

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 5 October 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				
Connection, Strength and Recovery Program	Survivors of intimate partner abuse share strategies for their recovery journey, engage in safety & DV education discussions & support one another. 8-week group, ongoing casual social drop-in groups, or 1 on 1 support to reconnect to self, community & others.	Women's Safety Services SA For more information: E: CSR@womenssafetysservices.com.au Ph. 0401 390 405	Eastern, Central or Western Adelaide	Starts mid Oct
Ignite	Event to empower women at risk or experiencing homelessness. A safe & welcoming space offering resources, activities & opportunities tailored to the specific needs of women.	Hutt St Centre For more information: Ph. 8418 2500	Adelaide	First Thurs of every month
EXPLORE	9-week educational program for women looking to rebuild their confidence. Learn about healthy relationships, decision making and managing money, and discover pathways for your future!	Zahra Foundation, Centacare To enrol: Ph. 08 8352 1889 E: intake@zahrafoundation.org.au	Berri	Starts Oct 14
Completing a National Redress Scheme Application: What You Need to Know	Free online webinar for victim-survivors & supporters. Hear from a Redress applicant & two Knowmore lawyers, with practical information & tips for completing a Redress application.	Knowmore Legal Service Register here for the webinar via Humanitix	Online	Oct 15
Women are Strong	8-week educational support group for women dealing with the effects of abusive relationships. Explore reconnecting with your personal strengths, develop safety strategies & more.	Uniting Communities Registration essential: Ph. 8202 5190	Salisbury	Starts Oct 14
Shark Cage	8-week assertiveness & self-confidence building course using a human rights approach for women who have experienced abuse or controlling relationships &/or sexual abuse.	Junction For more info & to register: Ph. 8392 3060 E: FDVS@junctionaustralia.org.au	Fleurieu Region	Term 4
Empower	An adult learning program on self-discovery & empowerment to build skills, rebuild confidence & move forward. Connect with yourself & other women in a safe & supportive space.	The Zahra Foundation To enrol: E: intake@zahrafoundation.org.au Ph. 8352 1889	Various	Term 4: Starts Oct
Domestic Violence Disclosure Scheme	South Australia's Domestic Violence Disclosure Scheme (DVDS) allows people at risk of domestic violence to access information about a current or former partner to inform their safety.	SAPOL Apply via the link here: SAPOL - Domestic Violence Disclosure	Online	Ongoing
Women are Strong	8-week program exploring the types & effects of abuse, support services, self-care strategies & ways to move forward to rebuild your life.	Hands of Hope Ph. 0423 174 221 E: enquiries@handsofhope.asn.au	Location provided upon registration	School Terms
Domestic Violence, Family and Sexual Violence Counselling	Experienced counsellors providing safe and confidential support for women impacted by domestic, family and sexual violence. Session's weekly, fortnightly or as one-off/ad-hoc.	Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	Location provided on request	Tues
From Strength to Strength	6-week program for women who have experienced relationship trauma. Build resilience, conflict management & healthier relationships.	Intake by Anglicare Ph. 8186 8911	Various	Runs alternative terms
Women are Strong	8-week educational support group. Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Yellow Gate Registration & intake required: Ph. 1300 564 164 E: admin@theyellowgate.org.au	To be advised	To be advised
Shark Cage	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Relationships Australia SA Registration required: Ph. 8377 5400 (RASA) E: fif@anglicaresa.com.au	To be advised	To be advised

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Out of the Shadows	Support group for women who have experienced family & domestic violence. Explore reconnecting with your strengths, stepping away from guilt & shame, healthy relationships & more.	Relationships Australia SA For more info or to register: Ph. 8223 4566 (Central & West) Ph. 8255 3323 (North)	Central & West North	Fri in terms Wed in terms
