

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 17 February**

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 Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	Junction Ph. 8392 3060 E: FDVS@junctionaustralia.org.au Location provided on registration	Fleurieu Region	Dates provided on registration
Shark Cage for Women	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla on 8186 8919 or E: fif@anglicaresa.com.au Location provided on registration Centacare Ph. 8228 8900	To be advised	To be advised
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. 8186 8900 E: fif@anglicaresa.com.au	To be Advised	To be Advised
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
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	Second & last Thursday of the month
Art for Healing	Come and explore your creative side with simple art and mindfulness techniques. For women in the community who have been impacted by family and domestic violence.	The Yellow Gate To register call Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on Registration	Starts Feb 13
Trauma-informed yoga	Women in the community who have been impacted by domestic and family violence can join a free, weekly trauma-informed yoga class.	The Yellow Gate Ph. 1300 564 164	Christies Beach area	Starts Feb 14
Resilience Program Workshop	Join us in these workshops to discover comprehensive skills to boost your resilience. For women in the community who have been impacted by domestic and family violence.	The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	Noarlunga area	Starts Feb 19
Information Session – DV Disclosure Scheme	Join us for this online session to learn about the Domestic Violence Disclosure Scheme, how it works, when to apply and what happens when you do.	Women's Information Service and SAPOL To register: Domestic Violence Disclosure Scheme Information Session	Online	Feb 20
Time for Me	For women who have experienced Domestic Abuse. A two-hour workshop to support relaxation, creativity and connection.	Christie Downs Community House Kerry Ph. 0457 671 385 Jo Ph. 0429 269 320	Christie Downs	Last Thursday of the month
OmbudsmanSA	Talk to the Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state government department or local government agency.	WIS Ph. 8303 059 E: wis@sa.gov.au	Adelaide	Feb 27

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Volunteers Wanted at Children's Centres in several locations	The Women's Information Service is looking for people like you to assist in the Children's Centres.	Women's Information Service Ph. 8303 0590 Rhiannon Ph. 0419 165 477 E: wis@sa.gov.au https://officeforwomen.sa.gov.au/wis/volunteering-programs	Aldinga Beach Parafield Gardens O'Sullivan Beach	Training Starts Mar 11
Volunteers Wanted at The Havens	The Women's Information Service is looking for people like you to connect to the community and to make South Australia a safer place for women.	Women's Information Service Ph. 8303 0590 Rhiannon Ph. 0419 165 477 E: wis@sa.gov.au https://officeforwomen.sa.gov.au/wis/volunteering-programs	Berri Whyalla Goolwa Murray Bridge	Training starts Mar 17
Highlighting Women	Cuppa and casual conversation. A guest speaker will be discussing gambling.	The Haven Whyalla PH: 0477 219 410	Whyalla	Mar 14
Westside Lawyers Information Session	Learn about Property Settlements, Child Contacts and Intervention Orders.	The Haven Pt Pirie Lyn Ph. 0428 326 554 Brit Ph. 0499 420 923	Pt Pirie	Feb 25
Budget Workshop	Free budget workshop. Limited space, please call or email to register. RSVP BY Friday 21 February 2025	The Haven Whyalla E: whyallahaven@cccsa.org.au Ph. 0477 219 410	Whyalla	Mar 20
Group 55+	Are you over 55 and looking to relax, gain new skills, and boost your confidence? Join our free 6-week series designed just for you! Enjoy a supportive space with pampering, learning, and connection.	The Haven Riverland Limited to 6 spots, bookings essential Ph. 0473 066 856	Berri	Starts Mar 5
International Women's Day Event	You are invited to join us at the Haven Riverland for tea/coffee and scones to celebrate all things women.	The Haven Riverland Ph. 0409 461 727	Berri	Mar 6
SOCIAL CONNECTION				
Craft and Chat	Come along and join other women to learn craft in a relaxed and friendly environment. All materials provided.	The Haven Port Pirie Ph. 0499 420 923	Port Pirie	Wednesdays
Women and Words	A relaxed group for creative writing therapy run by a well-known local writer.	The Haven Gawler Ph. 0466 801 553 E: haven@gawlercommunityhouse.org.au	Gawler	Thursdays
Women's Walking Group	Meet at Laratinga Wetlands for a casual walk and talk.	The Haven Mount Barker For more information Ph. 8391 2747	Mount Barker	Fridays
Women's Peer Group - Parents of neurodivergent children	A group for all women who are caring for a neurodivergent child or children and would like help to improve their own mental health.	Skylight Ph. 83784100 E: nicoleb@skylight.org.au	Mount Barker	1st Thursday of the month
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
Report Writing and JP service	Help to prepare reports for government services such as NDIS? Need a JP? Visit the Haven and consult with an experienced volunteer.	The Haven Goolwa To make an appointment Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Mondays ongoing
Cuppa and Connection	Join The Haven Whyalla for a chat over craft, cards, or games in a safe space.	The Haven Whyalla Ph. 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla	Tuesdays



