

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 24 August 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

Program	Description	Provider	Location	Date
SERVICES				
Empower	An adult learning program on self-discovery & empowerment to build skills, rebuild confidence & move forward. Connect with yourself & other women in a safe & supportive space.	The Zahra Foundation To enrol: E: intake@zahrafoundation.org.au Ph. 8352 1889	Various	Term 4: Starts Oct
Domestic Violence Disclosure Scheme	South Australia's Domestic Violence Disclosure Scheme (DVDS) allows people at risk of domestic violence to access information about a current or former partner to inform their safety.	SAPOL Apply via the link here: SAPOL - Domestic Violence Disclosure	Online	Ongoing
Women are Strong	8-week program exploring the types & effects of abuse, support services, self-care strategies & ways to move forward to rebuild your life.	Hands of Hope Ph. 0423 174 221 E: enquiries@handsofhope.asn.au	Location provided upon registration	School Terms
Domestic Violence, Family and Sexual Violence Counselling	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: admin@theyellowgate.org.au	Location provided on request	Tues
The Gathering Place	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Info & registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mon Monthly
From Strength to Strength	6-week program for women who have experienced relationship trauma. Build resilience, conflict management & healthier relationships.	Intake by Anglicare Ph. 8186 8911	Various	Runs alternative terms
Women are Strong	8-week educational support group. Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Yellow Gate Registration & intake required: Ph. 1300 564 164 E: admin@theyellowgate.org.au	To be advised	To be advised
Shark Cage	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: fif@anglicaresa.com.au	To be advised	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	Fri during term time
Women's Domestic Violence Court Assistance Service	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
Family Court Support	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
WIS Chat	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: Women's Information Service Live-Chat	Women's Information Service Ph. 8303 0590 W: www.wis.sa.gov.au	Online	Ongoing
SOCIAL CONNECTION/ COFFEE & CHAT				
Women's Circle	A non-judgemental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling Milang Community Centre For more info: Ph. 0447 144 119	Milang	Fri
Just Yarning Group	Knit squares to be sewn together, making rugs to be distributed to those in need.	Milang Community Centre Ph. Lyn on 0407 370 079	Milang	Thurs
Coffee & a Chat: Bunnings – Summer Garden	Join the Bunnings Team as we share practical tips to prepare your garden for summer. Learn simple ways to keep your garden healthy & thriving.	The Haven Mt. Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Aug 26



