

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 24th November 2025**

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				
Women are Strong Women do Survive	Free eight-week domestic violence healing and recovery group – safe, confidential and supportive space to explore your experiences and reconnect with your strengths; understand effects of abusive relationships, managing overwhelming emotions, developing safety strategies, women's roles in family and society, being a person for yourself.	Uniting Communities Registrations are essential: Ph. 8202 5190	Salisbury	2026 Feb 4,11, 18,25 March 4,11,18,25
Digital Self-defence	Women of Whyalla are invited to a free session designed to help you stay safe online, protect your privacy and secure your devices. Introductory workshop, practical and easy to follow. Feel free to bring your own phone, tablet or laptop.	Whyalla Haven All women are welcome to attend. More information: Ph 0407 251 696 E: whyallahaven@cccsa.org.au	Whyalla Stuart	Dec 2
Celebrate Disability Pride!	Meet friendly people, watch our amazing video, hear from interesting speakers, play games, eat free food and drinks. Anyone with a disability welcome to join. Please reserve a spot for family or support people when booking.	SACID's Peer Action Crew Information: Ph. 80 8352 4416 E: cathi@sacid.org.au To book: Celebrate Disability Pride! SACID Peer Action Crew	Nailsworth	Dec 2
Coercive Control community forum	Community forum on SA's new Coercive Control legislation and key recommendations from the Royal Commission into Domestic, Family and Sexual Violence. Guest speaker: Hon Katrine Hildyard MP, Minister for Child Protection, Domestic, Family and Sexual Violence, and Women.	Southern Domestic Violence Action Group RSVP: Dianne Ph. 0406 069 710 E: dianne@atdot.dotat.org	Christies Beach	Dec 5
Enhanced Communication	One-on-one session to assist individuals to increase awareness around conflict and the impact on our mental health, developing skills and strategies to manage interactions with another person with insight and objectivity.	Uniting Communities Monday to Friday Contact: Sandra: Ph. 0447 525 288 or Amanda: Ph. 0473 735 673 E: NoarlungaFRC@unitingcommunities.org	Noarlunga, online and phone	Ongoing
Shark Cage	Eight-week group to help women build a strong 'shark cage' of human rights and explore how to recognise respectful 'dolphins' from abusive 'sharks'. Empowerment to heal. Selfcare.	Uniting Communities P. 0447 525 288 or E: NoarlungaFRC@unitingcommunities.org Anglicare Ph. 8186 8911 E: fif@anglicare.com.au	To be advised To be advised	To be advised, runs each school term
Workshops for Survivors of Complex Trauma Workshops for Supporters, family and friends	Learn about trauma and impacts. Techniques to support regulation and self-care. Educational webinar, not therapeutic. NOT a professional development training.	Blue Knot Register online: Workshops for Survivors Check dates online	Online	Dec 5 Ongoing
WIS Chat	Can't find the information you are looking for? You can now talk to WIS at Live Chat on our web page Office for Women - Women's Information Service - click on: "Hi there, how can I help you".	Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au	Online	Ongoing

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Women are Strong Women do Survive	8-week support group for women dealing with the effects of abusive relationships.	The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au	Outer southern suburbs To be advised	To be advised, runs each school term To be advised
From Strength to Strength	6-week group - increasing personal growth and improving relationship conflict management. Ideal if you have completed both Women are Strong and Shark Cage groups.	Anglicare SA Ph. 0481 098 373	Outer southern suburbs	To be advised
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	Last Thursday of the month
Legal Outreach	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: admin@theyellowgate.org.au	Address provided upon registration	2 nd , 3 rd and 4 th Thursday of the month
Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier	At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders. Can meet with clients and support services.	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				
Freedom Wheels	Ride, laugh, connect! All ages, all abilities. Bring your family, carers and friends. All inclusive bike and trike ride experience day.	Technology for Ageing and Disability SA Inc. Aldinga Community Centre Ph. 8488 2075 Register here via Humanitix for Freedom Wheels bike ride	Aldinga Beach	Nov 29
Card Making	All materials provided. Come and chat and craft and create	Whyalla Haven For information: Ph. 0407 251 699 between 10am to 2pm	Whyalla	Fridays in November
Tukka Time	For Aboriginal people with disability and families to come together. Cook a meal together – with the support of a dietitian from Life Skills Hub. To join one member needs to have a disability.	Kawanta Pirku-itya NDIS not an eligibility requirement. Limited spots. Bookings essential Ph. 8209 3840 or 0436 349 387	Elizabeth Rise	Fortnightly Nov to Dec 11
Flourish and Nourish	Monthly sessions where we will chat about wellbeing topics. Not on in Dec 2025 and Jan 2026.	The Haven Mt Gambier For bookings contact the Mt Gambier Library Ph. 8721 2540	Mount Gambier	Last Friday of the month until Nov
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
Game Day	Join us to connect with other women and have fun with board games, cards, and trivia.	The Haven Mount Gambier Ph. 0439 169 925	Mount Gambier	Mondays

