

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 22nd of December 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 |
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| SERVICES | | | | |
| Online Engagement Sessions | Come and have a yarn with the Electoral Commission of SA. Engagement events are online. RSVP is essential for meeting link. | South Australian First Nations Voice to Parliament Register via email. E: SAVoice.ECSA@sa.gov.au | Online | Various |
| The Gathering Place | A safe and supportive group for women who have experienced/experiencing family or domestic abuse. Sessions run fortnightly in 2026. | The Haven Information and to register: Ph. 0439 022 785 E: haven@mtbcc.org.au | Mount Barker | Fortnightly 2026 |
| Women are Strong Women do Survive | 8-week domestic violence recovery group, a safe, confidential space to explore experiences, rebuild strengths, understand abuse effects, manage emotions, develop safety strategies and reclaim your identity. | Uniting Communities Registrations are essential: Ph. 8202 5190 | Salisbury | 2026 Feb 4,11, 18,25 March 4,11,18,25 |
| 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 | Outer southern suburbs To be advised | To be advised, runs each school term To be advised |
| Enhanced Communication | One-on-one session to build awareness of conflict and the impact on our mental health, developing strategies for objective, effective communication. . | Uniting Communities Monday to Friday Contact: Sandra: Ph. 0447 525 288 Amanda: Ph. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org | Noarlunga, online and phone | Ongoing |
| Shark Cage | 8-week group to help women build a strong 'shark cage' of human rights and explore how to recognise respectful 'dolphins' from abusive 'sharks'. Empowerment to heal. Selfcare. | Uniting Communities P. 0447 525 288 or E: NoarlungaFRC@unitingcommunities.org Anglicare Ph. 8186 8911 E: fif@anglicare.com.au | To be advised To be advised | To be advised, runs each school term |
| Workshops for Survivors of Complex Trauma Workshops for Supporters, family and friends | Learn about trauma and it's impacts, techniques to support regulation and self-care. Educational webinar, not therapeutic. NOT a professional development training. | Blue Knot Register online: Workshops for Survivors Check dates online | Online | Ongoing |
| From Strength to Strength | 6-week group - increasing personal growth and improving relationship conflict management. Ideal if you have completed both Women are Strong and Shark Cage groups. | Anglicare SA Ph. 0481 098 373 | Outer 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 Ph. 0457 671 385 Ph. 0429 269 320 | Christie Downs | Last Thursday of the month |



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| 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 on registration | 2 nd , 3 rd and 4 th Thursday of the month |
| WIS Chat | Can't find the information you are looking for? You can now talk to WIS at Live Chat on our web page Office for Women - Women's Information Service - click on: "Hi there, how can I help you". | Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au | Online | Ongoing |
| Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier | At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. Can 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 at 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 for more information or to book your family court support. | Adelaide | Subject to volunteer availability |
| SOCIAL CONNECTION/ COFFEE & CHAT | | | | |
| Craft & Chat | Come along and join other women to learn craft in a relaxed, friendly environment. The Haven is open 10am to 2pm. | The Haven Port Pirie Book your place: Ph. 0499 420 923 | Port Pirie | Wednesdays |
| Women's Meditation | Gentle movement, breathwork, relaxing guided meditation. Weekly. | The Haven Whyalla Ph. 0407 251 696 | Whyalla | Thursdays |
| Espresso Yourself Chatty Cafe | Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. All who identify as women are welcome. Start in 2026 on Jan 15. Fortnightly ongoing. | Women's Information Service At Minor Works Building Community Centre No need to register. For information: Ph. 8303 0590 | Adelaide | 2026 Jan 15 Jan 29 Feb 12 Feb 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 |
| FITNESS | | | | |
| Women's Walking Group | Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands. | The Haven Mount Barker Enquiries Ph. 8391 2747 | Mount Barker | Fridays |
| EDUCATION | | | | |
| Women's Advocacy Information session TAFE SA | Women's Education courses. Certificate II, III and IV. Literacy and numeracy; computer/digital and work-related competencies; expand personal development opportunities. | TAFESA Register here for Women's Advocacy information sessions: | Noarlunga Adelaide City Elizabeth | Various Late Jan |
| Click into Confidence | Build your digital skills in a friendly and supportive environment. No experience needed. Free 1-hour sessions between 1:00 and 4:00 pm. | Women's Information Service Bookings essential: Ph. 8303 0590 E: wis@sa.gov.au | Adelaide | Wednesdays On-going |
| HEALTH/MENTAL HEALTH | | | | |
| BreastScreen SA | Coming to Penola and Maitland from early January to provide free breast cancer screening to women over the age of 40, especially 50 – 70 years. | BreastScreen SA Ph. 13 20 50 Online booking: www.breastscreen.sa.gov.au | Penola Maitland | 2026 Jan |
| Yoga classes for women | Free Yoga classes. After yoga have a cuppa at the Dyson Road, Christies Beach group room. | Uniting Communities Call Kelly or Sharon for information/booking Ph. 8202 5010 | Christies Beach | Mondays |

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| 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 or book online SHINE SA-Davoren Park - Book Doctors Online with HotDoc | Davoren Park | Tuesday and Thursdays |
| 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 – walk-in service, no booking needed Just Listening Therapeutic Community E: info@justlistening.com.au | Christies Beach | Weekdays |
| PARENTING | | | | |
| Who's in Charge | 8-week program designed for parents and carers of young people (8-18) who are acting beyond control, becoming violent or defiant at home. Supportive group, practical strategies, provides tools for improving safety and well-being. | Centacare, Reconnect, City of Port Adelaide Enfield Enquiries and referrals: Ph. Trevor 0410 698 907 Ph. Centacare 8228 8900 | Enfield Community Centre | Wednesdays From Feb 11 |
| Pregnancy to Parenting program for young parents aged under 25 years. | 6-week antenatal education program for young parents aged under 25 years. Information about healthy pregnancy, labour and birth, breastfeeding, relationships, parenting and perinatal mental health. Facilitated by a Midwife. | Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential | Elizabeth Angle Park Christies Beach | On-going |
| Kidstuff program for young parents aged under 25 years. | Weekly group and 1:1 program supports young parents to form social connections, develop understanding about child development, relationships and parenting and accessing physical and mental health support. | Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential | Elizabeth Angle Park Christies Beach | On-going |
| Indigenous Young Parents Program (IYPP) | Fortnightly program for pregnant and parenting people who are aged under 25 years who have Aboriginal children. Connect with each other and culture, build parental capacity, health and wellbeing, child development, healthy relationships and community supports. | Metropolitan Youth Health Service Ph: 8243 5637 or 0423 049 499. Bookings essential | Angle Park | On-going |
| Rainbow Connection Playgroup | Do you want to connect with the LGBTQIA+ community? Bring your children and meet other parents you identify with! Free, fun, dynamic, welcoming playgroup. | Forbes Children's Centre Contact: Katherine, through Pink Parents Ph. 0438 536 346 OR Facebook Messenger | South Plympton | Mondays during school Terms |

