

# 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 13<sup>th</sup> April 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>Women are Strong</b>	8-week support and information program that explores what is abuse, the different types and effects of abuse, support services, self-care strategies, and ways to move forward to rebuild your life.	Hands of Hope Ph. 0423 174 221 E. <a href="mailto:enquiries@handsofhope.asn.au">enquiries@handsofhope.asn.au</a>	Location provided upon registration	School Terms
<b>Trauma Informed Yoga</b>	Women in the community who have been impacted by Domestic and Family Violence can join a free trauma-informed yoga class.	The Yellow Gate Ph. 1300 564 164	Location provided upon registration	Starts May 8
<b>Journaling for Joy</b>	For women who have been impacted by Domestic Violence. Establish the benefits of journaling incorporating writing, drawing, memory, photos and mixed media.	The Yellow Gate Ph. 1300 564 164	Location provided upon registration	Starts May 6
<b>DFVS Counselling</b>	Experienced counsellors providing safe and confidential support for women impacted by domestic, family and sexual violence. Sessions weekly, fortnightly or as one-off/ad-hoc.	Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Location provided on request	Tuesdays
<b>Women are Strong</b>	8-week domestic violence healing and recovery group – safe, confidential and supportive space to reconnect with your strength. Location available on registration.	Uniting Communities Registrations essential: Ph. 8202 5190	Salisbury	Apr 29
<b>The Gathering Place</b>	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: <a href="mailto:mmdvs@centacare.org.au">mmdvs@centacare.org.au</a>	Murray Bridge	Mondays Monthly
<b>Free legal advice for women</b>	Lawyer from Uniting Communities Family Law and Child Support Centre will be at WIS. Advice on matters such as separation, divorce, domestic and family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre Women's Information Service To book appointment: Ph. 8303 0590	Adelaide	Apr 28
<b>WIS Chat</b>	Can't find the information you are looking for? You can talk to WIS via Live Chat on our webpage. Visit <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a> and click on "Chat now" Monday – Friday, 9am – 5pm.	Women's Information Service Ph. 8303 0590	Online	Ongoing
<b>Women are Strong</b>	8-week educational support group. Confused by your partner/ex-partner's behaviour? Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Yellow Gate Registration required: Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a> Initial intake assessment for participants.	Various	Starts May 5
<b>Shark Cage</b>	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Relationships Australia Registration required: Ph. 8377 5400 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a> Initial intake assessment for participants.	Location on registration	Starts May 7

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<b>From Strength to Strength</b>	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
<b>The Gathering Place</b>	A safe and supportive group for women who have experienced/experiencing family or domestic abuse.	The Haven Mount Barker Information and to register: Ph. 0439 002 785 E: <a href="mailto:haven@mtbcc.org.au">haven@mtbcc.org.au</a>	Mount Barker	Fortnightly 2026
<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	First Thursday of the month
<b>Legal Outreach</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on registration	1 <sup>st</sup> 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month
<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>Chatty Cafe</b>	Join us at Chatty Café, where community members can sit and chat with others. Chatty Café can help bring people together and reduce loneliness.	Elizabeth Rise Community Centre Ph. 8256 0448 E: <a href="mailto:ercc@playford.sa.gov.au">ercc@playford.sa.gov.au</a>	Elizabeth Rise	Weds
<b>Ladies Together 'Coffee, Chat &amp; Craft'</b>	Come along and have 'you' time. Bring your knitting, crochet, diamond dotz, word search or other craft Cost \$2 per week	Reynella Neighbourhood Centre Ph. 8322 3591	Reynella	Mondays
<b>Mother's Day Paint and Brunch</b>	Relaxed, beginner-friendly painting activity that encourages self-expression. No artistic experience needed. High tea and refreshments provided.	Yellow Gate Register: Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Provided on registration	May 12
<b>Coffee and Chat Bend, Don't Break</b>	Coffee and chat with Candi Smith, nutritionist and community educator. She will talk on 'Bend, don't break', how to adapt in challenging moments. Limited spaces.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Apr 29
<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
<b>Espresso Yourself Chatty Cafe</b>	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	Apr 23 May 7 May 21
<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

