

# 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 04 May 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](mailto:wis@sa.gov.au)

Program	Description	Provider	Location	Date
<b>SERVICES</b>				
<b>National Reconciliation Week</b>	Activities and events during National Reconciliation Week (NRW).	<a href="#">Events from May 1 – May 21 – Reconciliation Australia</a>	Various	May
<b>Empower Program</b>	12-month EMPOWER learning program designed to support women impacted by domestic and family violence to rebuild confidence, develop skills and move forward.	Zahra Foundation For more info or to register: E: <a href="mailto:zahrafoundation.org.au">zahrafoundation.org.au</a> Ph. 08 8352 1889	West Lakes	Ongoing
<b>Women are Strong</b>	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: <a href="mailto:enquiries@handsofhope.asn.au">enquiries@handsofhope.asn.au</a>	Location provided upon registration	School Terms
<b>Trauma Informed Yoga</b>	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	Starts May 8
<b>Journaling for Joy</b>	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	Starts May 6
<b>Domestic Violence, Family and Sexual Violence Counselling</b>	Experienced counsellors providing safe and confidential support for women impacted by domestic, family and sexual violence. Sessions weekly, fortnightly or as one-off/ad-hoc.	Yellow Gate Ph. 1300 564 164 E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Location provided on request	Tuesdays
<b>The Gathering Place</b>	A safe and supportive group for women who have experienced or are experiencing domestic abuse.	Centacare Enquiries and registration: Ph. 8228 8960 E: <a href="mailto:mmdvs@centacare.org.au">mmdvs@centacare.org.au</a>	Murray Bridge	Mondays Monthly
<b>Free legal advice for women</b>	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	May 26
<b>Women are Strong</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a> Initial intake assessment for participants.	To be advised	To be advised
<b>Shark Cage</b>	8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.	Relationships Australia Registration required: Ph. 8377 5400 E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a>	To be advised	To be advised
<b>From Strength to Strength</b>	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 Term 2 intake	Various	Runs alternative terms
<b>The Gathering Place</b>	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: <a href="mailto:haven@mtbcc.org.au">haven@mtbcc.org.au</a>	Mount Barker	Fortnightly 2026



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<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>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 Ph. 0457 671 385 Ph. 0429 269 320	Christie Downs	First Thursday of the month
<b>Legal Outreach</b>	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: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>	Address provided on registration	1 <sup>st</sup> 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month
<b>Women's Domestic Violence Court Assistance Service</b>	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
<b>Family Court Support</b>	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
<b>SOCIAL CONNECTION/ COFFEE &amp; CHAT</b>				
<b>All In for Reconciliation</b>	Flag raising ceremony, followed by morning tea and guest speaker Dr Jennifer Caruso.	Pooraka Farm Community Centre E: <a href="mailto:Reception1@poorakafcc.com.au">Reception1@poorakafcc.com.au</a> Ph. 8406 8488 Bookings essential	Pooraka	June 1
<b>Community Weaving Project</b>	Learn basic weaving techniques with Ramindjeri and Ngarrindjeri Artist, Kyla McHughes.	The Haven Goolwa Bookings: Ph. 0499 407 237 <a href="#">Book here for the weaving project via Humanitix</a>	Goolwa	Fridays in May
<b>She Thrives</b>	A supportive group for women to grow, connect and thrive together.	The Haven Mount Barker Ph. 0439 002 785 E: <a href="mailto:haven@mtbcc.org.au">haven@mtbcc.org.au</a>	Mount Barker	Starts April 30
<b>Chatty Cafe</b>	Join us at Chatty Café, where community members can sit and chat with others. Chatty Café can help bring people together and reduce loneliness.	Elizabeth Rise Community Centre Ph. 8256 0448 E: <a href="mailto:ercc@playford.sa.gov.au">ercc@playford.sa.gov.au</a>	Elizabeth Rise	Weds
<b>Ladies Together 'Coffee, Chat &amp; Craft'</b>	Come along and have 'you' time. Bring your knitting, crochet, diamond dotz, word search or other craft Cost \$2 per week	Reynella Neighbourhood Centre Ph. 8322 3591	Reynella	Mondays
<b>Coffee and Chat Online Safety with SAPOL</b>	Limestone Coast Crime Prevention Section will be available to provide information and discuss ways you can protect yourself online.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	May 27
<b>Craft &amp; Chat</b>	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
<b>Women's Meditation</b>	Gentle movement, breathwork, relaxing guided meditation. Weekly.	The Haven Whyalla Ph. 0407 251 696	Whyalla	Thursdays
<b>Cuppa &amp; Connection</b>	A safe space for women to chat over craft, cards or games.	The Haven Whyalla Ph. 0477 219 410 E: <a href="mailto:whyallahaven@cccsa.org.au">whyallahaven@cccsa.org.au</a>	Whyalla Stuart	Tuesdays
<b>FITNESS</b>				
<b>Women's Walking Group</b>	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
<b>EDUCATION EMPLOYMENT</b>				
<b>MoneyMinded Financial Education</b>	Build practical skills in budgeting, goal setting and managing finances safely and effectively.	The Benevolent Society Contact: E: <a href="mailto:familysupportsa@benevolent.org.au">familysupportsa@benevolent.org.au</a>	Elizabeth Vale	Flexible



