

# 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 as of **Monday 6 July 2026**

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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<b>SERVICES</b>				
<b>NAIDOC Week</b>	Activities and events during NAIDOC Week.	<a href="#">Find the NAIDOC Week calendar here</a>	Various	Jul 5 – Jul 12
<b>Shark Cage</b>	This program will help you increase your knowledge of healthy & unhealthy relationships, build your capacity to set boundaries & help you recognise a potentially abusive person.	Aboriginal Family Support Services (AFSS) Bookings essential: Ph. Ellen on 0499 889 729	Mount Gambier	Starts Jul 30
<b>Aware &amp; Empowered</b>	This program can help you recognise different types of abuse, understand how domestic violence affects children & parenting ability, & work alongside child protection services.	Lutheran Care For more info & to register: Ph. Bhaama on 0437 983 989 E: <a href="mailto:bhaama@lutherancare.org.au">bhaama@lutherancare.org.au</a>	Murray Bridge	Starts Aug 4
<b>Women are Strong</b>	8-week domestic violence healing and recovery group offering a safe, confidential, and supportive space to explore your experiences and reconnect with your strength.	Uniting Communities Registrations essential: Ph. 8202 5190	City of Salisbury	Starts Jul 22
<b>Aware &amp; Empowered</b>	This program can help you recognise different types of abuse, understand how domestic violence affects children & parenting ability, & work alongside child protection services.	Lutheran Care For more info & to book: Ph. Bhaama on 0437 983 989 E: <a href="mailto:bhaama@lutherancare.org.au">bhaama@lutherancare.org.au</a>	Blair Athol	Starts Jul 9
<b>Women are Strong</b>	8-week support and info program that explores what is abuse, the different types and effects of abuse, support services, self-care strategies, and ways to move forward to rebuild your life.	Hands of Hope Ph. 0423 174 221 E: <a href="mailto:enquiries@handsofhope.asn.au">enquiries@handsofhope.asn.au</a>	Location provided upon registration	School Terms
<b>Domestic Violence, Family and Sexual Violence Counselling</b>	Experienced counsellors providing safe and confidential support for women impacted by domestic, family and sexual violence. Session's weekly, fortnightly or as one-off/ad-hoc.	Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Location provided on request	Tues
<b>The Gathering Place</b>	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: <a href="mailto:mmdvs@centacare.org.au">mmdvs@centacare.org.au</a>	Murray Bridge	Mon Monthly
<b>Women are Strong</b>	8-week educational support group. Confused by your partner/ex-partner's behaviour? Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Yellow Gate Registration required: Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a> Initial intake assessment for participants.	To be advised	To be advised
<b>Shark Cage</b>	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Relationships Australia SA Registration required: Ph. 8377 5400 (RASA) E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	To be advised	To be advised
<b>From Strength to Strength</b>	6-week program for women who have experienced relationship trauma – building resilience and self-awareness, conflict management, build healthier relationships.	Intake by Anglicare Ph. 8186 8911	Various	Runs alternative terms
<b>Out of the Shadows</b>	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: <a href="mailto:rasacentral@rasa.org.au">rasacentral@rasa.org.au</a>	Address provided on registration	Fri during term time
<b>Legal Outreach</b>	Legal advice appointments and information sessions available from Women's Legal Service or Southern Community Justice Services SA.	The Yellow Gate Bookings essential: Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on registration	Ongoing



