



Women's Information Service

The "What's On" page provides details of services and activities for women of SA as of **Monday 22 June 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				
Aware & Empowered	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: bhaama@lutherancare.org.au	Blair Athol	Starts Jul 9
Free Legal Advice	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	Jun 30
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 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	8-week program. 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	May 8 - Jun 26
Journaling for Joy	8-week program. 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	May 6 - Jun 24
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 Enquiries and registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mon Monthly
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.	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
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	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

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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
Time for Me	For women who have experienced Domestic Abuse. A two-hour workshop to support relaxation, creativity and connection.	For more information please contact: Ph. Kerry 0457 671 385 Ph. Jo 0429 269 320	Southern Suburbs	1 st Thurs 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	Ongoing
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 www.wis.sa.gov.au	Online	Ongoing
SOCIAL CONNECTION/ COFFEE & CHAT				
Cuppa and Chat with Local Community Services	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 from Jul 2
Creating for Causes	Help to knit/crochet squares for knee blankets, socks, beanies, scarves & other items to distribute to organisations such as Fred's Van, Homeless Connect SA & VOLLIECARE Flinders.	Reynella Neighbourhood Centre For more details: Ph. 8322 3591	Old Reynella	1 st Thurs of every month
Ignite	Hutt St Centre presents IGNITE an afternoon for women. Join for an afternoon with free clothes, beauty products, afternoon tea and more.	Hutt St Centre No bookings required Ph. 8418 2500	Adelaide	1 st Thurs of every month
Coffee & Chat with Legal Services Commission	The Legal Services Commission (LSC) seeks to give all South Australian's equal access to justice through the legal system. Join for a coffee & chat to learn more information about their services.	The Haven Mount Gambier, LSC Bookings essential: Ph. 8721 2540	Mount Gambier	Jun 24
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	Thurs
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	Weds
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	Tues
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	Fri



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EDUCATION EMPLOYMENT				
TAFE SA - Women's Education Info Sessions	Attend a Women's Education info session & find the right course for you. Develop skills to gain work, change careers or study further.	TAFE SA Register here for TAFE SA Women's Education Info sessions	Various	Jun
SALVOS - Moneycare	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
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
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	Various	Ongoing
Report Writing Assistance	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
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 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Thurs
HEALTH/MENTAL HEALTH				
Menopause made Manageable	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 Register here for menopause made manageable via Eventbrite	Golden Grove	Jul 9
Women's Stretch and Breathe	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
Motivating Mondays	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: whyallahaven@ccsa.org.au	Whyalla	Mon
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 Sailsbury Berri	To early Jul
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	Jun 26
PARENTING				
Who's in Charge?	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 July 29
First Time Mums Morning Tea	Connect with other mums, speak with local parent & child service providers, enjoy a range of activities & receive a goodie bag.	Playford Uniting Church Booking essential, limited places: Ph. Christie on 0434 856 904	Munno Para	Jun 26



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Mum's Space	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: whyallahaven@ccsa.org.au	Whyalla	May 20 - Jul 29
Deadly Parenting	6-week program for Aboriginal families with children aged 10 to 18 years to support your children's growth & development & make positive connections.	Metropolitan Aboriginal Youth and Family Service (MAYFS) Ph. 1800 685 546 E: mayfs.info@sa.gov.au	Elizabeth South	May 26 – Jun 30
Circle of Security – Mums & Bubs	8-week program. Learn to foster a healthy relationship and close attachment with your child!	MYSA Register here for Circle of Security Mums & Bubs and for more info.	West Croydon	May 19 – Jul 7
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

