

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 25 August 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				
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	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
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	To be advised	To be advised
		Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	To be advised	To be advised
		Whyalla Stuart Ph: 0477 219 410	To be advised	Starts Sept 1
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	To be advised	To be advised
		The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	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	Starts Aug 7
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 671 385 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 Information Service



Government
of South Australia
Office for Women

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 Ph. 8303 0590 0590 for more information or to book your family court support.	Adelaide	Ongoing
WIS Chat	Can't find the information you are looking for? <u>You can now talk to WIS via Live Chat on our webpage.</u> 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				
Resilient Women	6-week wellbeing program at Centacare. Bookings essential.	The Haven Mount Gambier RSVP to Suzie by July 25 Ph. 0472 759 829 E: skranz@centacare.org.au	Mount Gambier	Starts Aug 1
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
Pride at Country Markets	Rainbow Hub SA will be at some upcoming country markets. Visit the market stalls to see what LGBTIQA+ support is available.	Rainbow Hub SA Ph. 0487 033 684	Port Pirie	Sept 14
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
Wise Woman Within You	Enjoy sitting with women, hearing their stories and experience healing. Cost \$10 for 5 sessions	Mount Barker Community Centre Book for Wise Woman within you here	Mount Barker	Aug 26
COFFEE & CHAT SOCIAL GROUPS				
Coffee and a Chat - Vision Board	Create your personalised vision board that will help you feel empowered, inspired and energised	The Haven Mount Gambier Bookings essential. Ph. 8721 2540	Mount Gambier	Aug 27
Coffee and Chat	Talk Laugh and Connect, we'll bring the coffee!!	Aldinga Beach Children's Centre Ph. 0436 677 468	Aldinga	Aug 29 Sept 26



Women's Information Service

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
Espresso Yourself	Coffee and chat group run by Women's Information Service. Join for social connection. All who identify as women are welcome.	Women's Information Service To register your interest. Ph. 8303 0590	Adelaide	Starts Aug 28 Fortnightly
Ladies Together	Coffee, Chat and craft Cost \$2 per week	Reynella Neighbourhood Centre Ph. 8322 3591	Old Reynella	Mondays
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 For enquiries Ph. 8391 2747	Mount Barker	Fridays
Get Strong	Get strong! Build fitness at home (in honour of Jean Hailes Women's Week). A presentation to help women build real-life strength; without a gym or equipment	City of West Torrens Book here for Get Strong presentation	Hilton	Sept 4
EDUCATION				
White Card work safely in the construction industry	Learn about general workplace safety legislative requirements, understand principles of risk management relating to construction and building industry. Free for Aboriginal Community	TAFE SA Anji Solomann Ph. 7210 3859, E: anji.soloman@tafesa.edu.au	Noarlunga	Aug 28
Understanding and Responding to Strangulation	Insight Exchange has a free (donated) NEW online learning module "Understanding and Responding to Strangulation (45 min)".	Insight Exchange Free responding to strangulation module here	Online	Ongoing
EMBARK: Strategic Planning for Personal Goals	Workshop where you will focus on 2 specific personal goals, learn to use a strategic lens to plan and implement steps to achieve these goals.	City of West Torrens Zahra Foundation Book here for Embark Strategic Planning for Personal Goals	Hilton	Sept 3
Strong Women, Strong Regions:	10-Week Program for Women in Business & Professions	Mount Barker Community Centre Book here for Strong Women, Strong Regions	Mount Barker	Starts Aug 29
Adult Community Education (ACE)	ACE Course Booklet, range of accredited and non-accredited courses to suit participants of various language, literacy and numeracy levels.	Morella Community Centre For more information: Ph. 0484958823 ACE Course Booklet	Parafield Gardens	Starts Aug
Money Matters Crash Course	Two-week adulting crash course to master the art of managing money. Age: 15 – 25 years	Wardli Youth Centre More information: Wilson Ndung'u 8384 0535	Christies Downs	Sept 9 Sept 16
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 Ph. 13 20 50 www.breastscreen.sa.gov.au	Various	June - Sept
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 - Sept

Women's Information Service

Women's Health Clinic	Guest Speakers from Yorke and Northern Local Health Network	The Port Pirie Haven For more information and to register: Ph. Lyn 0403 127 077	Port Pirie	Aug 29
Endometriosis Support Group	Exercise and Yoga for pelvic health	Mount Barker Community Centre Register via Humanitix for Endometriosis Support Group	Mount Barker	Sept 10
Keeping Women's Heart's Strong	Introductory meeting to hear about the "Keeping Women's Hearts Strong" research project	Wardliparingga Watto Purrinna NALHN Aboriginal Health Ph. 8240 9611	Port Adelaide	Aug 27
PARENTING				
Living With Young people	Two-part workshop to help parents and caregivers build an understanding of teenagers and their healthy development.	City of Onkaparinga Government of SA Human Services Click here for information about Living with Young People	Aldinga	Part 2 Sept 1
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
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 - Sept 25
Parenting Connection Group	Are you the parent of a neurodivergent child looking to connect with other parents in a relaxed, engaging setting? Cost \$5pp	Reynella Neighbourhood Centre Book for Parenting Connection via Humantix here	Old Reynella	Sept – Nov Fridays Monthly

