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 2 November 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				
Heard for Change	Workshop to strengthen understanding of what domestic & family violence & coercive control are. Learn how to recognise early warning signs & ways to be a safe & supportive bystander.	City of PAE Women's Safety Services SA Registration essential: Book here for Heard for Change via Humanitix	Angle Park	Nov 26
Aware & Empowered	2-week domestic violence (DV) workshop supporting women impacted by child services. Recognise different types of abuses & understand how DV affects children & parenting.	Lutheran Care Bookings essential: Ph. Bhaama on 0437 983 989 E: bhaama@lutherancare.org.au	Murray Bridge	Starts Nov 16
Understanding Complex Trauma and Strategies to Support Yourself	Workshop for survivors of childhood trauma and/or abuse to provide an understanding of complex trauma & its impacts. Learn techniques & strategies to support regulation & selfcare.	Blue Knot Register here for the workshop via the Blue Knot website	Adelaide	Nov 28
Celebration of Women	A vibrant community gathering honouring women's voices, stories & creativity. Join for an inspiring celebration of art, music & spoken word showcasing local talent & lived experiences.	Respect Community Action Group Community Health Onkaparinga Book here for Celebration of Women via Trybooking	Port Noarlunga	Nov 26
Walk for Respect	Bring your colleagues, friends and family and stand together in a peaceful walk of solidarity. Together, let's say NO to Domestic Violence and YES to Respectful Relationships.	Rotary SA Individuals register here via PlanetReg Groups: Chair@WalkForRespect.au	Victoria Square	Nov 7
Western Collaboration Against Family and Domestic Abuse Community Forum	For community members & service providers to raise awareness, build capacity & discuss best practice in supporting our communities who experience Family & Domestic Abuse.	Western Collaboration Against Family and Domestic Abuse Bookings essential: Register here for the forum via Eventbrite	Woodville	Nov 11
Connection, Strength and Recovery Program	Where survivors of intimate partner abuse can share strategies, engage in safety & DV education discussions & support one another. 8-week group, ongoing casual social drop-in groups, or 1 on 1 support to reconnect to self & community.	Women's Safety Services SA For more information: E: CSR@womenssafetyservices.com.au Ph. 0401 390 405	Eastern, Central or Western Adelaide	Ongoing
Ignite	Event to empower women at risk or experiencing homelessness. Safe space offering resources, activities & opportunities tailored to women.	Hutt St Centre For more information: Ph. 8418 2500	Adelaide	First Thurs of every month
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 program exploring the 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
From Strength to Strength	6-week program for women who have experienced relationship trauma. Build resilience, conflict management & healthier relationships.	Intake by Anglicare Ph. 8186 8911	Various	Runs alternative terms
Women are Strong	8-week educational support group. Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.	Yellow Gate Registration & intake required: Ph. 1300 564 164 E: admin@theyellowgate.org.au	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

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Out of the Shadows	Support group for women who have experienced family & domestic violence. Explore reconnecting with your strengths, stepping away from guilt & shame, healthy relationships & more.	Relationships Australia SA For more info or to register: Ph. 8223 4566 (Central & West) Ph. 8255 3323 (North)	Central & West North	Fri in terms Wed in terms
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				
Coffee and a Chat presents Connecting our community to food support	Join as guest speakers from Foodbank, Sunset Kitchen & ac.care share information about their services & how to access free & low-cost food.	The Haven Mt. Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Nov 25
Social Connect Program	Arts & crafts group with morning tea. The program aims to reduce social isolation, promote a healthy lifestyle & increase cultural knowledge.	Marra Dreaming, Warntapinthi For more information: Ph. Mary on 8285 2311	Salisbury	Wed
New Neighbours Welcome	Come & meet friendly people from your community & learn about your area. A gathering celebrating all cultures & offering food, friendships, information & activities for children.	City of Onkaparinga, Greek Orthodox Church of St Andrew For more information: Ph. 0481 057 999	Christie Downs	Nov 7
Coffee & Chat	For women in the community who have been impacted by Domestic & Family Violence. Join for coffee & a chance for social connection.	The Yellow Gate To register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Noarlunga	Nov 11
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	Wed
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				
Ride Her Way	Local women's ride offering a welcoming atmosphere to follow a safe & guided route for cyclists of all abilities & gain tips on cycling safety.	Bike SA, City of Salisbury Book here for Ride Her Way via Eventbrite	Salisbury	Nov 7, 14, 21 & 28
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 & family violence, intervention orders, property settlement, parenting agreements or orders, child support.	Uniting Communities Law Centre Women's Information Service Ph. 8303 0590 **3 appointments available**	Adelaide	Nov 24
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				
St John First Aid Information Session	Empower yourself with life-saving skills! In this 3-hour St John session, you'll learn how to respond to medical emergencies, choking, seizures & CPR.	St John Ambulance, PAE Libraries Bookings essential: Book here for session via Humanitix	Angle Park	Nov 21

