

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 05 May**

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.	The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Northern area	Starts May 7
Shark Cage for Women	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla Ph. 8186 8911 E: fif@anglicaresa.com.au The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	Southern suburbs	Starts May 8
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	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
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 385Jo Ph. 0429 269 320	Christie Downs	Last Thursday of the month
Art for Healing	Come and explore your creative side with simple art and mindfulness techniques. For women impacted by DV.	The Yellow Gate To register Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on Registration	Starts May 6
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 May 9
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

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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 Ph. 8303 0590 0590 for more information or to book your family court support.	Various	Ongoing
Volunteers Wanted	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.	WIS Ph. 8303 0590 Rhiannon on 0419 165 477 E: wis@sa.gov.au	Whyalla Riverland	Starts May 26 Starts May 26
WIS Information Session	Join our online Zoom Information Session to learn about how the Working Women's Centre support women with issues in the workplace.	WIS Working Women's Centre Register here for the Working Women's Centre Information Session	Online	May 13
The Plug-in	Help us understand the cost-of-living challenges and co-design a cost-of-livingsupport program for people aged 50+.	COTA SA Wyatt Trust Ph. 8232 0422 E: connect@theplugin.com.au	Adelaide	May 6
SOCIAL CONNECTION				
Women's Gathering Group	A weekly catch-up to connect, learn, and grow—building friendships and supporting each other along the way.	The Haven Goolwa Ph. 0499 407 237	Strathalbyn	Starts May 15 Fortnightly
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
Women's Group	Share in creative activities in a relaxed and inviting environment. Bookings essential.	Hackham Community Centre Ph. 8392 3080 E: cchackham@junctionaustralia.org.au	Hackham	Tuesdays
Coffee & Chat	Learn about planning ahead with wills, Advance Care Directives (ACDs), and Enduring Powers of Attorney (EPAs).	The Haven Mount Gambier Ph. 8721 2540	Mount Gambier	May 28
Resilient Women	6-week program looking at self-care, financial empowerment e and more Bookings essential.	The Haven Mount Gambier. Ph. 0472 759 829 E: skranz@centacare.org.au	Mount Gambier	Starts May 9
Flourish and Nourish	Monthly sessions chatting about various wellbeing topics.	The Haven Mt Gambier For bookings contact the Mt Gambier Library on Ph. 8721 2540	Mount Gambier	Last Friday of the month, starts May
Game Day	Cards, Board Games and Bingo.	The Haven Mount Gambier For enquires Ph. 0439 169 925	Mount Gambier	Mondays
Ride Her Way	Ride Her Way is a community that connects, empowers and inspires women to be active and ride a bike. Beginner workshops and social rides.	Bike SA Jim Ph. 8406 8251 for bookings Ride Her Way - Register your interest	Salisbury North	Social rides Starts May 24
Wellness Workshop	Series of workshops designed to support and empower you.	Bendigo Bank Elizabeth Rise Community Centre Book here for Wellness Workshop	Elizabeth Downs	May 20

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EDUCATION				
Women Can - Bus Driver or Short Haul Truck Driver	WomenCan Australia is seeking women interested in joining the transport sector as a Bus Driver or Short Haul Driver.	Women Can Lisa Ph. 0421 956 284 E: adelaidedrive@womencanaustralia.org	Northern & Southern Adelaide	Ongoing
Basic Computer Skills for Study & Employment	5-week course to build your computer and digital skills, to feel confident in your path to employment.	City of Marion and City of Mitcham, supported by the Government of South Australia For information Ph. 8277 0304 e: info@marionlife.org.au Register: Basic Computer Skills for Study and Employment Course	Mitchell Park	Starts April 29
English Language Skills for Study and Employment	5-week course will improve your English language skills and prepare you for work and study.	City of Marion and City of Mitcham, supported by the Government of South Australia For information Ph. 8277 0304 e: info@marionlife.org.au Register: English Language Skills for Study and Employment Course	Pasadena	Starts May 1
HEALTH				
Dare to Dream	7-week program. Designed to help women improve their mental and emotional wellbeing through self-care, resilience, and personal growth.	Community Connections	Golden Grove Para Hills	Starts May 6
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 Ph. 13 20 50 www.breastscreen.sa.gov.au	Clare	April 11-June 12
PARENTING				
Who's in Charge?	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Centacare Trevor Ph. 0410 698 907 Centacare Ph. 8215 6700	Angle Park	Starts May 7
Circle of Security	7-week program for young women under 25 residing in the Onkaparinga and surrounding area who have experienced the removal of a child/ren and do not have children in their full-time care.	Breathing Space Ph. 8303 6600 E: breathingspace@centacare.org.au	Noarlunga	Starts May 5
Bringing Up Great Kids with Young Parents	Are you a parent under the age of 25 years? Come along and learn about children's development, emotions and more.	Metropolitan Youth Health Service Raquel Ph. 0468 719 301 Anna Ph. 0466 622 864	Christies Beach	Starts May 20
Mum's and Bub's Circle of Security	8-week program to help parents and carers to understand their child's emotional needs, and to support your child successfully manage emotions	MYSA Ph. 8212 0085 E: yanna@mysa.com.au	West Croydon	Starts Apr 29
Kidstuff	For young pregnant or parenting people under 25 years. Information on health and wellbeing	Metropolitan Youth Health Service Raquel Ph. 0468 719 301 Anna Ph. 0466 622 864.	Christies Beach	Starts May 8
Peas in a Pod	This Parenting Group aims to provide a safe, positive and stimulating space for you and your child/ren.	Centacare To register and information Ph. 8515 6310	Hackham	Starts May 1

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Circle of Security	7-week course, learn how to enjoy a more fulfilling relationship with your child.	Centacare Ph. 8215 6310 E: aldinga@centacare.org.au Ph. 8228 8900 Ph. 8228 8900	Aldinga Elizabeth Downs Adelaide	Starts May 6 Starts May 6 Starts May 13
Navigating Neurodiversity	Support group for parents and caregivers who care for those with Neurodiversity. Fortnightly.	The Haven Goolwa For more information Ph. 0499 407 237 or Deb Ph. 0427 208 937	Goolwa	Wednesdays during school term



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