Women's Domestic Violence Court Assistance Service	At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
Family Court Support	Confidential support at the Federal Circuit and Family Court in Adelaide. Also support at your lawyer's office for 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				
Queer Yarn	Fortnightly group for LGBTQ+ people & allies that are passionate about fibre arts, wanting to meet new people & build community. Bring your project or learn something new!	The Queer Society Book here for Enfield via Humanitix Book here for Glandore via Humanitix	Enfield Glandore	Starts Oct 13 Starts Oct 22
Coffee and a Chat presents Cooking on a Budget	Join as Jane shares a few recipes & ideas from her own cooking & take whatever tips you can! Let's celebrate frugal cooking & the joy of making something wonderful from very little.	The Haven Mt Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Oct 28
Death Cafe	An informal gathering where people come together to talk openly about death, dying, grief, and mortality in a relaxed setting, often over tea, coffee, and cake.	District Council of Yankalilla Alcohol and Drug Foundation Bookings essential: Book here via trybooking	Yankalilla	Oct 23
Women's Crafty Corner	Come get crafty making clay worry stones and enjoy a fun painting activity, light refreshments supplied.	The Haven Whyalla, Centacare Bookings: Ph. 0407 251 696	Whyalla	Oct 8
Ladies Together	Social group for women, meet new people while having a coffee and chat. If you have a hobby, feel free to bring it along! \$2 per week.	Reynella Neighbourhood Centre For more info: Ph. 8322 3591	Reynella	Mon
Clothing Swap	Refresh your wardrobe, reduce waste & connect with your community! Bring up to 10 clean, gently loved clothing items & exchange them for tokens you use to choose something new to you.	Elizabeth Rise Community Centre Ph. 8256 0448 Book here for the Clothing Swap via Eventbrite	Elizabeth	Oct 8 & 9
Craft & Chat	Come along and join other women to learn craft in a relaxed, friendly environment.	The Haven Port Pirie Book your place: Ph. 0499 420 923	Port Pirie	Weds
Cuppa & Connection	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0407 251 696	Whyalla Stuart	Tues
FITNESS				
Walking on Country	Fitness hiking program for First Nations Women, created to explore trails in a culturally safe space. Connect to Country, improve your health, fitness and wellbeing, and participate in Yarning Circles.	Healthy Self Fitness Bookings essential: E: contact@healthyselffitness.com.au	Adelaide Hills	Sat
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	Fri
TAX HELP				
Tax Help at WIS	Free tax help at Women's Information Service! Do you earn \$70k or less and need a hand with your tax return? Our centre is partnering with the ATO to offer Tax Help appointments with ATO-trained volunteers.	Australian Taxation Office (ATO) Women's Information Service Bookings essential: Ph. 8303 0590 Learn more via link here: Tax Help	Adelaide	Until Oct 29
Tax Help at Whyalla Haven	ATO-trained volunteers can assist women with lodging their tax return if they earn \$70k or less.	ATO, The Haven Whyalla To book: Ph. 0407 251 696	Whyalla	Until Oct
LEGAL				
Legal Outreach	Legal advice appointments and information sessions available from Women's Legal Service or Southern Community Justice Services SA.	The Yellow Gate To book: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on registration	Ongoing



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Legal Outreach	Legal Services Commission offers free legal info & advice. Speak to a lawyer about your situation & see if an in-person appointment is right for you.	Legal Services Commission (LSC) To access this service: Ph. 1300 366 424	Murray Bridge	Thurs
EDUCATION EMPLOYMENT				
Aboriginal Early Childhood Education and Care Taster Program	7-day program to see where an early childhood career could take you. Explore the role of an educator, support culture & make a difference in community. Includes first aid & RRHAN training.	Tauondi Aboriginal College Booking information: Ph. 8240 0300 E: earlychildhood@tauondi.sa.edu.au	Port Adelaide	Starts Oct 12
