

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 4 August 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 |
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| SERVICES | | | | |
| Uniting Communities Legal Advice | Free Legal Advice on Family Law. By appointment. | Uniting Communities Family Law Centre. Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au | Adelaide | Aug 26 Sept 30 Oct 28 Nov 25 |
| Yellow Gate Photovoice Exhibition | Women from The Yellow Gate photovoice program showcase their photography. | The Yellow Gate Register here Photovoice Exhibition For information Ph. 1300 564 164 | Noarlunga | Aug 7 |
| Tax Help | A volunteer from the ATO will be at the Women's Information Service on Thursdays from 24th July 2025. If you earn \$70K or less a year and have simple tax affairs, you may be eligible for free assistance to lodge your Tax Return. | Contact Women's Information Service to check your eligibility and book your appointment: Ph. 8303 0590 E: wis@sa.gov.au | Adelaide | Starts July 24 |
| Safer Relationships | 8-week psycho-education group for women who have experienced abusive or controlling relationships. | Cedar Health Service Ph. 8444 0700 | Port Adelaide Address provided on registration | Starts Aug 7 |
| 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 | Marion area | Starts July 31 |
| | | Hands of Hope Ph. 0423 174 221 E: Enquiries@handsofhope.asn.au | Northern area | To be advised |
| Shark Cage for Women | Course on assertiveness and self-confidence building for women who have experienced abusive or controlling relationships. | Anglicare Nicky Ph. 0481 098 373 E: ntanner@anglicaresa.com.au | Southern suburbs | Starts July 28 |
| | | The Yellow Gate Ph. 1300 564 164 E: admin@theyellowgate.org.au | Southern suburbs | To be advised |
| From Strength to Strength | 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 Nicky Ph. 0481 098 373 E: ntanner@anglicaresa.com.au | Southern suburbs | Starts Aug 7 |
| 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 Kerry Ph. 0457 671 385Jo 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 |

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| Women's Domestic Violence Court Assistance Service – Outreach Mount Gambier | 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 |
| Family Court Support | 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 |
| WIS Chat | Can't find the information you are looking for? You can now talk to WIS via Live Chat on our webpage. Visit us at Women's Information Service Live-Chat And click on the: "Hi there, how can I help you" pop-up. | Women's Information Service Ph. 8303 0590 www.wis.sa.gov.au | Online | Ongoing |
| SOCIAL CONNECTION | | | | |
| Resilient Women | 6-week wellbeing program at Centacare. Bookings essential. | The Haven Mount Gambier RSVP to Suzie by July 25 Ph. 0472 759 829 e:skranz@centacare.org.au | Mount Gambier | Starts Aug 1 |
| Swap and Grow | Bring cuttings, seedlings or small plants to share with others and take new ones home. | The Haven Whyalla Ph. 0477 219 410 | Whyalla | 1 st Thursday of the month |
| Haven Singers | Explore the joy of singing. Led by professional Singing Teacher, Composer and Sound and Movement Therapist, Jen de Ness. | The Goolwa Haven For information Deb Ph. 0427 208 937 Jen Ph. 0434 880 695 | Port Elliot | 1 st and 3 rd Monday of each month |
| Flourish and Nourish | Monthly sessions where we will chat about wellbeing topics. | The Haven Mt Gambier For bookings contact the Mt Gambier Library Ph. 8721 2540 | Mount Gambier | Last Friday of the month |
| Pride at Country Markets | Rainbow Hub SA will be at some upcoming country markets. Visit the market stalls to see what LGBTIQ+ support is available. | Rainbow Hub SA Ph. 0487 033 684 | Peterborough Port Pirie | Aug 16 September 14 |
| Women's Gathering Group | A weekly catch-up to connect, learn, and grow. Building friendships and supporting each other along the way. | The Haven Goolwa Ph. 0499 407 237 | Strathalbyn | Thursdays Fortnightly |
| Craft & Chat | Come along and join other women to learn craft in a relaxed, friendly environment. | The Haven Port Pirie 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 |
| Soup'er Lunch | Free Women's Lunch | The Haven Whyalla Ph. 0407 251 696 | Whyalla | Aug 6 |
| The Kindness Project | Come along to the Haven at Whyalla on Fridays to craft a project to be shared in the community | The Haven Whyalla Ph. 0407 251 696 | Whyalla | Fridays |
| Healing Through Art | Come and Join an Art Lesson with a Difference! Learn self-reflection through art. | The Haven Port Pirie To Book Lyn – Ph. 0402 127 077 | Port Pirie | Aug 25 |
| Women's Shed | Join our women's shed program and enjoy the opportunity to learn some new skills. | Mount Barker Community Centre Carbatec Australia Ph. 8391 2747 | Mount Barker | Aug 25 |