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Women's Yarnin Circle	Fortnightly Aboriginal & Torres Strait Islander women's group to come together in a culturally safe space. Great for a catch up, a yarn, to enjoy lunch, arts & crafts, excursions & healing.	Neporendi Aboriginal Community Centre New participants must book: Ph. 8322 1120	Christie Downs	Sep 2
Bring a Bub Book Club	A relaxed book club for adults with babies, bumps, and little ones in tow. Chat about your latest reads, favourite books, and your reading wishlist in a welcoming baby-friendly space.	City of Onkaparinga Bookings essential: Book here via Eventbrite For more info: Ph. 8384 0655	Noarlunga	Sep 8
Craft & Chat	Come along and join other women to learn craft in a relaxed, friendly environment.	The Haven Port Pirie Book your place: Ph. 0499 420 923	Port Pirie	Weds
Cuppa & Connection	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0407 251 696	Whyalla Stuart	Tues
FITNESS				
Hardhead Jalboos	Free for First Nations Women & held fortnightly, this 10-week women's hiking program offers challenging & more demanding hikes to help women feel stronger, healthier & connected.	Heal/ty Self/fitness, Sonder To register: E: contact@healthyselffitness.com.au Register here via Google Forms	Various	Starts Sep 6
Spark: Empower Her	A joyful movement class together with slowing down for self-reflection & women's circle connection. No dance experience is necessary.	Spark, The Hut Community Centre No need to book: Ph. 8302 6577 www.sparkconnection.org.au	Crafers	Sep 5
Women's Boxing Class with Coach Anja	A fun & affordable way to improve your fitness, build confidence & connect with other women in the community. At \$5/session, this weekly boxing class invites women of all fitness levels.	Tiny's Gym & Boxing Club No experience necessary \$5 per session E: tinysboxinggym@gmail.com	Largs Bay	Fri
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	Fri
TAX HELP				
Tax Help	Need a hand with your tax return? Help is on the way! A trained Tax Help volunteer can help people with simple tax situations and an income of around \$70 000 or less.	ATO, The Hut Community Centre Bookings essential: Ph. 8339 4400 E: reception@thehut.org.au	Crafers	Tues
Tax Help 1x1	Need a little help with your taxes? If your taxes are simple, our friendly volunteer is ready to help you lodge your taxes online using e-tax!	ATO, City of Adelaide Bookings essential: Ph. 8203 7990 Book here via Attekus	Adelaide	Thurs
Tax Help	The ATO's Tax Help program runs at Onkaparinga Libraries to help people on low incomes to complete their tax returns online with myGov. For more info or to book, call the libraries.	ATO, Onkaparinga Libraries Ph. 8384 0022 (Aldinga) Ph. 8384 0655 (Noarlunga) Ph. 8384 0070 (Woodcroft)	Aldinga Noarlunga Woodcroft	Until Oct
Tax Help at WIS	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: Tax Help	Adelaide	Until Oct 29
Tax Help at Whyalla Haven	ATO-trained volunteers can assist women with lodging their tax return if they earn \$70k or less.	ATO, The Haven Whyalla To book: Ph. 0407 251 696	Whyalla	Until Oct
Tax Help	Free tax help at Reynella Neighbourhood Centre if your income is less than \$70 000.	Reynella Neighbourhood Centre To book: Ph. 8322 3591	Reynella	Mon and Fri
LEGAL				
Free legal advice for women	Advice can be given on matters such as separation, divorce, domestic & family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre Women's Information Service Ph. 8303 0590 2 appointments available	Adelaide	Sep 29
Legal Outreach	Legal advice appointments and information sessions available from Women's Legal Service or Southern Community Justice Services SA.	The Yellow Gate To book: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Address provided on registration	Ongoing
Legal Outreach	Legal Services Commission offers free legal info & advice. Speak to a lawyer about your situation & see if an in-person appointment is right for you.	Legal Services Commission (LSC) To access this service: Ph. 1300 366 424	Murray Bridge	Thurs

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EDUCATION EMPLOYMENT				
Building the Pipeline Pathways Program Information Session	This program supports participants to build the skills, confidence & connections needed to step into civil construction & traffic management roles on the River Torrens to Darlington (T2D) Project.	The Umbrella Collective, Workforce Australia, TAFE SA Register interest: Ph. 0428 828 147 E: hello@theumbrellacollective.com.au	Tonsley	Sep 17
Money Talks	Would you like to learn how to set a money plan & feel more in control of your budget? Financial literacy workshops will cover setting financial goals, meal planning, debt management & more.	Junction Bookings essential: Ph. 8392 3080 E: cchackham@junctionaustralia.org.au	Hackham	Aug 25 Sep 1
Fiery Women	A practical & engaging 2-day workshop designed to help women understand bushfire risk & build the knowledge & confidence to prepare their homes, families & communities.	SA Country Fire Service Book here for Fiery Women via Microsoft forms	Aldgate	Sep 19
Tackling Menopause Class	A certified Health Coach will guide you through the key role nutrition plays in hormone health, specifically the menopause transition.	Mount Barker Community Centre Bookings essential: Book here via Eventbrite	Mount Barker	Sep 12
Renters Together	2 workshops to meet other local renters, share a meal & plan how we make renting better. Discuss where we're at & where we want to go, then what needs to change & how we make it happen.	SACOSS, Anti-Poverty Network SA, Better Renting, Renters and Housing Union Register here via SACOSS link	West Torrens	Aug 26
MEGT Foundation Scholarship	Scholarship supporting SA women experiencing disadvantage to re-engage with education & build pathways towards meaningful careers.	MEGT Foundation Submit an expression of interest (EOI) here via MEGT website	Metro Adelaide	Until Sep 11
Starting Over – Towards Home Ownership	If you're starting over after separation, divorce or financial hardship, this seminar will help you understand your home loan options & help take realistic steps towards home ownership again.	HomeStart Register here via HomeStart events	Online	Sep 2
SALVOS - Moneycare	Pop in and chat with Salena from Moneycare about how she can support you.	The Haven Mt. Gambier, Centacare, The Salvation Army Ph. 0439 169 925	Mount Gambier	Fri
Click into Confidence	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: wis@sa.gov.au	Adelaide	Thurs
Study Group for Parents	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
Women's Employment Assistance Drop-in	Discuss work options and receive help with your CV.	The Haven Goolwa For more info: Ph. 0499 407 237	Goolwa	Thurs
Report Writing Assistance	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa To book: Ph. 0499 407 237	Goolwa	Mon
HEALTH & WELLBEING				
Healthy Choices	12-week program for people living with or at risk of a chronic health condition. Partners individuals with a supervised student health coach to improve & maintain health & wellbeing.	Adelaide University To express interest & for more info: E: HealthyChoices@adelaide.edu.au Ph. 0421 694 945	Adelaide Elizabeth	Intake starts Sep 21
Period, Pelvic and Endometriosis Pain Talk	PPEP Talk® (Periods, Pain, and Endometriosis Program) is a free, evidence-based one-hour workshop designed to help individuals understand period pain.	Adelaide Hills Council Pelvic Pain Foundation of Australia Bookings essential here via Humanitix	Gumeracha	Sep 10
Navigating the Emotional Waves of Menopause	Whether you're perimenopausal, in the thick of it, or post-menopausal, this workshop is for any woman looking for calm, clarity & connection.	Adelaide Hills Council, Sonder Bookings essential here via Humanitix	Norton Summit	Sep 8
BreastScreen SA	Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.	BreastScreen SA Book here via BreastScreen SA Ph. 13 20 50	Millicent Tanunda Victor Harbor	Until Sep 8 Until Nov 13 Until Dec 10
Women's Stretch and Breathe	Wellbeing session designed to help you slow down & reduce stress. Enjoy gentle stretching, mindful breathing & relaxation techniques.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thurs

