

# 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 **Monday 24 March**

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>Women are Strong Women do Survive</b>	8-week support group for women dealing with the effects of abusive relationships.	Junction Ph. 8392 3060 E: <a href="mailto:FDVS@junctionaustralia.org.au">FDVS@junctionaustralia.org.au</a> Location provided on registration	Fleurieu Region	Dates provided on registration
<b>Shark Cage for Women</b>	Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships	Anglicare Carla on 8186 8919 or E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a> Location provided on registration Centacare Ph. 8228 8900	To be advised	To be advised
<b>Women are Strong Women do Survive</b>	8-week support group for women dealing with the effects of abusive relationships.	Hands of Hope Ph. 0423 174 221 E: <a href="mailto:Enquiries@handsofhope.asn.au">Enquiries@handsofhope.asn.au</a>	Northern Area	To be advised
<b>From Strength to Strength</b>	6-week group for women who would like to increase their personal growth and improve relationship conflict management. Ideal for women who have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 8186 8900 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	To be advised	To be advised
<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>Way of the Horse</b>	An 8-week program for women impacted by DV. Learning with horses to gain insights into your own behaviours, emotions and relationships	The Yellow Gate To register Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Onkaparinga Hills	Starts April 30
<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 Kerry Ph. 0457 671 385Jo Ph. 0429 269 320	Christie Downs	Last Thursday of the month
<b>Art for Healing</b>	Come and explore your creative side with simple art and mindfulness techniques. For women in the community who have been impacted by family and domestic violence.	The Yellow Gate To register call Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on Registration	Starts Feb 13
<b>Trauma-informed yoga</b>	Women in the community who have been impacted by domestic and family violence can join a free, weekly trauma-informed yoga class.	The Yellow Gate Ph. 1300 564 164	Christies Beach area	Starts Feb 14
<b>Resilience Program Workshop</b>	Join us in these workshops to discover comprehensive skills to boost your resilience. For women in the community who have been impacted by domestic and family violence.	The Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Noarlunga area	Starts Feb 19
<b>Walk n Talk</b>	Inclusive walking group for women who have been impacted by DV.	The Yellow Gate To register Ph. 1300 564 164	Moana Beach	1 <sup>st</sup> Monday of the month
<b>Information Session - Your Body Your Choice</b>	Sexual Assault Awareness Month Information Session, Your Body Your Choice.	The Whyalla Haven Ph. 0477 219 410	Whyalla	Apr 9

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<b>Legal Outreach</b>	Free legal advice appointments are 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 upon 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>	We will be attending at the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. We will be available to meet with clients and support services.	Legal Services Commission Ph. 1800 246 642	Mount Gambier	Fortnightly
<b>WIS Chat</b>	Can't find the information you are looking for? <b>You can now talk to WIS via Live Chat on our webpage.</b> Visit us at <a href="#">Women's Information Service Live-Chat</a> And click on the: "Hi there, how can I help you" pop-up.	Women's Information Service Ph. 8303 0590 <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>	Online	Ongoing
<b>OmbudsmanSA outreach at WIS</b>	Talk to the Ombudsman SA if you believe you have been treated unfairly or unreasonably by a state government department or local government agency.	Women's Information Service Ph. 8303 0590	Adelaide	Mar 27
<b>Family Court Support</b>	WIS provides confidential support for women attending 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 0590 for more information or to book your family court support.	Various	Ongoing
<b>Financial Counsellor</b>	Drop-in Financial Counsellor No appointment needed.	Anglicare SA Aldinga Beach Children's Centre Ph. 1800 759 707 to arrange a financial counselling appointment	Aldinga	Last Wednesday of the month
<b>Uniting Communities Legal Advice Drop In at WIS</b>	A member of The Uniting Communities Social Security legal team will be at WIS to assist with a wide range of Centrelink issues.	Women's Information Service Ph. 8303 0590	Adelaide	Apr 3
<b>Domestic and Family Violence Candlelight Vigil</b>	Mark Domestic and Family Violence Remembrance Day at a candlelight vigil to honour the memory of those whose lives have been taken through domestic and family violence.	Embolden For information E: <a href="mailto:contact@embolden.org.au">contact@embolden.org.au</a> <a href="#">Domestic &amp; Family Violence Candlelight Vigil - Embolden</a>	Adelaide CBD	May 7
<b>SOCIAL CONNECTION</b>				
<b>Flourish and Nourish</b>	Monthly sessions where we will chat about wellbeing topics.	The Haven Mount Gambier For bookings Ph. 8721 2540	Mount Gambier	Starts Mar 28
<b>Women's Peer Group - Parents of neurodivergent children</b>	A group for all women who are caring for a neurodivergent child or children and would like help to improve their own mental health.	Skylight Ph. 83784100 E: <a href="mailto:nicoleb@skylight.org.au">nicoleb@skylight.org.au</a>	Mount Barker	1st Thursday of the month
<b>Wellness Workshop</b>	Series of workshops designed to support and empower you.	Bendigo Bank Elizabeth Rise Community Centre <a href="#">Book here for Wellness Workshop</a>	Elizabeth Downs	Apr 15 May 20