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| COFFEE & CHAT SOCIAL GROUPS | | | | |
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| Coffee and a Chat - Vision Board | Create your personalised vision board that will help you feel empowered, inspired and energised. | The Haven Mount Gambier Bookings essential. Ph. 8721 2540 | Mount Gambier | Aug 27 |
| Women's Group 100 Cups of Tea | We welcome all who identify as women in a safe space to connect, share and learn from each other. Children welcome. | DHS and Hippy The Parks For information and to register: Gloria Ph. 0438 177 430 Carlye Ph. 0407 630 713 Jodie Ph. 0403 415 851 | Ferryden Park | Starts July 30 |
| Coffee and Chat | Talk Laugh and Connect, we'll bring the coffee!! | Aldinga Beach Children's Centre Ph. 0436 677 468 | Aldinga | Aug 29 Sept 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 | Coffee and chat group run by Women's Information Service. Join for social connection. All who identify as women are welcome. | Women's Information Service To register your interest. Ph. 8303 0590 | Adelaide | Starts Aug 28 Fortnightly |
| FITNESS | | | | |
| Gym Sessions | 8-week gym program for women from refugee or migrant communities. | Australian Refugee Association For details and registration: Nazdana Ph. 0452 299 925 E: nazdana.hussaini@ausref.net | Salisbury Downs | Starts July 26 |
| Women's Walking Group | Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands, Bald Hills Road carpark entrance. | The Haven Mount Barker For enquiries Ph. 8391 2747 | Mount Barker | Fridays |
| Females Fighting Forward | Join us for a free 90min self-defence class. Bookings essential. | The Haven Gawler Ph. 0466 801 553 E: haven@gawlercommunityhouse.org.au | Gawler | Aug 16 |
| Women's Community Street Soccer | A free, weekly, women's only space, where we get to connect over soccer. No previous experience is required. | The Big Issue Georgia Ph. 8359 3450 | Wayville Bonython Park | Tuesdays 1st Tuesday of the month |
| Soccer Sessions | Are you a women or girl (12 years and over) from a refugee or migrant background seeking fun and connection. 8-week program | Australian Refugee Association Kilburn Community Centre Ph: 0452 299 925 E: nazdana.hussaini@ausref.net | Kilburn | Starts Aug 6 |
| Get Strong | Get strong! Build fitness at home (in honour of Jean Hailes Women's Week). A presentation to help women build real-life strength; without a gym or equipment | City of West Torrens Book here for Get Strong presentation | Hilton | Sept 4 |
| EDUCATION | | | | |
| Understanding and Responding to Strangulation | Insight Exchange has a free (donated) NEW online learning module "Understanding and Responding to Strangulation (45 min)". | Insight Exchange Free responding to strangulation module here | Online | Ongoing |
| Trouble Shooting with Beau | One on one sessions to answer your IT issues. | City of Onkaparinga Ph.8322 3591 | Reynella | Thursdays |
| Click into Connection | Beginners computer group. 2 sessions. Learn about word, excel etc. More sessions to come. Bookings essential | Women's Information Service Ph. 8303 0590 E: wis@sa.gov.au | Adelaide | Thursdays |

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| First Nations Women's Leadership Program | Supports Aboriginal and Torres Strait Islander women to recognise and draw on their inherent knowledge and leadership skills and connect with others, to become strong advocates for and within their community. | First Nations Women's Leadership Program (FNWLP). Haven Whyalla To Register: Program Coordinator Kristen Bobyk E: kriste.bobyk@ywca.org.au Ph. 0482 187 645 | Whyalla | Aug 25 |
| Concessions and Entitlements | Are you getting all your Concessions and Entitlements? Free information Session for women at the Haven Whyalla Please bring your water or electricity bill for us to check | The Haven Whyalla Ph. 0407 251 696 | Whyalla | Aug 14 |
| EMBARK: Strategic Planning for Personal Goals | Workshop where you will focus on 2 specific personal goals, learn to use a strategic lens to plan and implement steps to achieve these goals. | City of West Torrens Zahra Foundation Book here for Embark Strategic Planning for Personal Goals | Hilton | Sept 3 |
| HEALTH | | | | |
| BreastScreen SA | BreastScreen SA is visiting areas in South Australia and offering free screening for women over the age of 40. | BreastScreen SA For more information Ph. 13 20 50 www.breastscreen.sa.gov.au | Various | June - September |
| BreastScreen SA Screen to Win | We're offering a chance to win 1 of 10 \$500 pre-paid Visa cards simply by attending a free breast screen in June, July, or August. For more details and Terms & Conditions, please visit breastscreen.sa.gov.au/win . | To book breastscreen.sa.gov.au/book or Ph. 13 20 50 | Various | June - September |
| Women's Health Clinic | Guest Speakers from Yorke and Northern Local Health Network | The Port Pirie Haven For more information and to register: Ph. Lyn 0403 127 077 | Port Pirie | Aug 29 |
| PARENTING | | | | |
| Parenting Q&A - Pregnancy to Young Families | Join practitioners who work with pregnant women, post-natal women, children and young families for short presentations with question time. Cost \$5. | The Summit Community Centre Tickets here: Parenting Q&A - Pregnancy to Young Families For enquiries Ph. 8390 0457 E: thesummit@ahc.sa.gov.au | Norton Summit | Aug 9 |
| Who's In Charge | 8-week program for parents or carers of young people (8 –18) who are beyond control, violent or defiant. | Reconnect, City of Port Adelaide Enfield and Centacare Catholic Family Services Enquiries and Referrals: Trevor Ph. 0410 698 907 Centacare Ph. 8215 6700 | Enfield | Starts July 30 |
| Navigating Neurodiversity | Join us in this free support group for parents and caregivers who care for those with neurodiversity. | The Haven Goolwa Ph.0499 407 237 Deb Ph. 0427 208 937 | Goolwa | Weds fortnightly |
| Peas in a Pod Parenting Group | A space for you and your child/ren where you can connect with other caregivers, community services and programs. | Centacare For further information and registrations Ph. 8215 6310 | Hackham | July 24 - September 25 |
| Circle of Security | Course to learn how to enjoy a more fulfilling relationship with your child, closer attachment and understand their behaviour. | Centacare Bookings essential Ph. 8228 8900 MYSa Mum's & Bubs Sam Ph. 8212 0085 or E: sam@mymysa.com.au | Elizabeth West Croydon | Starts July 29 Starts July 29 |