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<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 EMPLOYMENT</b>				
<b>Tech Safety Information Session</b>	Learn how to recognise and respond to technology-facilitated abuse. This free Tech Safety Info Session includes practical tools, information on domestic and family violence and an interactive Q&A.	City of West Torrens Women's Safety Services SA <a href="#">Book here for the Tech Safety Information Session via Eventbrite</a>	Hilton	May 28
<b>Parent Pathways</b>	Support service that helps you move forward in your own time at your own pace, whether it is work, study or figuring out what come next. For parents and carers who have a child under 6 years, not in paid employment and live in a non-remote area.	Salvation Army Employment Plus Ph. 136 123 W: <a href="http://www.employmentplus.com.au">www.employmentplus.com.au</a>	Various	Ongoing
<b>Report Writing Assistance</b>	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
<b>Women's Employment Group</b>	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Thursdays
<b>HEALTH/MENTAL HEALTH</b>				
<b>Our Sexual Health Matters: Our Voices Our Bodies</b>	A creative community project using collage art to explore sexual health, safer sex, consent, healthy relationships and stigma reduction. Artwork will be exhibited during Pride Month.	SAMESH <a href="#">Register here for Our Sexual Health Matters</a>	Online	Apr 24 May 17
<b>BreastScreen SA</b>	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a> Ph. 13 20 50	Mt Gambier Murray Bridge	To early July To late May
<b>Flourish and Nourish</b>	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
<b>PARENTING</b>				
<b>My Child &amp; Me</b>	Support for parents and caregivers in their parenting journey by building an understanding of children's development and exploring the little moments in everyday parenting.	Mount Barker Community Centre Contact: Kelly Ph. 8391 2747 E: <a href="mailto:kelly@mtbcc.org.au">kelly@mtbcc.org.au</a> <a href="#">Register here for My Child &amp; Me via Humanitix</a>	Mount Barker	Part 1: May 7 Part 2: May 14
<b>Growing and Learning in the Family</b>	Help for to families gain an understanding of how children learn, key developmental milestones and forming meaningful connections through play.	Elizabeth Park Primary School Contact: Helen Ph. 0484 772 520 E: <a href="mailto:Helen.teague651@schools.sa.edu.au">Helen.teague651@schools.sa.edu.au</a>	Elizabeth Park	Part 1: May 11 Part 2: May 18
<b>Think U Know</b>	Evidence based education program led by the Australian Federal Police to prevent online child sexual exploitation.	Think U Know / Australian Federal Police <a href="#">Register here for Think U Know at Blackwood</a> <a href="#">Register here for Think U Know at Marion</a>	Blackwood Marion	May 13 May 19
<b>Autistic burnout and children</b>	Learn what autistic burnout can look like in children and how to support wellbeing without pushing through.	Neurotopical Therapy <a href="#">Register here for Autistic Burnout and Children via Humanitix</a>	Aberfoyle Park	May 13



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<b>Creative Relationships</b>	8-week group of nurturing, nature play-based visual art program for parents/carers and their children aged 3-6 years (pre-school). Develop your relationship with your child and support their learning.	Communities for Children/Anglicare Bookings: E: <a href="mailto:artistclaire29@gmail.com">artistclaire29@gmail.com</a> W: <a href="http://www.artistclaire.com">www.artistclaire.com</a>	Aldinga Beach Christies Beach	Starts Apr 30 Starts Apr 27
<b>Peas in a Pod</b>	For parents and caregivers of children under 12 months who are looking to connect with other families, community and gain information and support in early stages of parenting.	Centacare Information and registration: Ph. 8215 6310	Hackham	Apr 30 to Jun 25
<b>Teach Do Learn</b>	Parents/carers with children aged up to four years, fun and educational experiences. Fortnightly visit from a childhood development specialist.	Gowrie SA Enquiries: Ph. 8234 5219 or E: <a href="mailto:train@gowriesa.org.au">train@gowriesa.org.au</a>	Christie Downs	Apr 30 to Jun 18
<b>Who's in Charge</b>	8-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
<b>Talking Realities – Tailored Learning</b>	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	Tuesdays and Wednesdays
<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	Ongoing
<b>Kidstuff program for young parents aged under 25 years</b>	Weekly group and 1:1 program supporting 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