Myriota Impact & Access Fund	Grant for students originally from a remote region, starting their 2nd year of a STEM degree at an SA university in 2027. To support students who face real barriers to higher education.	Myriota More info & to apply to Myriota Impact & Access Fund 2027: STEM & Space Scholarships here via link	Online	Applications close Oct 11
English Language & Literacy Support	Fun and friendly conversation group to build confidence, improve English language proficiency & develop digital skills. \$5 per session includes stationery, morning tea & learning resources.	Reynella Neighbourhood Centre Bookings required: Ph. 8322 3591 \$5 per session	Reynella	Weds
Flying Start Pathways Program	Interested in exploring a rewarding & meaningful career helping children learn & grow? Attend the information session for the 4-week Flying Start Pathways Program Pre-certificate taster course.	Gowrie SA, The Umbrella Collective To register for the info session: Ph. 1800 129 606 (option 2) E: pathways@gowriesa.org.au	Salisbury	Oct 21
Volunteers Wanted – Whyalla Haven	Empower local women with info & give back to the community as a Haven volunteer. If you're passionate about making a positive impact & want to make SA safer for women, we want YOU!	Women's Information Service Ph. 8303 0590 Ph. Rhiannon on 0419 165 477 Register here for WIS volunteering	Whyalla	Oct 13 & 19
SALVOS - Moneycare	Pop in and chat with Salena from Moneycare about how she can support you.	The Haven Mt. Gambier, Centacare, The Salvation Army Ph. 0439 169 925	Mount Gambier	Fri
Click into Confidence	Computer & Word Basics to build your digital skills. 1 hour session. Max of 2 people per session.	Women's Information Service Bookings essential: Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Thurs
Study Group for Parents	Designed for busy parents, this group offers dedicated time for study, financial tasks or research. Creche available.	Goolwa Children's Centre To book: Ph. 8555 2509	Goolwa	Mon
Women's Employment Assistance Drop-in	Discuss work options and receive help with your CV.	The Haven Goolwa For more info: Ph. 0499 407 237	Goolwa	Thurs
Report Writing Assistance	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa To book: Ph. 0499 407 237	Goolwa	Mon
HEALTH & WELLBEING				
Research: Exploring alcohol, everyday life and hope	Women aged 45-64 & living on a low income invited to take part in a research study. How can changes to women's environments & conditions of daily life foster hope & reduce heavy drinking?	Adelaide University, La Trobe University, Torrens University For more information: E: claire.harris@adelaide.edu.au	South Australia	Ongoing
Reclaiming Her Voice	6-week creative writing group for women who are healing from trauma & want to reconnect with themselves through the power of words.	Her Voice Collective Bookings essential for Reclaiming Her Voice here via trybooking	Aldinga Beach	Starts Oct 21
Mindshare Visual Art Exhibition	The exhibition features powerful works by South Australian creatives with lived experience of mental health challenges through this year's theme, Find Your Way to Wellbeing.	Mental Health Coalition of SA Venues for opening hours: North Adelaide Community Centre, Minor Works Building & Hutt St Library	Adelaide	Until Oct 31
Side by Side	Support evening for families of trans & gender diverse young people. Learn how to support gender diverse people from a lived-experience perspective & where to find ongoing support.	Headspace, Shine SA, TransMascSA & TransFemmeSA Register here for Side by Side via Humanitix	Adelaide	Oct 9
Rainbow Multicultural Mental Health Fair	This wellbeing community celebration will include mental health support, culturally safe spaces, services and information stalls, live performances, and free food and refreshments.	AGMC, Thorne Harbour Health Tickets here for Rainbow Multicultural Mental Health Fair via Humanitix	St Clair	Oct 10

