

# 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 2<sup>nd</sup> March 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>International Women's Day event</b>	Campbelltown City Council Women's Day Event. Guest speaker, Mary Centofanti.	Campbelltown City Council <a href="#">Register here for the IWD Event Campbelltown</a>	Campbelltown	Mar 12
<b>Warrior Run</b>	Deadly Fun Run celebrating Women Warriors.	Indigenous Marathon Foundation Office for Recreation Sport and Racing Ph. Steph on 0438 912 583.	Christies Beach	March 29
<b>International Women's Day March</b>	All cis and trans women, non-binary and gender diverse people of all size, colour, race, sexuality, identity, religion and culture, plus our allies and comrades are welcome and encouraged to attend.	SA Unions Ph. (08) 8279 2222 If you've not attended a march before, or are unsure of the march environment and would like to discuss, please phone SA Unions.	Tartanyangga Victoria Square	Mar 7 10:30am
<b>International Women's Day event</b>	Inspiring stories from women leaders, cultural performances, henna, information from services and providers, lunch.	City of Playford, Anglicare, Communities for Children, Uniting Communities, ANMS Ph. 0408 868 623 Wendy Ph. 0403 086 291 Raish	Elizabeth Playford Civic Centre	Mar 25
<b>Zonta Women's Expo</b>	Expo showcases clubs, organisations and businesses - health, fitness and employment services and activities for women.	Zonta Adelaide Hills Ph. 0412 645 053 E: <a href="mailto:zcahills@gmail.com">zcahills@gmail.com</a>	Mitcham	Mar 28
<b>Women are Strong</b>	8-week educational support group. Confused by your partner/es-partner's behaviour? Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Intake by Yellow Gate Ph. 1300 564 164 Initial intake assessment for participants.	Various	Commences start of school term
<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.	Intake by Anglicare Ph. 8186 8911 Initial intake assessment for participants.	Various	Commences start of school term
<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  Term 2 intake	Various	Runs alternative terms
<b>Balance the Scales International Women's Day event</b>	A morning tea for women, sip, support and help balance the scales.	The Haven Whyalla More information: Ph. 0407 251 696 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla	Mar 10
<b>Balancing the Scales – Echoes of Restriction International Women's Day event</b>	Morning tea with local author Darry Frazer. A discussion about overlooked, unpaid labour of women in 19 <sup>th</sup> Century homes and workplaces and restrictive laws of the era echoing today.	The Haven Goolwa No booking required. Ph. 0499 407 237 E: <a href="mailto:goolwayhaven@alexandrina.sa.gov.au">goolwayhaven@alexandrina.sa.gov.au</a>	Goolwa	Mar 13

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<b>Closing the Gap Day</b>	Family-friendly day for Aboriginal and Torres Strait Islander community with organisations and government services delivering support across South Australia. Connect with community and continue working together to close the gap.	Nunkuwarrin Yunti <a href="#">Register here for Closing the Gap Day</a>	Adelaide Showground, Goyder Pavilion	Mar 19
<b>Harmony Day</b>	Celebrating Our Cultural Diversity – face painting, henna, bouncing castle, cultural performances, sausage sizzle.	John McVeity Centre More information: Ph. 0429 372 052 Amita Ph. 0419 671 660 Cissy	Smithfield Plains	Mar 21
<b>The adult domestic family and sexual violence Lived Experience Advisory Network (LEAN)</b>	LEAN brings together people with lived experience to share knowledge and perspectives, influence government and service sector decisions, create meaningful change for others.	Embalden <a href="#">Complete expression of interest form for Lived Experience Advisory Network here</a> For more information: Ph. 0447 670 827 E: <a href="mailto:livedexperience@embalden.org.au">livedexperience@embalden.org.au</a>	To be confirmed	Ongoing
<b>Women's Employment Group</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	Thursdays
<b>Online Engagement sessions 2025 - 2026</b>	Come and have a yarn with the Electoral Commission of SA.	South Australian First Nations Voice to Parliament Register via email: <a href="mailto:SAVoice.ECSA@sa.gov.au">SAVoice.ECSA@sa.gov.au</a>	Online	Various
<b>Report Writing Assistance</b>	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa 10am – 2pm Book appointment: Ph. 0499 407 237	Goolwa	Mondays
<b>Flourish and Nourish</b>	Women's wellbeing group - monthly sessions chatting about mindset, energy, daily rituals, menopause and craving busters. Journal and light refreshments provided.	The Haven Mount Gambier Bookings essential: Registrations open 4 weeks before each session. Ph. 8721 2540	Mount Gambier	Last Friday of the month
<b>Healing and Recovery</b>	Connect with likeminded women and learn skills and strategies to empower you in your healing and recovery journey. Join in for 1,2 or 3 sessions	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Mar 4 Mar 11
<b>Reclaiming Her Voice</b>	6-week creative writing program for women healing from trauma. Learn mindfulness and expressive writing, techniques to reclaim your voice. No previous writing experience needed.	The Haven – Goolwa Limited creche places available. <a href="#">Book here for Reclaiming her voice via trybooking</a>	Goolwa	Feb 11 to Mar 18
<b>The Gathering Place</b>	A safe and supportive group for women who have experienced/experiencing family or domestic abuse. Sessions run fortnightly in 2026.	The Haven Mount Barker Information and to register: Ph. 0439 002 785 E: <a href="mailto:haven@mtbcc.org.au">haven@mtbcc.org.au</a>	Mount Barker	Fortnightly 2026
<b>Workshops for Survivors of Complex Trauma Workshops for Supporters, family and friends</b>	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: <a href="#">Workshops for Survivors</a> Check dates online	Online	Ongoing
<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	Fridays during term time
<b>Time for Me</b>	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	First Thursday of the month