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Power Her Up Skills Workshop: From Visibility to Sales	Practical workshop exploring how to build visibility & communicate your value. Hands-on session to give you practical tools, ideas & actions to take straight back into your business.	Women in Creative Technologies Spaces are limited: Book here for the Power Her Up Skills Workshop via Humanitix	Adelaide	Nov 10
Don't Toss It – Mend It! Sewing Basics	For up to 25-year-olds, learn practical hand-sewing skills to repair & refresh your clothes in this beginner-friendly workshop.	PAE Libraries Bookings essential here for Sewing Basics workshop via Humanitix	Port Adelaide	Nov 21
Safer online shopping – Festive season edition	Join for a presentation about the benefits of shopping online, how to safely shop & pay for things online & festive scams to look out for.	eSafety Commissioner Register for safer online shopping talk here via the eSafety website	Online	Nov 24
Managing your emails safely	Discover the benefits of email & account features, how to manage & avoid spam emails, ways to keep your email account secure & more.	eSafety Commissioner Register for the presentation here via the eSafety website	Online	Nov 12
Digital Confidence	Program for CALD women to learn practical computer skills, build confidence using online services & discover how to share your knowledge to support other women in your community.	Baptcare, STTARS, Office for Women Ph. 8303 0590 E: wis@sa.gov.au	Adelaide	Ongoing
Financial Fitness	3-week course designed to foster financial prosperity & positive money habits among Aboriginal & Torres Strait Islander individuals.	Aboriginal Family Support Services For more information & to book: Ph. 0460 752 834 (Noarlunga) Ph. 0400 667 498 (Paralowie)	Noarlunga Paralowie	Starts Nov 4 Starts Dec 1
Volunteers Wanted – Whyalla Haven	Empower local women with info & give back to the community as a Haven volunteer. If you're passionate about making a positive impact & want to make SA safer for women, we want YOU!	Women's Information Service Ph. 8303 0590 Ph. Rhiannon on 0419 165 477 Register here for WIS volunteering	Whyalla	Ongoing
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
Study Group for Parents	Designed for busy parents with 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	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				
Free Telehealth Self-Collect Cervical Screening	Screening is one of the most effective ways to prevent cervical cancer. For South Australians who find it difficult to access cervical screening to access this health test from your home.	Shine SA Preventive Health SA Book here for Self-Collect Cervical Screening via Shine SA website	Various	Ongoing
Our Sexual Health Matters: Our Voices. Our Bodies.	A multicultural collage exhibition & a quiet yet powerful act of decolonising—reimagining dominant narratives & creating spaces for stories that have often been silenced.	SAMESH, Multicultural Communities Council of SA Tickets for the exhibition here via Feast Festival website	Adelaide	Until Nov 20
Women's Health Forum	Join to hear from a panel of experts & interact with information stalls & local organisations championing women's health & wellbeing.	Senator Marielle Smith Register for the forum here via Humanitix	Heathfield	Nov 10
Lower Back Pain Talk	Talk exploring some common causes of lower back pain. Gain understanding of how back pain can affect daily life & learn practical strategies to help improve comfort, mobility & wellbeing.	Adelaide Hills Council Sonder Book here for Lower Back Pain Talk via Humanitix	Gumeracha	Nov 18
Healing and Recovery	Connect with like-minded women over 3 weeks and learn skills and strategies to empower you in your healing and recovery journey.	The Haven Mt. Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Starts Nov 4
Ahmadiyya Muslim Women Cooking Classes	The Ahmadiyya Muslim Women Aldinga Chapter are back to share their cooking skills & delicious dishes with our community. Just bring yourself!	City of Onkaparinga Bookings essential: Ph. 8384 0070	Morphett Vale	Nov 9
Women's Nunga Pamper Day	All Aboriginal women welcome to join for a culturally safe, empowering pampering session to relax, reconnect & be cared for. Pamper activities include facials, nails, hair styles & more.	Marra Dreaming, Warntapinthi Spots are limited. To secure & save your booking: Ph. 0472 567 735	Salisbury	Nov 6

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Research: Exploring alcohol, everyday life and hope	Women aged 45-64 & living on a low income invited to take part in a research study. How can changes to women's environments & conditions of daily life foster hope & reduce heavy drinking?	Adelaide University, La Trobe University, Torrens University For more information: E: claire.harris@adelaide.edu.au	South Australia	Ongoing
Trauma-Informed Yoga	Women impacted by Domestic & Family Violence can join a weekly yoga class. Engage in a practice promoting reduced stress & anxiety, relief from pain, better sleep, less anger & impulse control.	The Yellow Gate To register: Ph. 1300 564 164 E: admin@theyellowgate.org.au	Christies Beach	Nov 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	Naracoorte Tanunda Victor Harbor	Until Nov 9 Until Nov 13 Until Dec 10
PARENTING				
Cyber Safety – Raising Children in a Digital Age	2-session workshop to empower parents/carers to keep children safe in digital spaces. Explore how to navigate online platforms alongside children & maintain positive relationships.	Parenting SA Bookings preferred: Ph. 0431 993 961	Athelstone	Part 1 Nov 18 Part 2 Nov 25
My baby and me	Workshop for parents and carers with babies aged 0-2 years.	Department of Human Services Ph. 0407 630 173 E: Carlye.Bowden2@sa.gov.au	Angle Park	Starts Nov 18
Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-8 months old welcome. Wed fortnightly.	The Haven Whyalla, CaFHS, Centacare Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	Until Dec 16
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



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