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Motivating Mondays	Relaxed group environment where women can explore simple practices around mindfulness, gratitude, goal setting & positive thinking at their own pace.	The Haven Whyalla For more information: Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Mon
PARENTING				
My Child and Me	Are you raising children aged 2-12 years? In this workshop learn about development milestones, parenting styles & how to create strong & positive connections with your children.	DHS, Medicare Mental Health Kids Hub Bookings required for My Child and Me Workshop here via Humanitix	Oaklands Park	Sep 4 Sep 11
HIPPY Gathering	Fortnightly program for parents & youngsters that provides you with tools & activities to help give your child a strong start in education.	KWY For more information or enquiries: Ph. 8377 7822	Christies Beach	Tue
Cyber Safety – Raising Children in a Digital Age	This workshop will teach you how to keep your kids safe online, the big issues of grooming, cyber bullying, social media, gaming & discuss screen time & what's best for your family.	Parenting SA For more information & to book click here via Parenting Workshops link	South Plympton Murray Bridge Elizabeth Park Port Augusta Woodville Gdns	Aug 27 Sep 4 Sep 14 Sep 17 Sep 22
Peaceful Parents	4-week workshop aims to strengthen family life by equipping parents with self-care, mindfulness strategies & resilience-building exercises. Also learning how to better support their children.	Anglicare SA To register: Ph. 1800 569 094 E: familyservices@anglicaresa.com.au	Christies Beach	Starts Sep 9
Bringing Up Great Kids	4-week program to build on your strengths as a parent or carer. Reflect on your parenting style & explore ways to make it even more positive & nurturing, while supporting your own wellbeing.	Baptist Care SA The Hut Community Centre Book here for the Bringing Up Great Kids Program via Humanitix	Aldgate	Starts Aug 27
Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Wednesdays fortnightly.	The Haven Whyalla, CaFHS, Centacare Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Until Oct 7
Parent Pathways	Flexible support with the help of a mentor to assist with personal, study or work goals. For parents & carers who have a child under 6, not in paid employment & live in a non-remote area.	Salvation Army Employment Plus Ph. 136 123	Various	Ongoing
Talking Realities – Tailored Learning	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
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 Bookings essential: Ph. 1800 716 881	Elizabeth Angle Park Christies Beach	Ongoing
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.	Metropolitan Youth Health Service Bookings essential: Ph. 1800 716 881	Elizabeth Angle Park Christies Beach	Ongoing
Indigenous Young Parents Program (IYPP)	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