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Resilient Women group	Join The Haven Mount Gambier over 6 weeks and learn about art journaling, self-care, making connections and financial empowerment.	The Haven Mount Gambier Bookings essential Susie Kranz Ph. 0472 759 829 skranz@centacare.org.au	Mount Gambier	Starts Feb 21
Coffee and a Chat	Join The Haven Mount Gambier alongside Lisa Sanders from the Aged Care Volunteer Visitors scheme.	The Haven Mount Gambier Bookings essential via Library Ph 8721 2540	Mount Gambier	Feb 26
Funky Friends Group	A life skills, health, and well-being group where women with disabilities can participate in a small social circle and in a variety of activities. Cost \$7	North East Community House Participation conditions apply. Ph. 8369 0329 for more information.	Hillcrest	Wednesdays during school term
Affordable Onkaparinga	Residents and service providers are invited to talk about the best ways to support living affordably in Onkaparinga.	City of Onkaparinga Ph. Chris Martin 8384 0634 Lesley-Anne Lyle 8384 0666 To register visit Eventbrite AffordableOnkaparingaFebruary2025	Noarlunga Centre	Feb 19
Haven Singers	Come and explore the joy of singing for health and social connection in a safe, fun, and nurturing haven.	The Haven Goolwa For enquires Deb Ph. 0427 208 937 or Jen Ph. 0434 880 695	Port Elliot	Starts March 3
Wellness Workshop	Series of workshops designed to support and empower you.	Bendigo Bank Elizabeth Rise Community Centre Book here for Wellness Workshop	Elizabeth Downs	Feb 18 Apr 15 May 20
Ladies Together	A women's group to meet new friends, have a coffee and chat and have some "me" time. Bring craft if you want to. Cost \$2. 12.30pm-2pm	City of Onkaparinga Reynella Neighbourhood Centre For information Ph. 8322 3591	Old Reynella	Mondays
EDUCATION				
Responsible Service of Alcohol Training	Free Responsible Service of Alcohol Training is available for local community volunteers, as well as community members from the District Council of Yankalilla.	District Council of Yankalilla Normanville Surf Life Saving Club Bookings essential. Ph. call 8558 0200 E: community@yankalilla.sa.gov.au	Normanville	Feb 19
Women's Work Shed	Join our women's shed program at the Laratinga Community Shed and enjoy the opportunity to learn some new skills from Rose Squire. Hosted by Mount Barker Community Centre.	Laratinga Community Shed Bookings for the Women's Shed Workshop via humanitix	Mount Barker	Feb 24
Phoebe Wanganeen Scholarship	Scholarship supporting Aboriginal and Torres Strait Islander City of Salisbury residents to study.	Scholarships are open now. Apply online here	Online	Closes March 31
Money Matters	2-week course about Managing Money for Young People 15-25 years old. Pizza dinner included.	Onkaparinga Youth and Aberfoyle Community Centre To book Ph. 8392 3194	Aberfoyle Park	Feb 20 and 27
Learn English	A fun and Friendly conversation group. English language and literacy support. Cost \$5.	City of Onkaparinga Reynella Neighbourhood Centre For information Ph. 8322 3591	Old Reynella	Wednesdays during school term
Grant Writing Training	Training about how to apply for grants that are available to community groups.	Adelaide Hills Council Book here for the Grant Writing Training via Humanitix	Woodside	Mar 6
HEALTH				
BreastScreen SA	BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40.	BreastScreen SA For more information contact 13 20 50 or go to www.breastscreen.sa.gov.au	Port Lincoln	Oct 21-Mar 5
Women's Health Sessions	Two-part session covers all aspects of women's health including menstrual health and general wellbeing – teens are encouraged to attend with their guardian.	John McViety Centre Book for women's health session via Eventbrite here	Smithfield Plains	Feb 18 Feb 25



