gov.au	West Lakes	Oct - Nov
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

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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				
Parenting Connection	For parents of neurodivergent child/ren to connect with other parents. Parents share conversation and a change of focus. With developmental Educator and NDIS advocate Katie Baylis. \$5/person	Renella Neighbourhood Centre Booking essential (Humanitix): Parenting Connection Group	Old Reynella	Monthly until Nov 2025
Circle of Security	8 sessions for all parents or carers about how secure parent-child relationships can be supported/strengthened.	Uniting Communities Bookings: Ph. 0428 779 775 NoarlungaFRC@unitingcommunities.org	Seacombe Gardens	Oct 16 to Dec 4
Circle of Security	Understand more about your child's behaviour. Seven-week course to learn how to enjoy a more fulfilling relationship with your child.	Centacare Bookings essential: Ph: 8228 8900	Elizabeth Downs	Starts Oct 21
Who's In Charge	Eight-week program for parents/carers of people aged 8-18 who are beyond control, violent or defiant. Individual strategies for managing behaviour, increasing safety and well-being.	Centacare Enquiries and referrals: Trevor Ph. 0410 698 907 Centacare Ph. 8228 8900	Port Adelaide	Starts Oct 22
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	Oct 21 Nov 4 and 18 Dec 2
Peas in a Pod	Nine-week parenting/caregiver group, for those looking to connect with other families in the community – friendships and connection, knowledge and support.	Hackham Community Centre Information and registration: Ph. 8215 6310	Hackham	Starts Oct 16
Showing up for your Kids	Four-week workshop for Mums with children on a 12-month order or less. Offers support, guidance and practical strategies to assist making positive changes in the interest of children.	The Reily Foundation More information here on The Reily Foundation Workshops Register: 2025-26 Showing Up (Mums) Workshop Registration Form	Adelaide	Starts Oct 20
Bringing up great kids	Parenting program delivered over 6 sessions that is interactive and highly recognised for parents of young children to help raise happy, confident kids.	Uniting Communities To book: Ph. 0428 799 755 OR NoarlungaFRC@unitingcommunities.org	Aldinga Beach or online via MS Teams (link provided on registration)	Wednesdays Oct 15 to Nov 19 Online Oct 14 to Dec 19
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
Navigating Neurodiversity	Join us in this free support group for parents and caregivers who care for those with neurodiversity.	The Haven Goolwa Ph.0499 407 237 Deb Ph. 0427 208 937	Goolwa	Wednesdays fortnightly



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