

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 3 August 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	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
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 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 Info & registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mon Monthly
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
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	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	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
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				
Ladies Together	Meet new people, have a coffee & chat. If you like to knit, crochet, diamond dotz, bring it along.	Reynella Neighbourhood Centre Inc Ph. 8322 3591	Old Reynella	Mon
Coffee & a Chat: Bunnings – Summer Garden	Join the Bunnings Team as we share practical tips to prepare your garden for summer. Learn simple ways to keep your garden healthy & thriving.	The Haven Mt. Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Aug 26

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Women's Let's Do Lunch	Come for a friendly chat and free lunch. Soup and toasties on offer until gone.	The Haven Whyalla, Centacare Ph. 0407 251 696	Whyalla Stuart	Aug 4, 6 & 7
Women's Group	Come along to this welcoming, community led space for a coffee and some creative activities. Creche available.	Junction Australia Bookings essential: Ph. 8392 3080 E: cchackham@junctionaustralia.org.au	Hackham	Tues
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	Weds
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	Weds
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				
Women's Boxing Class with Coach Anja	A fun & affordable way to improve your fitness, build confidence & connect with other women in the community. At \$5/session, this weekly boxing class invites women of all fitness levels.	Tiny's Gym & Boxing Club No experience necessary \$5 per session E: tinysboxinggym@gmail.com	Largs Bay	Fri
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				
Free legal advice for women	Advice can be given on matters such as separation, divorce, domestic and family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre Women's Information Service Ph. 8303 0590	Adelaide	Aug 25
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				
Starting Over – Towards Home Ownership	If you're starting over after separation, divorce or financial hardship, this seminar will help you understand your home loan options & help take realistic steps towards home ownership again.	HomeStart Register here via HomeStart events	Online	Sep 2
Tax Help at Whyalla Haven	If women need help lodging their tax return and earn \$70 000 or less, our ATO-trained volunteers can assist you.	ATO, The Haven Whyalla To book: Ph. 0407 251 696	Whyalla	Until Oct
Learn the Signs and Protect Yourself	Don't get caught out – learn how to recognise and respond to Services Australia & myGov scams. Learn how to identify common scam tactics & know what to do if you are targeted.	Services Australia's Scams Prevention and Engagement Team COTA Australia Register here via Microsoft Teams	Online	Aug 24
Tax Help	Free tax help at Reynella Neighbourhood Centre if your income is less than \$70 000.	Reynella Neighbourhood Centre To book: Ph. 8322 3591	Reynella	Mon and Fri
Barista Training	Fee free for Aboriginal community, this 3-day course will cover preparing & serving espresso coffee & using hygienic practices for food safety.	TAFE SA, Aboriginal Access Centre To register: Ph. 8348 2480 E: nicole.lopez@tafesa.edu.au	Regency Park	Starts Aug 18
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) Book here for the Preparing for a Disaster session via Eventbrite	Murray Bridge	Aug 10
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

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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
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
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
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				
Healthy Habits	6-session group encourages carers to work towards their own health & wellbeing goals. This group provides practical strategies, peer support & encouragement to help you get there.	Skylight Register your interest here for Healthy Habits group via Skylight website link	Elizabeth	August
Restore	Nervous system nourishment for people working with people. A calming & supportive space to pause, reset & reconnect through mindful movement & more. Last Tuesday of every month	Skylight Bookings essential: Ph. 8378 4100 E: crt@skylight.org.au	Mile End	Aug 25
Period, Pelvic and Endometriosis Pain Talk	PPEP Talk® (Periods, Pain, and Endometriosis Program) is a free, evidence-based one-hour workshop designed to help individuals understand period pain.	Adelaide Hills Council Pelvic Pain Foundation of Australia Bookings essential here via Humanitix	Gumeracha	Sep 10
Diphtheria Vaccination Clinic & TB Screening Service	A Registered Nurse & Cultural Navigator will be on site to provide diphtheria vaccinations, TB screening, information & support.	Watto Purrinna, Northern Adelaide Local Health Network To book: Ph. 1800 973 425	Port Adelaide Elizabeth Ingle Farm	Ongoing
Tiny Teeth & Healthy Smiles with Parent Pathways	Info on oral health, morning tea & craft activities. "Lift the Lip" screenings for children aged 0-5 yrs & advice on caring for your child's teeth.	Parent Pathways, Employment Plus, SA Dental Book here via Microsoft Forms	Christie Downs	Aug 5
Navigating the Emotional Waves of Menopause	Whether you're perimenopausal, in the thick of it, or post-menopausal, this workshop is for any woman looking for calm, clarity & connection.	Adelaide Hills Council, Sonder Bookings essential here via Humanitix	Norton Summit	Sep 8
Healing & Recovery	3-week program to connect with likeminded women & learn skills & strategies to empower you in your healing & recovery journey.	The Haven Mt. Gambier, Centacare Bookings essential/limited spaces: Ph. 8721 2540	Mount Gambier	Starts Aug 5
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
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	Northfield Millicent Tanunda	Until Aug 14 Until Sep 8 Until Nov 13
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				
Peaceful Parents	4-week workshop aims to strengthen family life by equipping parents with self-care, mindfulness strategies & resilience-building exercises. Also learning how to better support their children.	Anglicare SA Hackham West Community Centre To register: Ph. 1800 569 094 E: familyservices@anglicaresa.com.au	Hackham West	Starts Aug 19



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The Art of Becoming	Fortnightly creative wellbeing group for pregnant women & new mums. Come along with your baby to create & connect with other mums.	Aldinga Beach Children's Centre Book here for The Art of Becoming via Trybooking	Aldinga Beach	Thurs
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
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
Bringing Up Great Kids	4-week program to build on your strengths as a parent or carer. Reflect on your parenting style & explore ways to make it even more positive & nurturing, while supporting your own wellbeing.	Baptist Care SA The Hut Community Centre Book here for the Bringing Up Great Kids Program via Humanitix	Aldgate	Starts Aug 27
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	Until Sep 10
Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Wednesdays fortnightly.	The Haven Whyalla, CaFHS, Centacare Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Until Oct 7
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
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