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Relax and Recharge	6-week women's wellbeing group aimed at promoting greater physical and mental wellness.	Mount Barker Community Centre Book here for Relax and Recharge via Humanitix	Mount Barker	Starts March 5
Self Defence for Young Women	5-week course learning karate basics and skills to form the basis of self-defence tools. Cost \$25 for 5-weeks. For young women aged 12-25 years old.	Twelve25 Youth Centre Self Defence for Young Women Tickets, Mon 03/03/2025 at 4:00 pm Eventbrite	Salisbury	Starts March 3
'Is it hot in here or just me?' Menopause Seminar	Join us as we acknowledge International Women's Day with a seminar about all-things menopause. What is it, what are the symptoms, options for support, and practical take-home-tips.	City of West Torrens Register here for menopause seminar	Hilton	Mar 6
PARENTING				
Bringing Up Great Kids	6-week interactive program for parents of young children and adolescents to help raise happy kids.	Goolwa Children's Centre Ph. 8555 2509 Booking essential.	Goolwa	Starts Feb 11
Parentstuff: Circle of Security for Young Parents	For parents under the age of 25 years.	MYSA Anna Ph. 0466 622 864 Raquel Ph. 0468 719 301	Christies Beach	Starts Feb 18
Circle Of Security - Breathing Space	6-week reflective parenting program for women under 25 years old, who have experienced the removal of their child/ren, do not have children in their full-time care, are a resident in Onkaparinga area.	Centacare Breathing Space Centacare Catholic Community Services	Noarlunga	Starts Feb 12
Mankurri-Apinthi Peer to Peer Program	Are you Aboriginal or Torres Strait Islander with children? Do you want to connect with community while having fun?	KWY Ph. 08 8377 7822 E: admin@kwy.org.au	Blair Athol	Wednesdays
Circle of Security	7-week course learn how to enjoy a more fulfilling relationship with your child.	Department of Human Services Ph. Christie Button 0434 856 904 E: christie.button@sa.gov.au Ph. Sarah Whiteside 0439 104 355 E: sarah.whiteside@sa.gov.au	Munno Para	Starts Feb 19
My Time	My Time is a peer support group for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.	Aldinga Beach Children's Centre Ph. 0482 110 099 O'Sullivan Beach Children's Centre Ph. 0403 931 787 Darlington Children's Centre Ph. 0403 931 787	Aldinga O'Sullivan Beach Darlington	Mondays Thursdays Wednesdays
Parenting After Family Violence	6-week program designed to support women in exploring and reclaiming their confidence and belief in themselves as parents.	Relationships Australia SA For more information visit: Bringing Up Great Kids - Parenting After Family Violence Ph. 8340 2022	Port Adelaide	Starts Feb 21
Grandcarers SA Information Session	Informal chat about what we do to support grandparent and kinship carers in our community.	Grandcarers SA, Elizabeth Rise Community Centre Ph. 08 8212 1937 E: contactus@grandcarers.au	Elizabeth Downs	Mar 11
Circle of Security	7-week course and learn how to enjoy a more fulfilling relationship with your child.	Centacare Ph. 8228 8900	Adelaide	Starts Mar 18
Navigating Neurodiversity	Join us for a free support group for parents and caregivers who care for those with Neurodiversity.	The Haven Goolwa For more information Ph. 0499 407 237 or Deb Ph. 0427 208 937	Goolwa	Starts Feb 19



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