

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 19 October 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				
Shark Cage	8-week program to help increase your knowledge of healthy & unhealthy relationships, build capacity to set boundaries & help you recognise a potentially abusive person.	Aboriginal Family Support Services Ph. 0459 890 805 (Metro) Ph. 0499 889 729 (Mount Gambier) Ph. 0417 255 724 (Port Lincoln)	Metro Mount Gambier Port Lincoln	Starts Oct 22
Walk for Respect	Bring your colleagues, friends and family and stand together in a peaceful walk of solidarity. Together, let's say NO to Domestic Violence and YES to Respectful Relationships.	Rotary SA Individuals register here via PlanetReg Groups: Chair@WalkForRespect.au	Victoria Square	Nov 7
Western Collaboration Against Family and Domestic Abuse Community Forum	For community members & service providers to raise awareness, build capacity & discuss best practice in supporting our communities who experience Family & Domestic Abuse.	Western Collaboration Against Family and Domestic Abuse Bookings essential: Register here for the forum via Eventbrite	Woodville	Nov 11
Connection, Strength and Recovery Program	Where survivors of intimate partner abuse can share strategies, engage in safety & DV education discussions & support one another. 8-week group, ongoing casual social drop-in groups, or 1 on 1 support to reconnect to self & community.	Women's Safety Services SA For more information: E: CSR@womenssafetysservices.com.au Ph. 0401 390 405	Eastern, Central or Western Adelaide	Ongoing
Ignite	Event to empower women at risk or experiencing homelessness. Safe space offering resources, activities & opportunities tailored to women.	Hutt St Centre For more information: Ph. 8418 2500	Adelaide	First Thurs of every month
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
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	Support group for women who have experienced family & domestic violence. Explore reconnecting with your strengths, stepping away from guilt & shame, healthy relationships & more.	Relationships Australia SA For more info or to register: Ph. 8223 4566 (Central & West) Ph. 8255 3323 (North)	Central & West North	Fri in terms Wed in terms
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

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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				
Social Connect Program	Arts & crafts group with morning tea. The program aims to reduce social isolation, promote a healthy lifestyle & increase cultural knowledge.	Marra Dreaming, Warntapinthe For more information: Ph. Mary on 8285 2311	Salisbury	Wed
New Neighbours Welcome	Come & meet friendly people from your community & learn about your area. A gathering celebrating all cultures & offering food, friendships, information & activities for children.	City of Onkaparinga, Greek Orthodox Church of St Andrew For more information: Ph. 0481 057 999	Christie Downs	Nov 7
Coffee & Chat	For women in the community who have been impacted by Domestic & Family Violence. Join for coffee & a chance for social connection.	The Yellow Gate To register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Noarlunga	Oct 26
Queer Yarn	Fortnightly group for LGBTQ+ people & allies that are passionate about fibre arts, wanting to meet new people & build community. Bring your project or learn something new!	The Queer Society Book here for Enfield via Humanitix Book here for Glandore via Humanitix	Enfield Glandore	Tue Thurs
Coffee and a Chat presents Cooking on a Budget	Join as Jane shares a few recipes & ideas from her own cooking & take whatever tips you can! Let's celebrate frugal cooking!	The Haven Mt Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Oct 28
Death Cafe	Informal gathering where people come together to talk openly about death, grief & mortality in a relaxed setting, often over tea, coffee & cake.	District Council of Yankalilla Alcohol and Drug Foundation Book here via trybooking	Yankalilla	Oct 23
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	Wed
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				
Spark Nature Walk	Join for a low to medium intensity walk that goes for about 1 hour. Connect with nature, followed by a cuppa if you'd like to stay & chat.	Spark No need to book, just turn up! E: hayley@sparkconnection.org.au	Mylor	Nov 1
Ride Her Way	Local women's ride offering a welcoming atmosphere to follow a safe & guided route for cyclists of all abilities & gain tips on cycling safety.	Bike SA, City of Salisbury Book here for Ride Her Way via Eventbrite	Salisbury	Oct 31 Nov 7, 14, 21 & 28
Walking on Country	Fitness hiking program for First Nations Women created to explore trails in a culturally safe space. Connect to Country & join in Yarning Circles.	Healthy Self Fitness Bookings essential: E: contact@healthyselffitness.com.au	Adelaide Hills	Sat
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 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
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	Oct 27

