

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 27th April 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				
Volunteers Wanted The Haven Mount Gambier	Join the Haven Mt Gambier and make a difference to the lives of local women and give back to your community!	The Haven Mount Gambier Register for the Volunteering program here For more info: Ph: 0472 759 829	Mount Gambier	Training May 6 & May 7
Domestic Violence Remembrance Day	A calm and reflective space to honour lives lost to domestic violence. Come light a candle, write a message of hope and be supported.	The Haven Whyalla For more info: Ph. Ph. 0407 251 696	Whyalla	May 6
Empower Program	12-month EMPOWER learning program designed to support women impacted by domestic and family violence to rebuild confidence, develop skills and move forward.	Zahra Foundation For more info or to register: E: zahrafoundation.org.au Ph. 08 8352 1889	West Lakes	Ongoing
Resilient Women	Six-week program to support and empower women.	The Haven Mt. Gambier Bookings essential Susie Ph. 0472 759 829 E; mountgambierhaven@centacare.org.au	Mount Gambier	Starts May 8
Women are Strong	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. enquiries@handsofhope.asn.au	Location provided upon registration	School Terms
Trauma Informed Yoga	Women in the community who have been impacted by Domestic and Family Violence can join a free trauma-informed yoga class.	The Yellow Gate Ph. 1300 564 164	Location provided upon registration	Starts May 8
Journaling for Joy	For women who have been impacted by Domestic Violence. Establish the benefits of journaling incorporating writing, drawing, memory, photos and mixed media.	The Yellow Gate Ph. 1300 564 164	Location provided upon registration	Starts May 6
Domestic Violence, Family and Sexual Violence Counselling	Experienced counsellors providing safe and confidential support for women impacted by domestic, family and sexual violence. Sessions weekly, fortnightly or as one-off/ad-hoc.	Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au	Location provided on request	Tuesdays
Women are Strong	8-week domestic violence healing and recovery group – safe, confidential and supportive space to reconnect with your strength. Location available on registration.	Uniting Communities Registrations essential: Ph. 8202 5190	Salisbury	Apr 29
The Gathering Place	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mondays Monthly
Free legal advice for women	Advice on separation, divorce, domestic and family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre Women's Information Service To book appointment: Ph. 8303 0590	Adelaide	May 26



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Women are Strong	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: admin@theyellowgate.org.au Initial intake assessment for participants.	Various	Starts May 5
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 Registration required: Ph. 8377 5400 E: fif@anglicaresa.com.au	Location on registration	Starts May 7
From Strength to Strength	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
The Gathering Place	A safe and supportive group for women who have experienced/experiencing family or domestic abuse.	The Haven Mount Barker Information and to register: Ph. 0439 002 785 E: haven@mtbcc.org.au	Mount Barker	Fortnightly 2026
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	First Thursday of the month
Legal Outreach	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: admin@theyellowgate.org.au	Address provided on registration	1 st 2 nd and 4 th Thursday of the month
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	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				
All In for Reconciliation	Flag raising ceremony, followed by morning tea and guest speaker Dr Jennifer Caruso.	Pooraka Farm Community Centre E: Reception1@poorakafcc.com.au Ph. 8406 8488 Bookings essential	Pooraka	June 1
Community Weaving Project	Learn basic weaving techniques with Ramindjeri and Ngarrindjeri Artist, Kyla McHughes.	The Haven Goolwa Bookings: Ph. 0499 407 237 Book here for the weaving project via Humanitix	Goolwa	Fridays in May
She Thrives	A supportive group for women to grow, connect and thrive together.	The Haven Mount Barker Ph. 0439 002 785 E: haven@mtbcc.org.au	Mount Barker	Starts April 30
Chatty Cafe	Join us at Chatty Café, where community members can sit and chat with others. Chatty Café can help bring people together and reduce loneliness.	Elizabeth Rise Community Centre Ph. 8256 0448 E: ercc@playford.sa.gov.au	Elizabeth Rise	Weds
Ladies Together 'Coffee, Chat & Craft'	Come along and have 'you' time. Bring your knitting, crochet, diamond dotz, word search or other craft Cost \$2 per week	Reynella Neighbourhood Centre Ph. 8322 3591	Reynella	Mondays