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<b>SALVOS - Moneycare</b>	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	Fridays 10-12pm
<b>Easy help with your money</b>	Understanding money, making plans for your money and where your money goes each week.	Uniting Care Wesley	Location provided on registration	June 13
<b>Click into Confidence</b>	Computer & Word Basics build your digital skills. 1 hour session Max of 2 people per session	Women's Information Service Bookings essential Ph. 8303 0590 E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>	Adelaide	Thursdays
<b>Study Group for Parents</b>	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	Mondays
<b>Big Sister Program at Peer</b>	Electrical Try a trade. The Big Sister Program at Peer supports women to become Electricians in a supportive and encouraging environment.	Peer For more info and how to register Ph. 8348 1200	Albert Park	May 25
<b>Tech Safety Information Session</b>	Recognise and respond to technology-facilitated abuse. Includes practical tools, information on domestic and family violence and an interactive Q&A.	City of West Torrens Women's Safety Services SA <a href="#">Book here for the Tech Safety Information Session via Eventbrite</a>	Hilton	May 28
<b>Parent Pathways</b>	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 W: <a href="http://www.employmentplus.com.au">www.employmentplus.com.au</a>	Various	Ongoing
<b>Report Writing Assistance</b>	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa 10am – 2pm Book appointment: Ph. 0499 407 237	Goolwa	Mondays
<b>Women's Employment Assistance Drop-in</b>	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: <a href="mailto:goolwahaven@alexandrina.sa.gov.au">goolwahaven@alexandrina.sa.gov.au</a>	Goolwa	Thursdays
<b>HEALTH/MENTAL HEALTH</b>				
<b>Pain Support Group</b>	Monthly support group for people living with chronic pain.	Adelaide Pain Support Network Ph. 8397 7444	Surrey Downs	3 <sup>rd</sup> Thursday of the month
<b>Free Hearing Check</b>	Free 15-minute hearing checks for adults 18+Bookings required.	Hearing Australia Ph.8397 7333 <a href="#">Book your free hearing check here</a>	Tea Tree Gully	21 May 11 June
<b>Healing and Recovery</b>	3-week course. Connect with likeminded women and learn skills and strategies to empower you in your healing and recovery journey.	The Haven Mount Gambier Bookings essential Ph. 8721 2540	Mount Gambier	Starts May 6
<b>Our Sexual Health Matters: Our Voices Our Bodies</b>	A creative community project using collage art to explore sexual health, safer sex, consent, healthy relationships and stigma reduction	SAMESH <a href="#">Register here for Our Sexual Health Matters</a>	Online	May 17
<b>BreastScreen SA</b>	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: <a href="http://www.breastscreen.sa.gov.au">www.breastscreen.sa.gov.au</a> Ph. 13 20 50	Mt Gambier Murray Bridge Sailsbury  Berri	To early July To late May Late May – Early July To Early July
<b>Flourish and Nourish</b>	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	Last Friday of the month
<b>PARENTING</b>				
<b>Circle of Security – Mums &amp; Bubs</b>	8-week program. Learn to foster a healthy relationship and close attachment with your child!	MYSA <a href="#">Reister here for Circle of Security Mums &amp; Bubs and for more info.</a>	West Torrens	Starts May 19



# Women's Information Service

<b>Peaceful Parents</b>	4-week course. Supports parents in building stronger, calmer and more connected family relationships.	Anglicare Ph. 1800 569 094 E: <a href="mailto:familyservices@anglicaresa.com.au">familyservices@anglicaresa.com.au</a>	Davoren Park Christies Beach	Starts May 14 Starts May 14
<b>My Child &amp; Me</b>	Build an understanding of children's development and exploring the little moments in everyday parenting.	Mount Barker Community Centre Kelly Ph. 8391 2747 E: <a href="mailto:kelly@mtbcc.org.au">kelly@mtbcc.org.au</a> <a href="#">Register here for My Child &amp; Me via Humanitix</a>	Mount Barker	Part 2: May 14
<b>Growing and Learning in the Family</b>	Help for to families gain an understanding of how children learn, key developmental milestones and forming meaningful connections through play.	Elizabeth Park Primary School Contact: Helen Ph. 0484 772 520 E: <a href="mailto:Helen.teague651@schools.sa.edu.au">Helen.teague651@schools.sa.edu.au</a>	Elizabeth Park	Part 2: May 18
<b>Think U Know</b>	Evidence based education program led by the Australian Federal Police to prevent online child sexual exploitation.	Think U Know / Australian Federal Police <a href="#">Register here for Think U Know at Blackwood</a> <a href="#">Register here for Think U Know at Marion</a>	Blackwood Marion	May 13 May 19
<b>Autistic burnout and children</b>	Learn what autistic burnout can look like in children and how to support wellbeing without pushing through.	Neurotopical Therapy <a href="#">Register here for Autistic Burnout and Children via Humanitix</a>	Aberfoyle Park	May 13
<b>Who's in Charge</b>	8-week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.	Reconnect/Centacare and City of Port Adelaide Enfield Enquiries and referrals: Ph. 0410 698 907 Trevor Ph. 8215 6700 Centacare	Angle Park	Starts May 6
<b>Talking Realities – Tailored Learning</b>	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. <a href="tel:82435637">8243 5637</a> Ph. <a href="tel:0422002561">0422 002 561</a> Caras or Katrina	Angle Park	Tues and Weds
<b>Pregnancy to Parenting program for young parents aged under 25 years</b>	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: <a href="tel:1800716881">1800 716 881</a> Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing
<b>Kidstuff program for young parents aged under 25 years</b>	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 Ph: <a href="tel:1800716881">1800 716 881</a> Bookings essential.	Elizabeth Angle Park Christies Beach	Ongoing
<b>Indigenous Young parents Program (IYPP)</b>	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 Ph: 8243 5637 or Ph: 0423 049 499	Angle Park	Ongoing