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Breaking Down Breast Cancer	Come & gain a greater understanding of the risk factors, warning signs & diet for breast cancer prevention. Learn from a qualified nutritionist & breast cancer survivor in a safe space.	Goodwood Community Centre Bookings essential: Book here for Breaking Down Breast Cancer via Eventbrite	Goodwood	Oct 30
Sexual Health Workshop for Women + Adelaide Aquatic Centre	Join a relaxed workshop for young women to learn more about sexual health & ask questions in a judgement-free environment. Afterwards, join for a trip to the Adelaide Aquatic Centre!	MYSA (Multicultural Youth South Australia) Book here for the workshop via the MYSA website	Adelaide	Oct 8
Living Well with Osteoarthritis	Practical information session covering what osteoarthritis is, why symptoms occur & how to help manage them. Gain practical to help you move better, stay active & manage osteoarthritis.	Mount Barker Community Centre Adelaide Hills Hand Therapy Tickets here for Living Well with Osteoarthritis via Humanitix	Mount Barker	Oct 13
Trauma-Informed Yoga	Women impacted by Domestic & Family Violence can join a weekly yoga class. Engage in a practice promoting reduced stress & anxiety, relief from pain, better sleep, less anger & impulse control.	The Yellow Gate To register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Christies Beach	From Oct 16
Emotion Regulation and Distress Tolerance Group	8-week program drawing on Dialectical Behaviour Therapy (DBT) skills. Discover practical strategies to manage stress, understand your emotions, strengthen resilience & stay grounded.	ACAP Clinic Self-referrals welcome: Book here for group via Eventbrite E: clinic@acap.edu.au	Online	Starts Oct 22
Mindful Moments	During mental health month BPD, join for a morning/afternoon tea designed to help you slow down, reset & focus on you. Event includes mindfulness activities & DIY affirmation cards.	Wara Yindi Support Services, Mental Health Coalition of SA, BPD Collaborative Book a ticket here via Eventbrite	Whyalla	Oct 15
BreastScreen SA	Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.	BreastScreen SA Book here via BreastScreen SA Ph. 13 20 50	Naracoorte Tanunda Victor Harbor	Until Nov 9 Until Nov 13 Until Dec 10
PARENTING				
Tuning in to Teens	Workshop for parents & carers of teens experiencing mental health concerns. Gain skills to support your teen's mental health & help them manage their emotions.	Headspace, Centacare Register here for Tuning in to Teens via Microsoft Forms Ph. 08 8303 6660	Port Adelaide	Nov 3
Peaceful Parents	4-week workshop that aims to strengthen family life and equip parents with peaceful parenting strategies.	Anglicare SA To register: Ph. 1800 569 094 E: familyservices@anglicaresa.com.au	Hackham	Starts Oct 21
Teach-Do-Learn	Parenting program bringing together parents, carers & children aged up to 4 years for fun & educational experiences. Practical hands-on play & learning activities with qualified educators.	Gowrie SA, Anglicare SA, Communities for Children For enquiries: Ph. 8234 5219 E: train@gowriesa.org.au	Christie Downs	Starts Oct 15
Who's in Charge?	8-week program for parents/carers of young people (8-18) who are beyond control, violent or defiant. Explore ways of increasing safety & wellbeing, strategies to manage behaviours, etc.	Reconnect, City of PAE, Centacare Enquiries & referrals: Ph. Trevor on 0410 698 907 Ph. 8228 8900	Lightsview	Starts Oct 21
Peas in a Pod	10-week parenting empowerment & support group for new parents & caregivers. A safe space to connect, increase knowledge & manage mental & emotional wellbeing as new parents.	Hackham Community Centre Centacare For more info & registration: Ph. 8215 6310	Hackham	Starts Oct 15
Little Steps	Trauma informed & culturally responsive 7-week program for Aboriginal & Torres Strait Islander women seeking info on strengthening family relationships & looking after your wellbeing.	KWY, Uniting SA, Anglicare SA To refer: Ph. 8377 7822 W: kwy.org.au for referral form	Port Adelaide Davoren Park	Starts Oct 20 Starts Oct 21
Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Wednesdays fortnightly.	The Haven Whyalla, CaFHS, Centacare Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Until Nov 11



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