

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 13 July 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	Connect with yourself & others in this 9-week program of empowerment. Build skills & rebuild confidence as you learn about healthy futures, relationships, communication & decisions.	ZAHRA Foundation, Junction To enrol: E: intake@zahrafoundation.org.au Ph. 8352 1889	Hackham	Starts Jul 22
Women are Strong	8-week program to support women who have been impacted by family & domestic violence in a safe, supportive & empowering group to learn & reconnect with personal strengths.	Junction Australia To register: Ph. 8392 3060 E: FDVS@junctionaustralia.org.au	Fleurieu Region	Starts Jul 27
Shark Cage	This program will help you increase your knowledge of healthy & unhealthy relationships, build your capacity to set boundaries & help you recognise a potentially abusive person.	Aboriginal Family Support Services (AFSS) Bookings essential: Ph. Kayla on 0400 667 498	Paralowie	Starts Aug 11
Shark Cage	This program will help you increase your knowledge of healthy & unhealthy relationships, build your capacity to set boundaries & help you recognise a potentially abusive person.	Aboriginal Family Support Services (AFSS) Bookings essential: Ph. Ellen on 0499 889 729	Mount Gambier	Starts Jul 30
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 register: Ph. Bhaama on 0437 983 989 E: bhaama@lutherancare.org.au	Murray Bridge	Starts Aug 4
Women are Strong	8-week domestic violence healing and recovery group offering a safe, confidential, and supportive space to explore your experiences and reconnect with your strength.	Uniting Communities Registrations essential: Ph. 8202 5190	City of Salisbury	Starts Jul 22
Women are Strong	8-week support & information program that explores what is abuse, different 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 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
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

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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				
100 Cups of Tea Women's Group	A safe space for women to connect, share & learn from one another on Wednesdays during school term. Come & try different activities or just enjoy a cup of tea & a conversation!	HIPPY The Parks, DHS Ph. Gloria (DHS) on 0438 177 430 Ph. Carlye (DHS) on 0407 630 173 Ph. Jodie (HIPPY) on 0403 415 851	Angle Park	Jul 29
Coffee and a 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, SAPOL Bookings essential: Ph. 8721 2540	Mount Gambier	Jul 29
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
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				
Self Defence Workshop	A free, inclusive self defence workshop designed for culturally & linguistically diverse (CALD) adults who identify as LGBTIQA+. Build practical safety skills and boost your confidence.	STTARS (Supporting Survivors of Torture & Trauma) To book: Ph. 0412 823 816 (Lucas) E: l.lopezrodrigues@sttars.org.au	North Adelaide	Jul 25
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
LEGAL				
Lawyer in the Library	Come in for a confidential chat about how Uniting Communities Law Centre can help you with a range of legal issues, including: family law, tenancy, Centrelink disputes, debt, and more.	City Libraries Uniting Communities Law Centre No bookings needed, for more info: Ph. 8202 5960	Adelaide	Jul 24
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
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
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	Jul 30
EDUCATION EMPLOYMENT				
Preparing for a Disaster	Are you disaster ready? At this information session learn about storing important documents safely, legal rights & responsibilities, where to find legal & disaster recovery support & more.	Legal Services Commission (LSC) View event details and register via Eventbrite link here: Legal Services Commission of South Australia	Port Augusta Mount Barker Mount Gambier Murray Bridge	Jul 16 Jul 24 Jul 30 Aug 10

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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	Jul 30 – Oct 29
Financial Counselling with UCWB	A financial counselling service with qualified counsellors who can guide you through financial options & help you plan a way out of debt.	City of Tea Tree Gully Uniting Care Wesley Bowden Ph. 8245 7177	Holden Hill	1 st & 3 rd Mon of the month
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	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
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 info: Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Thurs
HEALTH & WELLBEING				
Ignite	An afternoon for women experiencing or at risk of homelessness or hardship. Connect with services & focus on your wellbeing with crafting, free clothes, beauty products, afternoon tea, etc.	Hutt St Centre No booking required For more info: Ph. 8418 2500	Adelaide	Aug 6
Doing it Tough Expo	Find free food, services and support in your community. Talk to people who can help with your bills, housing, food and more.	City of Tea Tree Gully Bookings not required Ph. 8397 7444	Modbury North	Aug 4
BreastScreen SA	Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.	BreastScreen SA Book online here for a Breastscreen SA appointment Ph. 13 20 50	Northfield Millicent Tanunda	Late Jul – Aug Late Jul – Sep Late Jul – Nov
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
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
PARENTING				
Bringing up Great Kids	Seeking a new perspective on engaging with your children or kids in Care? Develop skills to build positive relationships, enhance communication and promote respectful interaction.	Aboriginal Family Support Services Bookings essential: Ph. Kayla on 0400 667 498	Paralowie	Starts Jul 27
Circle of Security	8-week program focuses on what makes a child feel safe, secure & protected. Learn about the natural connection between parents/caregivers & children, feelings, how not to blame, etc.	Aboriginal Family Support Services Bookings essential: Ph. 0459 890 805 (Paralowie) Ph. 0499 889 729 (Mt. Gambier)	Paralowie Mount Gambier	Starts Jul 28

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Tuning in to Teens	6-session program for parents of young people aged 12-18. Develop skills to support your teen's mental health, improve your understanding of your teen & guide them in dealing with conflict.	Centacare Reconnect Mental Health Service Register to attend: Ph. 8303 6660	Gilles Plains	Starts Aug 5
Living with Teens	2-session workshop for parents/carers of adolescents aged 12-18 years. Learn strategies to improve communication, navigate challenges & support young people through the teen years.	DHS, Families Growing Together Greenock Primary School Ph. 8562 8011 Register here via Tockify	Greenock	Starts Aug 3
Circle of Security Parenting	8-week program for parents/carers to build stronger and more secure relationships with the children in your life. Creche available, please discuss when booking in.	Uniting Care Wesley Bowden Bookings essential: E: cfss.mailbox@ucwb.org.au Ph. 0457 838 371	Angle Park	Aug 5 – Sep 23
Teach-Do-Learn	A hands-on activity for parents/carers & children aged up to 4 years. Learning through play & activities with qualified educators & visiting speech, feeding & occupational therapists.	Gowrie SA Ph. 8234 5219 E: train@gowriesa.org.au	Christie Downs	Jul 23 – Sep 10
Circle of Security – Daytime or After Hours Workshop	8-week (daytime or after hours) program that covers a range of topics, including learning to read emotional needs, successfully managing emotions, & helping children to feel secure.	Uniting Communities Bookings essential: Ph. 0428 799 775 (am workshop) or Ph. 0475 505 696 (pm workshop) E: noarlungaFRC@unitingcommunities.org	Online	Starts Jul 28
Bringing Up Great Kids	6-week program for parents of young children & adolescents to help raise happy & confident kids. Topics include understanding children's development & behaviour & mindful parenting.	Uniting Communities Bookings essential: Ph. Bron on 0428 799 775 E: noarlungaFRC@unitingcommunities.org	Christies Beach	Starts Jul 30
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 Jul 29
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	Until Jul 29
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



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