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<b>Women's Domestic Violence Court Assistance Service</b>	At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
<b>Family Court Support</b>	Confidential support at the Federal Circuit and Family Court in Adelaide. Also support at your lawyer's office for 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
<b>WIS Chat</b>	Can't find the information you are looking for? You can now talk to WIS via Live Chat on our webpage or via the link here: <a href="#">Women's Information Service Live-Chat</a>	Women's Information Service Ph. 8303 0590 W: <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	Online	Ongoing
<b>SOCIAL CONNECTION/ COFFEE &amp; CHAT</b>				
<b>Coffee and a Chat: Online Safety with SAPOL</b>	Limestone Coast Crime Prevention Section will be available to provide information and discuss ways you can protect yourself online.	The Haven Mount Gambier, SAPOL Bookings essential: Ph. 8721 2540	Mount Gambier	Jul 29
<b>Cuppa and Chat with Local Community Services</b>	Meet with local support groups offering a warm conversation & help with employment, advocacy, advice, wellbeing & access to services.	Adelaide Hills Council No bookings required Ph. 8408 0400	Stirling	Fortnightly
<b>Craft &amp; Chat</b>	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	Weds
<b>Cuppa &amp; Connection</b>	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla Stuart	Tues
<b>FITNESS</b>				
<b>Young Women's Self Defence Class</b>	90-minute session is designed to help young women build confidence, personal safety awareness and practical non-violent strategies. Cost \$10	Adelaide Hills Council, Academy of Self Defence and Martial Arts Bookings essential: <a href="#">Book here via Humanitix</a>	Gumeracha	Jul 13
<b>Women's Walking Group</b>	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	Fri
<b>EDUCATION EMPLOYMENT</b>				
<b>Tax Help at WIS</b>	Free tax help at Women's Information Service! Do you earn \$70k or less and need a hand with your tax return? Our centre is partnering with the ATO to offer Tax Help appointments with ATO-trained volunteers.	Australian Taxation Office (ATO) Women's Information Service Bookings essential: Ph. 8303 0590 Learn more via link here: <a href="#">Tax Help</a>	Adelaide	Jul 30 – Oct 29
<b>Financial Counselling with UCWB</b>	A financial counselling service with qualified counsellors who can guide you through financial options & help you plan a way out of debt.	City of Tea Tree Gully Uniting Care Wesley Bowden Ph. 8245 7177	Holden Hill	1 <sup>st</sup> & 3 <sup>rd</sup> Mon of the month
<b>SALVOS - Moneycare</b>	Pop in and chat with Salena from Moneycare about how she can support you.	Haven Mt. Gambier, Centacare, The Salvation Army. Ph. 8721 2540	Mount Gambier	Fri
<b>Click into Confidence</b>	Computer & Word Basics to build your digital skills. 1 hour session. Max of 2 people per session.	Women's Information Service Bookings essential: Ph. 8303 0590 E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Thurs
<b>Study Group for Parents</b>	Designed for busy parents, this group offers dedicated time for study, financial tasks or research. Creche available	Goolwa Children's Centre To book: Ph. 8555 2509	Goolwa	Mon
<b>Parent Pathways</b>	Whether it's work, study or figuring out what comes next. Parents and carers who have a child under 6 years, not in paid employment, live in a non-remote area.	Salvation Army Employment Plus Ph. 136 123	Various	Ongoing



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<b>Report Writing Assistance</b>	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa Book appointment: Ph. 0499 407 237	Goolwa	Mon
<b>Women's Employment Assistance Drop-in</b>	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Thurs
<b>HEALTH &amp; WELLBEING</b>				
<b>Doing it Tough Expo</b>	Find free food, services and support in your community. Talk to people who can help with your bills, housing, food and more.	City of Tea Tree Gully Bookings not required Ph. 8397 7444	Modbury North	Aug 4
<b>BreastScreen SA</b>	Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.	BreastScreen SA <a href="#">Book online here for a Breastscreen SA appointment</a> Ph. 13 20 50	Northfield Millicent Tanunda	Late Jul – Aug Late Jul – Sep Late Jul – Nov
<b>Menopause made Manageable</b>	Focuses on managing the most common menopause symptoms, helping you rebuild strength, reduce pain, and feel more like yourself again.	The City of Tea Tree Gully My Local Physio Plus Ph. 8397 7444 <a href="#">Register here for menopause made manageable via Eventbrite</a>	Golden Grove	Jul 9
<b>Women's Stretch and Breathe</b>	Weekly wellbeing session, designed to help you slow down, reduce stress & reconnect with your inner calm. Enjoy gentle stretching, mindful breathing and relaxation techniques.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thurs
<b>Motivating Mondays</b>	Relaxed group environment where women can explore simple practices around mindfulness, gratitude, goal-setting and positive thinking at their own pace.	The Haven Whyalla For more information: Ph. 0407 251 696 E: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>	Whyalla	Mon
<b>PARENTING</b>				
<b>Bringing up Great Kids</b>	Seeking a new perspective on engaging with your children or kids in Care? Develop skills to build positive relationships, enhance communication and promote respectful interaction.	Aboriginal Family Support Services Bookings essential: Ph. Kayla on 0400 667 498	Paralowie	Starts Jul 27
<b>Circle of Security</b>	8-week program focuses on what makes a child feel safe, secure & protected. Learn about the natural connection between parents/caregivers & children, feelings, how not to blame, etc.	Aboriginal Family Support Services Bookings essential: Ph. 0459 890 805 (Paralowie) Ph. 0499 889 729 (Mt. Gambier)	Paralowie Mount Gambier	Starts Jul 28
<b>Tuning in to Teens</b>	6-session program for parents of young people aged 12-18. Develop skills to support your teen's mental health, improve your understanding of your teen & guide them in dealing with conflict.	Centacare Reconnect Mental Health Service Register to attend: Ph. 8303 6660	Gilles Plains	Starts Aug 5
<b>Living with Teens</b>	2-session workshop for parents/carers of adolescents aged 12-18 years. Learn strategies to improve communication, navigate challenges & support young people through the teen years.	DHS, Families Growing Together Greenock Primary School Ph. 8562 8011 <a href="#">Register here via Tockify</a>	Greenock	Starts Aug 3
<b>Circle of Security Parenting</b>	8-week program for parents/carers to build stronger and more secure relationships with the children in your life. Creche available, please discuss when booking in.	Uniting Care Wesley Bowden Bookings essential: E: <a href="mailto:cfs.mailbox@ucwb.org.au">cfs.mailbox@ucwb.org.au</a> Ph. 0457 838 371	Angle Park	Aug 5 – Sep 23
<b>Teach-Do-Learn</b>	A hands-on activity for parents/carers & children aged up to 4 years. Learning through play & activities with qualified educators & visiting speech, feeding & occupational therapists.	Gowrie SA Ph. 8234 5219 E: <a href="mailto:train@gowriesa.org.au">train@gowriesa.org.au</a>	Christie Downs	Jul 23 – Sep 10