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<b>Legal Outreach</b>	Free legal advice appointment 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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on registration	2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Thursday of the month
<b>Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier</b>	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
<b>Family Court Support</b>	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
<b>SOCIAL CONNECTION/ COFFEE &amp; CHAT</b>				
<b>Coffee and Chat Take a Line for a Walk</b>	Enjoy this mindful activity with Susan Briffa, on a pre-prepared A4 page you will have a design that will allow you mind to go wherever the line leads you. No rules, no stress, just fun!	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Mar 25
<b>Women's Circle</b>	A non-judgmental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling No booking necessary E: <a href="mailto:ACESpace@MOSHCC">ACESpace@MOSHCC</a> For more Information: Ph 0447 144 119	Milang	Fridays
<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	Wednesdays
<b>Women's Meditation</b>	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays Resumes Mar 5
<b>Espresso Yourself Chatty Cafe</b>	Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. Fortnightly.	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	Mar 12 Mar 26 Apr 9 Apr 23
<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	Tuesdays
<b>FITNESS</b>				
<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	Fridays
<b>EDUCATION EMPLOYMENT</b>				
<b>Transition to Work</b>	Information session and sausage sizzle – for parents and people aged 15 – 24 years. Guidance and practical support to help explore career paths, training and job opportunities.	City of Charles Sturt <a href="#">Register here for Transition to Work Information Session</a> Ph. (08) 8408 1860	Brompton	Mar 10
<b>Flying Start Pathways</b>	A free introduction into a career in the Education and Care Sector – a pre-certificate course. Tailored support. Improved placement experience.	Flying Start Pathways Program Gowri SA Ph 1800 129 606 (Option 2) E: <a href="mailto:pathways@gowriesa.org.au">pathways@gowriesa.org.au</a>	Christies Downs	Mar 17
<b>Western Adelaide Jobs Expo</b>	Help for all job seekers, from school leavers to mature aged, connect with potential local employers. Get inspired and improve job seeking skills and knowledge	PAE and Workforce Australia <a href="#">Register her for Western Adelaide Jobs Expo</a>	Hindmarsh	Mar 25

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<b>Resume Writing - Get Set for the Jobs Expo</b>	Workshop - Resume writing tips, career and training opportunities, how to make the most of the Western Adelaide Jobs Expo, what employers and recruiters are looking for. Build skills and confidence.	Workforce Australia, City of Charles Sturt <a href="#">Register here for the Resume Writing get set for the Jobs Expo workshop</a>	Seaton	Mar 18
<b>White Card training</b>	Free for the Aboriginal community. Small group one day course - Construction industry induction Prepares you to work safely. White Card on completion – required to work in Construction.	TAFESA Aboriginal Access Centre Enrol over the phone or via email. Ph. (08) 7210 3859 E: <a href="mailto:anji.solomann@tafesa.edu.au">anji.solomann@tafesa.edu.au</a>	Noarlunga Regency Salisbury	Mar 12 Mar10 Mar 11
<b>Talking Realities – Tailored Learning</b>	Accredited education for young pregnant and parenting people under 23. Supportive, environment designed for young parents. Gain SACE points and/or work towards a Certificate III in Community Services, connect with other young parents, receive one-on-one support. Practical assistance available.	My Health/Metropolitan Youth Health Westwood Health Centre For more information call or text: Ph. 8243 5637 Ph. 0422 002 561 Caras or Katrina	Angle Park	Tuesdays and Wednesdays
<b>HEALTH/MENTAL HEALTH</b>				
<b>Understanding Eating Disorder Recovery</b>	6-week online course based on the work of Janey Treasure's 'Skills Based Caring for a Loved One with an Eating Disorder'. The course provides communication and self-care strategies to help carers support a loved one through eating disorder recovery.	The Butterfly Foundation Facilitated webinar requires computer or device with internet and audio. Register: <a href="#">Register here for the Understanding eating disorder recovery course</a>	Online	Mar 19
<b>BreastScreen SA</b>	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a> Ph. 13 20 50	Mt Gambier Murray Bridge Yorke town	To early July To late May To mid Mar
<b>PARENTING</b>				
<b>Keeping Children Safe</b>	Information session – falls prevention, burns, water safety, driveway safety and more. Attend and received a child safety pack with free gift. For all families, carers and anyone who cares for children ages -0-14 years.	KidsafeSA <a href="#">Book here for the KidSafe Information session</a>	Yankalilla	Mar 23
<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 Ph: 1800 716 881 Bookings essential.	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 Ph: 1800 716 881 Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing
<b>Mum's Space</b>	A quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Fortnightly.	The Haven Whyalla More information: Ph. 0407 251 696 E: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>	Whyalla	Mar 11