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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
EDUCATION EMPLOYMENT				
Managing your emails safely	Discover the benefits of email & account features, how to manage & avoid spam emails, ways to keep your email account secure & more.	eSafety Commissioner Register for the presentation here via the eSafety website	Online	Nov 12
Payday Loans & Insurance	Personal loans are tempting when trying to find solutions to money issues & insurance can be tricky to manage. Learn about safer & more affordable options & making informed decisions.	Uniting SA PAE Libraries Bookings encouraged for the session here via Humanitix	Port Adelaide	Oct 30
Digital Confidence	Program for CALD women to learn practical computer skills, build confidence using online services & discover how to share your knowledge to support other women in your community.	Baptcare, STTARS, Office for Women Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Oct 22 & 29 Nov 5
Financial Fitness	3-week course designed to foster financial prosperity & positive money habits among Aboriginal & Torres Strait Islander individuals.	Aboriginal Family Support Services For more information & to book: Ph. Tim on 0460 752 834	Noarlunga	Starts Nov 4
Volunteers Wanted – Whyalla Haven	Empower local women with info & give back to the community as a Haven volunteer. If you're passionate about making a positive impact & want to make SA safer for women, we want YOU!	Women's Information Service Ph. 8303 0590 Ph. Rhiannon on 0419 165 477 Register here for WIS volunteering	Whyalla	Ongoing
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
Study Group for Parents	Designed for busy parents with 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				
Healing and Recovery	Connect with like-minded women over 3 weeks and learn skills and strategies to empower you in your healing and recovery journey.	Centacare Ph. 8721 2540	Mount Gambier	Starts Nov 4
Digital Wellness: A Guide to Mental Health Apps	As part of Mental Health Awareness Month, explore a curated selection of apps & online resources designed to promote mindfulness, healthy routines & emotional wellbeing.	The Living Library Payneham Library Bookings required for Digital Wellness here via Humanitix	Felixstow	Oct 29
Women's Mindful Moment	Join for a calming & creative session outdoors, designing your own mini Zen garden.	The Haven Whyalla, Centacare Limited spaces: Ph. 0407 251 696	Whyalla	Oct 22
Ahmadiyya Muslim Women Cooking Classes	The Ahmadiyya Muslim Women Aldinga Chapter are back to share their cooking skills & delicious dishes with our community. Just bring yourself!	City of Onkaparinga Bookings essential: Ph. 8384 0070	Morphett Vale	Nov 9
Women's Nunga Pamper Day	All Aboriginal women welcome to join for a culturally safe, empowering pampering session to relax, reconnect & be cared for. Pamper activities include facials, nails, hair styles & more.	Marra Dreaming, Warntapinthe Spots are limited. To secure & save your booking: Ph. 0472 567 735	Salisbury	Nov 6
Research: Exploring alcohol, everyday life and hope	Women aged 45-64 & living on a low income invited to take part in a research study. How can changes to women's environments & conditions of daily life foster hope & reduce heavy drinking?	Adelaide University, La Trobe University, Torrens University For more information: E: claire.harris@adelaide.edu.au	South Australia	Ongoing
Mindshare Visual Art Exhibition	The exhibition features powerful works by South Australian creatives with lived experience of mental health challenges through this year's theme, Find Your Way to Wellbeing.	Mental Health Coalition of SA Venues for opening hours: North Adelaide Community Centre, Minor Works Building & Hutt St Library	Adelaide	Until Oct 31



Women's Information Service

Breaking Down Breast Cancer	Come & gain a greater understanding of the risk factors, warning signs & diet for breast cancer prevention. Learn from a qualified nutritionist & breast cancer survivor in a safe space.	Goodwood Community Centre Bookings essential: Book here for Breaking Down Breast Cancer via Eventbrite	Goodwood	Oct 30
Trauma-Informed Yoga	Women impacted by Domestic & Family Violence can join a weekly yoga class. Engage in a practice promoting reduced stress & anxiety, relief from pain, better sleep, less anger & impulse control.	The Yellow Gate To register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Christies Beach	Fri
Emotion Regulation and Distress Tolerance Group	8-week program drawing on Dialectical Behaviour Therapy (DBT) skills. Discover practical strategies to manage stress, understand your emotions, strengthen resilience & stay grounded.	ACAP Clinic Self-referrals welcome: Book here for group via Eventbrite E: clinic@acap.edu.au	Online	Starts Oct 22
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	Naracoorte Tanunda Victor Harbor	Until Nov 9 Until Nov 13 Until Dec 10
PARENTING				
My baby and me	Workshop for parents and carers with babies aged 0-2 years.	Department of Human Services Ph. 0407630173 E: Carlye.Bowden2@sa.gov.au	Angle Park	Starts Nov 18
Infant Massage	4-week workshop. Learn the gentle and nurturing practice of infant massage	Uniting Care Wesley Bowden E: CFSS.mailbox@ucwb.org.au	Bowden	Starts Nov 13
Bringing Up Great Kids after Domestic and Family Violence	A course for women experiencing separation. 5-week course for mothers & female carers to encourage parenting practices that build competence, optimism & capability in children.	Centacare Bookings essential: Ph. 8228 8900 E: registrations@centacare.org.au	Adelaide	Starts Nov 3
Circle of Security Parenting	7-week course to learn how to help your child organise their feelings, enjoy a more fulfilling relationship with your child & help your child feel secure, now & into the future.	Centacare Bookings essential: Ph. 8228 8900	Adelaide	Starts Nov 3
Tuning in to Teens	Workshop for parents & carers of teens experiencing mental health concerns. Gain skills to support your teen's mental health & help them manage their emotions.	Headspace, Centacare Register here for Tuning in to Teens via Microsoft Forms Ph. 08 8303 6660	Port Adelaide	Nov 3
Teach-Do-Learn	Parenting program bringing together parents, carers & children aged up to 4 years for fun & educational experiences. Practical hands-on play & learning activities with qualified educators.	Gowrie SA, Anglicare SA, Communities for Children For enquiries: Ph. 8234 5219 E: train@gowriesa.org.au	Christie Downs	Thurs
Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Wed fortnightly.	The Haven Whyalla, CaFHS, Centacare Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Until Nov 11