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Mother's Day Paint and Brunch	Relaxed, beginner-friendly painting activity that encourages self-expression. No artistic experience needed. High tea and refreshments provided.	Yellow Gate Register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Provided on registration	May 12
Coffee and Chat Online Safety with SAPOL	Limestone Coast Crime Prevention Section will be available to provide information and discuss ways you can protect yourself online.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	May 27
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	Friendly, inclusive gatherings, every two weeks. Tea, coffee, biscuits and gentle company. Participate a much or as little as you like – just bring yourself!	Women's Information Service At Minor Works Building Community Centre. No need to register. For information: Ph. 8303 0590	Adelaide	May 7 May 21
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 EMPLOYMENT				
Easy help with your money	Understanding money, making plans for your money and where your money goes each week.	Uniting Care Wesley	Location provided on registration	June 13
Click into Confidence	Computer & Word Basics 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	Thursdays
Aged Care Reforms	Information on the recent changes to Aged Care reforms introduced on 1 Nov 2025.	COTA Australia Register here via Humanitix for the Aged Care Reform Webinar Session 1 Ph. 1300 268 228	Online	Session 1 May 8 Session 2 Jun 1 Session 3 Jun 30
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	Mondays
Big Sister Program at Peer	Electrical Try a trade. The Big Sister Program at Peer supports women to become Electricians in a supportive and encouraging environment.	Peer For more info and how to register Ph. 8348 1200	Albert Park	Starts May 25
Tech Safety Information Session	Recognise and respond to technology-facilitated abuse. Tech Safety Info Session includes practical tools, information on domestic and family violence and an interactive Q&A.	City of West Torrens Women's Safety Services SA Book here for the Tech Safety Information Session via Eventbrite	Hilton	May 28
Parent Pathways	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 W: www.employmentplus.com.au	Various	Ongoing
Report Writing Assistance	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
Women's Employment Assistance Drop-in	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237	Goolwa	Thursdays



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		E: goolwahaven@alexandrina.sa.gov.au		
HEALTH/MENTAL HEALTH				
BreastScreen SA	Breast cancer screening is available for women over 40, especially those aged 50 -74 yrs.	BreastScreen SA Ph 132 050 BreastScreen SA • Online Bookings	Riverland	Late April – Early July
Healing and Recovery	3-week course. Connect with likeminded women and learn skills and strategies to empower you in your healing and recovery journey.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Starts May 6
Our Sexual Health Matters: Our Voices Our Bodies	A creative community project using collage art to explore sexual health, safer sex, consent, healthy relationships and stigma reduction	SAMESH Register here for Our Sexual Health Matters	Online	May 17
BreastScreen SA	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: www.breastscreen.sa.gov.au Ph. 13 20 50	Mt Gambier Murray Bridge	To early July To late May
Flourish and Nourish	Women's wellbeing group chat about mindset, energy, daily rituals, menopause and craving busters. Journal and light refreshments provided.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Last Friday of the month
PARENTING				
Peaceful Parents	4-week course. Supports parents in building stronger, calmer and more connected family relationships.	Anglicare Ph. 1800 569 094 E: familyservices@anglicaresa.com.au	Davoren Park	Starts May 14
Little Steps	6-week course. Program for Aboriginal Women and their young children or Mothers/Carers. Focuses on parenting, from pregnancy to 12 years of age, child development, looking after yourself and connecting to culture.	KWY, Anglicare & Communities for Children More info: Heather Ph 8377 7822 Complete little steps referral form here	Elizabeth Downs	Starts May 5
			Ottoway	Starts May 6
My Child & Me	Build an understanding of children's development and exploring the little moments in everyday parenting.	Mount Barker Community Centre Kelly Ph. 8391 2747 E: kelly@mtbcc.org.au Register here for My Child & Me via Humanitix	Mount Barker	Part 1: May 7 Part 2: May 14
Growing and Learning in the Family	Help for to families gain an understanding of how children learn, key developmental milestones and forming meaningful connections through play.	Elizabeth Park Primary School Contact: Helen Ph. 0484 772 520 E: Helen.teague651@schools.sa.edu.au	Elizabeth Park	Part 1: May 11 Part 2: May 18
Think U Know	Evidence based education program led by the Australian Federal Police to prevent online child sexual exploitation.	Think U Know / Australian Federal Police Register here for Think U Know at Blackwood Register here for Think U Know at Marion	Blackwood	May 13
			Marion	May 19
Autistic burnout and children	Learn what autistic burnout can look like in children and how to support wellbeing without pushing through.	Neurotopical Therapy Register here for Autistic Burnout and Children via Humanitix	Aberfoyle Park	May 13
Peas in a Pod	For parents and caregivers of children under 12 months who are looking to connect with other families, community and gain information and support in early stages of parenting.	Centacare Information and registration: Ph. 8215 6310	Hackham	Apr 30 to Jun 25
Who's in Charge	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Reconnect/Centacare and City of Port Adelaide Enfield Enquiries and referrals: Ph. 0410 698 907 Trevor Ph. 8215 6700 Centacare	Angle Park	May 6