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<b>Coffee and Chat with Cindy Bunt</b>	Join The Haven Mount Gambier and Cindy Bunt from The Post and Rail for a blue wren painting class. All materials supplied. Limited spaces. Bookings essential.	The Haven Mount Gambier For bookings Ph. 8721 2540	Mount Gambier	Mar 26
<b>Relax and Recharge</b>	6-week women's wellbeing group aimed at promoting greater physical and mental wellness.	Mount Barker Community Centre <a href="#">Book here for Relax and Recharge via Humanitix</a>	Mount Barker	Starts Mar 5
<b>Swap and Grow</b>	Bring cuttings, seedlings or small plants to share with others and take new ones home.	The Haven Whyalla Ph. 0477 219 410	Whyalla	1 <sup>st</sup> Thursday of the month
<b>EDUCATION</b>				
<b>Bring Your Bills</b>	Empowering women to gain a better understanding of bills Bring a bill to discuss.	Lifeline Southeast. The Haven Mount Gambier Ph. 8721 2540	Mount Gambier	Apr 10
<b>Group English Conversation Practice</b>	Facilitated group session, then stay for a 1-on-1 conversation to build confidence and improve communication skills. No bookings needed.	Pasadena Community Centre <a href="#">Group English Conversation Practice   City of Mitcham</a>	Pasadena	Starts Mar 13
<b>HEALTH</b>				
<b>BreastScreen SA</b>	BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40.	BreastScreen SA For more information contact 13 20 50 or go to <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a>	Kimba Clare	Mar 26 -Apr 1 April 11-June 12
<b>PARENTING</b>				
<b>Circle of Security</b>	7-week course, learn how to enjoy a more fulfilling relationship with your child.	Centacare Ph. 8228 8900	Aldinga	Starts May 6
<b>Navigating Neurodiversity</b>	Support group for parents and caregivers who care for those with Neurodiversity. Fortnightly.	The Haven Goolwa For more information Ph. 0499 407 237 or Deb Ph. 0427 208 937	Goolwa	Wednesdays during school term
<b>Are you a carer? Carers SA Info Session</b>	This event will help you learn more about how to access the free support services that Carers SA offers. Bookings essential, one booking per person.	Carers SA in collaboration with the City of West Torrens <a href="#">Register for the Carers SA Information Session here.</a>	Hilton	April 9
<b>Mankurri-Apinthi Peer to Peer Program</b>	Are you Aboriginal or Torres Strait Islander with children? Do you want to connect with community while having fun? Peer to peer program led by volunteers with lived experience to form community connections.	KWY Ph. 8377 7822 admin@kwy.org.au www.kwy.org.au	Blair Athol	Wednesdays
<b>Bringing Up Great Kids</b>	Course to help parents and carers understand their child's behaviour.	Relationships Australia SA Bookings are essential. Ph. 8255 3323	Salisbury	Starts April 28

