

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 15 September 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				
Rotary Walk for Respect	Walk for respect against domestic violence is a peaceful parade. An educational walk offering the community a chance to connect and gain an insight into key signs of domestic violence and coercive control.	Rotary District 9510 Register here for the Rotary Walk for Respect	Adelaide	Oct 11
Volunteer Opportunities	Volunteers wanted in the Haven Murray Bridge. Looking for people to connect to the community and: empower local women with information, give back to the community.	The Haven/Women's Information Service Ph.8303 0590 Rhianon Ph. 0419 165 477 Register here via the office for women website	Murray Bridge Riverland	Oct 13, 14 and 20
Uniting Communities Legal Advice	Free Legal Advice on Family Law. By appointment only.	Uniting Communities Family Law Centre. Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Sept 30 Oct 28 Nov 25
Coffee and Chat with Women's Legal Service	Learn about Women's Legal Services' free and confidential service. Supports include safety planning, counselling and advocacy. Bookings essential.	Women's Legal Service Ph. 8721 2540	Mt Gambier	Sept 24
Tax Help	Women's Information Service on Thursdays from 24th July 2025. 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	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	To be advised To be advised	To be advised To be advised
Shark Cage for Women	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships.	Anglicare Nicky Ph. 0481 098 373 E: ntanner@anglicaresa.com.au The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	To be advised To be advised	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 Nicky Ph. 0481 098 373 E: ntanner@anglicaresa.com.au	Southern suburbs	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

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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 Kerry Ph. 0457 671 385 Jo 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. We will be 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 attending 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 for more information or to book your family court support. Ph. 8303 0590 0590	Adelaide	Ongoing
WIS Chat	Can't find the information you are looking for? You can now talk to WIS via Live Chat on our webpage. Visit us at Women's Information Service Live-Chat And click on the: "Hi there, how can I help you" pop-up.	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing
SOCIAL CONNECTION				
HeARTful Healing	Unwind with paint by numbers or create with a blank canvas for Mental Health Awareness Month	The Haven Whyalla Enquiries: 0407 251 696	Whyalla	Each Friday 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
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
The Kindness Project	Come along to the Haven at Whyalla on Fridays to craft a project to be shared in the community	The Haven Whyalla Ph. 0407 251 696	Whyalla	Fridays
Women's Meditation	Gentle movement, breathwork, relaxing guided meditation	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
COFFEE & CHAT SOCIAL GROUPS				
Coffee and Chat	Talk Laugh and Connect, we'll bring the coffee!!	Aldinga Beach Children's Centre Ph. 0436 677 468	Aldinga	Sept 26
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



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Espresso Yourself	Coffee and chat group run by Women's Information Service. Join for social connection. All who identify as women are welcome. Fortnightly	Women's Information Service To register your interest Ph. 8303 0590	Adelaide	Sept 25 Fortnightly
FITNESS				
Women's Walking Group	Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands, Bald Hills Road carpark entrance.	The Haven Mount Barker Enquiries Ph. 8391 2747	Mount Barker	Fridays
Yoga Classes	Trauma informed yoga classes for women. Small group, perfect for beginners. Calm, supportive space to stretch and relax. Coffee/tea/chat after.	Uniting Communities Call to reserve your spot: Kelly or Sharon Ph. 8202 5010	Christies Beach	Mondays
EDUCATION				
Flying Start Pathways Program	4-week Taster Program designed to give you a hands-on introduction to the Early Childhood Education and Care sector. Chace to complete nationally accredited unit Provide First Aid in an education and Care Setting. Fully funded for those who meet the eligibility criteria.	Register for information session Ph. 1800 129 606 or E: pathways@gowriesa.org.au Register for information session Ph. 1800 129 606 E: pathways@gowrie.org.au	Mount Gambier Smithfield Plains	Sept 23 Oct 14 Sept 23 Oct 22
Construction Taster Program for Women	Building Women with SYC is delivering an accredited, hands-on training program designed to help women gain practical skills and explore exciting opportunities in the construction industry. Seven-week program	Information session (mandatory for participants) Sept 23 To register for the information session: Email Toni E: hello@buildingwomen.org.au Ph. 1800 840 335	Elizabeth	Registration close: Sept 19 Info session: Sept 23
Live your Best Life and Plan for your Future	Ten-week course, fun and inspiring way to learn to get more out of life. Achieve goals. Develop skills in communication, learning strategies and styles, assertiveness and confidence, your strengths, skills and attributes.	Catherine House Information session 29 Sept To register: Ph. 0418 856 129 E: TammyC@catherinehouse.org.au	To be advised	Starts Sept 20
Get Set Workshop and Essentials Day	Learn skills for job search and interviewing.	SYC Ph: 7231 8200 E: elizabeth@sys.net.au	Elizabeth	Oct 21
First Aid Training	Comprehensive first aid course for everyday emergency situations. Includes Provide cardiopulmonary resuscitation	Aboriginal Access Centre, TAFESA Contact: Anji Solomann Ph. 7210 3859 E: anjisolomann@tafesa.edu.au	Noarlunga	Oct 14 and 15
MEGT Foundation Scholarship	Supporting women experiencing disadvantage to re-engage with education and build pathways to meaningful careers.	MEGT Foundation Submit expression of interest: MEGT Foundation Scholarship Program – Apply Now	Online	Expression of interest for 2026 open now.
HEALTH				
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 Book here for your cervical screening test	Davoren Park	Tuesdays 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 Book here for BreastScreen SA	West Lakes	Oct - Nov

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RUOK?	BBQ Breakfast - Drop in for tips, resources, information about meaningful conversations with those who are struggling.	RUOK? Everyone welcome Lions Skate Park and Library	Yankalila	Sept 19
RUOK?	BBQ Lunch - Drop in for tips, resources, information about meaningful conversations with those who are struggling.	RUOK? Everyone welcome Normanville Village Green	Normanville	Sept 19
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 E: info@justlistening.com.au	Christies Beach	Weekdays
BreastScreen SA Screen to Win	We're offering a chance to win 1 of 10 \$500 pre-paid Visa cards simply by attending a free breast screen. For more details and Terms & Conditions, please visit breastscreen.sa.gov.au/win .	BreastScreen SA Book your appointment for BreastScreen SA here Ph. 13 20 50	Various	Mid Sept to Dec
PARENTING				
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
Parenting Connection Group	Are you the parent of a neurodivergent child looking to connect with other parents? Monthly fun activities where parents come together and share conversations. \$5 per person.	Spectrum Connect and Reynella Neighbourhood Centre Book here via Humanitix for Parenting Connection Group	Old Reynella	Fridays Monthly until Dec
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
Creative Relationships	A nurturing 8-week group, nature play-based visual art program for parents/carers of children aged 3-6 years.	Communities for Children Taikurrendi Children's Centre Book here for Creative Relationships Group E: artisticclaire29@gmail.com	Christies Beach	Starts Oct 14

