

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 7 September 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				
Let's Talk About the Elephant in the Room	Elly the Elephant is a community art installation to encourage conversations on domestic & family violence. Session provides info on support services & options for people impacted by DFV.	Para Hills Community Hub Book here for the session via Eventbrite Ph. 8406 8565	Para Hills	Sep 23
Women are Strong	8-week educational support group for women dealing with the effects of abusive relationships. Explore reconnecting with your personal strengths, develop safety strategies & more.	Uniting Communities Registration essential: Ph. 8202 5190	Salisbury	Starts Oct 14
Shark Cage	8-week assertiveness & self-confidence building course using a human rights approach for women who have experienced abuse or controlling relationships &/or sexual abuse.	Junction For more info & to register: Ph. 8392 3060 E: FDVS@junctionaustralia.org.au	Fleurieu Region	Term 4
Empower	An adult learning program on self-discovery & empowerment to build skills, rebuild confidence & move forward. Connect with yourself & other women in a safe & supportive space.	The Zahra Foundation To enrol: E: intake@zahrafoundation.org.au Ph. 8352 1889	Various	Term 4: Starts Oct
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
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



Women's Information Service

SOCIAL CONNECTION/ COFFEE & CHAT				
Safe-Tea with SA Police	An informative & interactive community safety session. Learn practical ways to keep yourself, family & property safe, with info about home security, vehicle security & scam awareness.	City of Salisbury Bookings essential: Book here for Safe-Tea with SAPOL via Eventbrite Ph. 8302 5555	Mawson Lakes	Sep 17
Cut & Sew for Causes	Help to cut out & sew bags & Zonta Breast Cushions for patients after breast cancer surgery. Materials are supplied & then the finished products are donated directly to local hospitals.	Reynella Neighbourhood Centre VollieCare For more information: Ph. 8322 3591	Reynella	Sep 24
Coffee and a Chat presents Healthy Eating on a Budget	Join for an informative & practical session on how to make nutritious food choices while keeping grocery costs under control.	The Haven Mt Gambier, Centacare Bookings essential: Ph. 8721 2540	Mount Gambier	Sep 30
Women's Circle	A non-judgemental space for women to be together, connect, share and chat over a cuppa.	AKOM Counselling Milang Community Centre For more info: Ph. 0447 144 119	Milang	Fri
Just Yarning Group	Knit squares to be sewn together, making rugs to be distributed to those in need.	Milang Community Centre Ph. Lyn on 0407 370 079	Milang	Thurs
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				
Ride Her Way	Join Bike SA for a relaxed & welcoming women's group ride around Salisbury. Enjoy a safe, guided route suitable for cyclists of all abilities, while learning useful cycling & bike maintenance tips.	City of Salisbury, Bike SA Spots are limited: Book here for Ride Her Way via Eventbrite E: Inclusion@bikesa.org.au	Mawson Lakes	Sep 12 Sep 26
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
TAX HELP				
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
Tax Help at Whyalla Haven	ATO-trained volunteers can assist women with lodging their tax return if they earn \$70k or less.	ATO, The Haven Whyalla To book: Ph. 0407 251 696	Whyalla	Until Oct
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	Adelaide	Sep 29
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				
Money Mindset & Goal Setting	Life Ready workshop for up to 25s to feel more in control & confident with your finances. Unpack how your money mindset is shaped, build healthier habits & set goals that work for you.	Women's Legal Service (SA) City of PAE Bookings essential for Life Ready workshop here via Humanitix	Enfield	Sep 29
Uncovering your Unique Strengths	In this workshop, deep dive into identifying your own strengths, managing your energy more efficiently, and developing goals aligned with your individual strengths profile.	Women of Colour (WOC) Skill Collective, Unhidden Potential Tickets \$20 for WOC strengths workshop here via Humanitix	Adelaide	Sep 23