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<b>Circle of Security – Daytime or After Hours Workshop</b>	8-week (daytime or after hours) program that covers a range of topics, including learning to read emotional needs, successfully managing emotions, & helping children to feel secure.	Uniting Communities Bookings essential: Ph. 0428 799 775 (am workshop) or Ph. 0475 505 696 (pm workshop) E: <a href="mailto:noarlungaFRC@unitingcommunities.org">noarlungaFRC@unitingcommunities.org</a>	Online	Starts Jul 28
<b>Bringing Up Great Kids</b>	6-week program for parents of young children & adolescents to help raise happy & confident kids. Topics include understanding children's development & behaviour & mindful parenting.	Uniting Communities Bookings essential: Ph. Bron on 0428 799 775 E: <a href="mailto:noarlungaFRC@unitingcommunities.org">noarlungaFRC@unitingcommunities.org</a>	Christies Beach	Starts Jul 30
<b>Who's in Charge?</b>	8-week program for parents or carers of young people (8-18 years) who are beyond control, violent or defiant.	Centacare, Reconnect, Port Adelaide Enfield. Trevor Ph. 0410 698 907 Centacare Ph. 8228 8900	Port Adelaide	Starts Jul 29
<b>Mum's Space</b>	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Fortnightly.	The Haven Whyalla, CaFHS For more information: Ph. 0407 251 696 E: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>	Whyalla	Until Jul 29
<b>Talking Realities – Tailored Learning</b>	Accredited education for pregnant and parenting people under 23, offering a supportive learning environment to gain SACE points or work towards a Certificate III in Community Services, connect with peers, and access one-on-one and practical support.	My Health/Metropolitan Youth Health For more information call or text: Ph. 8243 5637 Ph. 0422 002 561 Caras or Katrina	Angle Park	Tues and Weds
<b>Pregnancy to Parenting program for young parents aged under 25 years</b>	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 Bookings essential: Ph. 1800 716 881	Elizabeth Angle Park Christies Beach	Ongoing
<b>Kidstuff program for young parents aged under 25 years</b>	Weekly group and 1:1 program, supports young parents to form social connections, develop understanding about child development, relationships and parenting.	Metropolitan Youth Health Service Bookings essential: Ph. 1800 716 881	Elizabeth Angle Park Christies Beach	Ongoing
<b>Indigenous Young parents Program (IYPP)</b>	Fortnightly program supporting pregnant and parenting people under 25 with Aboriginal children, focusing on cultural connection, parenting skills, health and wellbeing, child development, healthy relationships, and community support.	Metropolitan Youth Health Service Bookings essential: Ph. 1800 716 881	Angle Park & Elizabeth	Ongoing