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Women's Meditation	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
COFFEE & CHAT SOCIAL GROUPS				
Coffee and Chat	Create a unique succulent planter. All materials supplied.	Mount Gambier Haven Bookings essential Ph. 8721 2540	Mount Gambier	Nov 26
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
Espresso Yourself Chatty Cafe	Coffee, biscuits and chat, informal social connection, just bring yourself and relax with gentle conversation. All who identify as women are welcome. Fortnightly until Dec 4. Return Jan 15, 2026. More 2026 dates coming!	Women's Information Service At Minor Works Building Community Centre No need to register. For information: Ph. 8303 0590	Adelaide	Dec 4 Jan 15 Jan 29 Feb 12 Feb 26
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				
Women's Advocacy Information session TAFE SA	Women's Education courses. Certificate II, III and IV. Literacy and numeracy; computer/digital and work-related competencies; expand personal development opportunities.	TAFESA Register here for Women's Advocacy information sessions:	Noarlunga Adelaide City Elizabeth	Various Late Nov Late Jan
Power Up Equip	Held over two sessions – to INSPIRE + EQUIP women on their political journey. Access to ongoing resources after training.	Women for Election Register here for Power Up EQUIP online sessions	Online	Nov 26 and Dec 3
Home Security Workshop	SAPOL – protect what matters and home security audit; Bunnings – home security, product viewing; Centacare – Safe at home, safety planning.	Centacare, SAPOL, Bunnings Bookings essential: Ph. 8721 2540	Mount Gambier	Dec 8
Click into Confidence	Build your digital skills in a friendly and supportive environment. No experience needed. Free 1-hour sessions between 1:00 and 4:00 pm.	Women's Information Service Bookings essential: Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Wednesdays On-going
HEALTH/MENTAL HEALTH				
Breastscreen SA	Visiting Smithfield Plains – women over 40, especially 50 to 74 – book a free appointment. Breastscreen takes 15 minutes to detect breast cancer at early stage.	Breastscreen SA Book online: Book online here for your BreastscreenSA appointment Ph. 13 20 50	Smithfield Plains	Late Nov to Early Dec
Yoga classes for women	Free Yoga classes. After yoga have a cuppa at the Dyson Road, Christies Beach group room. You don't have to be a Uniting Communities client to join.	Uniting Communities Call Kelly or Sharon for information or booking Ph. 8202 5010	Christies Beach	Mondays
Cervical Screening	Get tested during training clinics, led by experienced and skilled staff – and receive a \$50 digital gift voucher. Quick and private test.	SHINE SA To book: Ph. 8300 5300 or book online SHINE SA-Davoren Park - Book Doctors Online with HotDoc	Davoren Park	Tuesday and Thursdays
Just Listening Therapeutic Community	Support for individuals experiencing psychosis, suicidal distress, other emotional distress – one-to-one connection, group connection and a safe community space.	Just Listening – walk-in service, no booking needed Just Listening Therapeutic Community E: info@justlistening.com.au	Christies Beach	Weekdays

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PARENTING				
Neurodivergent Two-day workshop for parents	Supporting Neurodiverse children to lead valued and positive lives through understanding and encouragement – comprehensive, interactive 2-day workshop for parents and families. \$15/session + \$1.75 booking fee.	Reynella Neighbourhood Centre Inc Book here via Humanitix for the Neurodivergent workshops for parents	Old Reynella	Dec 15 and 16
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 Ph: 1800 716 881 Bookings essential	Elizabeth Angle Park Christies Beach	On-going
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 and accessing physical and mental health support.	Metropolitan Youth Health Service Ph: 1800 716 881 Bookings essential	Elizabeth Angle Park Christies Beach	On-going
Indigenous Young Parents Program (IYPP)	Fortnightly program for pregnant and parenting people who are aged under 25 years who have Aboriginal children. Connect with each other and culture, build parental capacity, health and wellbeing, child development, healthy relationships and community supports.	Metropolitan Youth Health Service Ph: 8243 5637 or 0423 049 499. Bookings essential	Angle Park	On-going
Rainbow Connection Playgroup	Do you want to connect with the LGBTQIA+ community? Bring your children and meet other parents you identify with! Free, fun, dynamic, welcoming playgroup.	Forbes Children's Centre Contact: Katherine, through Pink Parents Ph. 0438 536 346 OR Facebook Messenger	South Plympton	Mondays during school Terms