Women's Information Service



Government
of South Australia
Office for Women

Financial Counselling	Are you feeling overwhelmed by your finances? Join Anglicare for their financial counselling 1:1 support sessions, designed to provide you with personalised assistance and guidance.	Anglicare Elizabeth Rise Community Centre To book: Ph. 1800 759 707	Elizabeth	Sep 18 Oct 2
Construction Taster Program for Women	Information session for a 7-week taster program to gain practical skills, industry experience & confidence to build a career in construction. Info session is mandatory for all applicants.	Building Women, North East Vocational College Register interest by Sep 18: Ph. Toni on 0499 499 626	St Agnes	Sep 24
Women in Business Consultation Workshop	First Nations Women in Business! Share your experiences & perspectives on how business support & finance services can better support needs & aspirations in your business journey.	Indigenous Business Australia, Warida Wholistic Wellness Register here for Consultation Workshop via jotform	Port Augusta Ceduna	Sep 15 Sep 16
Building the Pipeline Pathways Program Information Session	This program supports participants to build the skills, confidence & connections needed to step into civil construction & traffic management roles on the River Torrens to Darlington (T2D) Project.	The Umbrella Collective, Workforce Australia, TAFE SA Register interest: Ph. 0428 828 147 E: hello@theumbrellacollective.com.au	Tonsley	Sep 17
Fiery Women	A practical & engaging 2-day workshop designed to help women understand bushfire risk & build the knowledge & confidence to prepare their homes, families & communities.	SA Country Fire Service Book here for Fiery Women via Microsoft forms	Aldgate	Sep 19
Tackling Menopause Class	A certified Health Coach will guide you through the key role nutrition plays in hormone health, specifically the menopause transition.	Mount Barker Community Centre Bookings essential: Book here via Eventbrite	Mount Barker	Sep 12
MEGT Foundation Scholarship	Scholarship supporting SA women experiencing disadvantage to re-engage with education & build pathways towards meaningful careers.	MEGT Foundation Submit an expression of interest (EOI) here via MEGT website	Metro Adelaide	Until Sep 11
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	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				
Mindful Moments	During mental health month BPD, join for a morning/afternoon tea designed to help you slow down, reset & focus on you. Event includes mindfulness activities & DIY affirmation cards.	Wara Yindi Support Services, Mental Health Coalition of SA, BPD Collaborative Book a ticket here via Eventbrite	Whyalla	Oct 15
Multicultural Women's Health Week	Evening of connection, health & wellbeing for women to share lived experience, women's health info, local services & a gentle grounding activity incorporating body flow & breathwork.	City of Charles Sturt Bookings essential: Book here for Multicultural Women's Health Week via Eventbrite	Saint Clair	Sep 10
Healthy Choices	12-week program for people living with or at risk of a chronic health condition. Partners individuals with a supervised student health coach to improve & maintain health & wellbeing.	Adelaide University To express interest & for more info: E: HealthyChoices@adelaide.edu.au Ph. 0421 694 945	Adelaide Elizabeth	Intake starts Sep 21
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	Kingston Tanunda Victor Harbor	Until Sep 28 Until Nov 13 Until Dec 10
PARENTING				
Peas in a Pod	10-week parenting empowerment & support group for new parents & caregivers. A safe space to connect, increase knowledge & manage mental & emotional wellbeing as new parents.	Hackham Community Centre Centacare For more info & registration: Ph. 8215 6310	Hackham	Starts Oct 15

Women's Information Service

Open Day	Enjoy hands-on activities, meet the team & look around the centre. Family fun day with a coffee van, adult clothing from Thread Together van, connection with local family services & more.	Goodstart Early Learning Registrations essential for the Open Day here via Eventbrite For more info: Ph. 8252 8539	Elizabeth Vale	Sep 19
Little Steps	Trauma informed & culturally responsive 7-week program for Aboriginal & Torres Strait Islander women seeking info on strengthening family relationships & looking after your wellbeing.	KWY, Uniting SA, Anglicare SA To refer: Ph. 8377 7822 W: kwy.org.au for referral form	Port Adelaide Davoren Park	Starts Oct 20 Starts Oct 21
HIPPY Gathering	Fortnightly program for parents & youngsters that provides you with tools & activities to help give your child a strong start in education.	KWY For more information or enquiries: Ph. 8377 7822	Christies Beach	Tue
Cyber Safety – Raising Children in a Digital Age	This workshop will teach you how to keep your kids safe online, the big issues of grooming, cyber bullying, social media, gaming & discuss screen time & what's best for your family.	Parenting SA For more info & to book click here via Parenting Workshops link	Elizabeth Park Port Augusta Woodville Gdns	Sep 14 Sep 17 Sep 22
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

