

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 07 July 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				
Tax Help	A volunteer from the ATO will be at the 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.	Contact Women's Information Service to check your eligibility and book your appointment: Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Starts July 24
Safer Relationships	A safe and casual space to learn and connect with others	Cedar Health Service Ph. 8444 0700	Port Adelaide Address provided on registration	Starts Aug 7
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	Southern area	Starts July 29
		Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Northern area	To be advised
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	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	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
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
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				
Coffee & Chat	Come along to make a difference in your community and form lifelong friendships – while making cards!	Country Women's Association Ph. 8271 2540	Mount Gambier	July 30
Women's Community Street Soccer	A free, weekly, women's only space, where we get to connect over soccer. No previous experience is required.	The Big Issue Georgia Ph. 8359 3450	Wayville Bonython Park	Tuesdays 1st Tuesday of the month
NAIDOC in the Mall	Join the City of Adelaide for a vibrant community celebration of NAIDOC Week in Rundle Mall on Karna Yarta.	City of Adelaide NAIDOC in the Mall - Adelaide, Event South Australia	Adelaide	July 8
Coffee and Chat	Talk Laugh and Connect, we'll bring the coffee!!	Aldinga Beach Children's Centre Ph. 0436 677 468	Aldinga	Aug 1 Aug 29 Sept 26
Multicultural Women's Group	Social group for multicultural women.	O'Sullivan Beach Children's Centre Ph. 8382 8250	O'Sullivan Beach	Fridays
Kindness Project	Come along to the Haven 10:30 – 11:30am to craft a project to be shared in the community.	Haven Whyalla Ph. 0477 219 410 E: whyallahaven@cccsa.org.au	Whyalla	Fridays
Catherine House Women's Centre Activities	Various wellbeing and social activities at Catherine House.	Catherine House Tam Ph. 0418 856 129 E: tammmyc@catherinehouse.org.au	Address provided upon registration	June 30 – July 4
Pride at Country Markets	Rainbow Hub SA will be at some upcoming country markets. Visit the market stalls to see what LGBTIQ+ support is available.	Rainbow Hub SA Ph. 0487 033 684	Clare Peterborough Port Pirie	July 12 August 16 September 14
Games Day	Cards - Board Games - Bingo	The Haven Mount Gambier At the Mount Gambier Library Free Session/No Bookings Required	Mount Gambier	Mondays
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



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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
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
EDUCATION				
Financial Wellbeing Webinars	Webinar offerings for the Financial Independence Hub (FIH). This webinar series is for people of all genders who have experienced financial abuse and/or domestic and family violence.	Good Shepherd Australia Registrations essential book here	Online	July – Nov
Adult and Children Water Safety Program	Build confidence, knowledge and skills around water. Available for adults and children 5 years + Bookings essential.	Royal Life Saving SA Ph. 8210 4500 book here for Adult and Children Water Safety Program	Elizabeth	Saturdays until August 30
Click into Connection	Beginners computer group. Learn about word, excel etc. More sessions to come. Bookings essential.	Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Thursdays
HEALTH				
Endometriosis Information and Support Event	Find out about the SA Parliamentary Enquiry with guest speaker Catherine Hutchesson MP	Mount Barker Community Centre Ph. 8391 2747 Bookings Essential Endometriosis Support Group Topic: Parliamentary Enquiry	Mount Barker	July 23
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	Various	June - September
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 in June, July, or August. For more details and Terms & Conditions, please visit breastscreen.sa.gov.au/win .	To book breastscreen.sa.gov.au/book or Ph. 13 20 50	Various	June - September
PARENTING				
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	Weds fortnightly
Women's Group	Women's Group for Aboriginal and Torres Strait Islander pregnant and new mums. Monthly.	Nunkuwarrin Yunti Ph. 8150 5000 At Taikurrendi Children and Family Centre Ph. 8186 1102	Christies Beach	Fridays
Parenting Connection Group	For parents of neurodivergent children looking to connect with other parents. Monthly. Cost \$5. Booking essential for all sessions.	City of Onkaparinga Bookings essential: Book here for the parenting Connection Group	Old Reynella	Starts July 4
Peas in a Pod Parenting Group	A space for you and your child/ren where you can connect with other caregivers, community services and programs.	Centacare For further information and registrations Ph. 8215 6310	Hackham	July 24 - September 25
Circle of Security	7-week course to learn how to enjoy a more fulfilling relationship with your child and understand their behaviour.	Centacare Bookings essential Ph. 8228 8900	Elizabeth	Starts July 29

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