

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 29 June 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				
Women are Strong	8-week domestic violence healing and recovery group offering a safe, confidential, and supportive space to explore your experiences and reconnect with your strength.	Uniting Communities Registrations essential: Ph. 8202 5190	City of Salisbury	Starts Jul 22
Aware & Empowered	This program can help you recognise different types of abuse, understand how domestic violence affects children & parenting ability, & work alongside child protection services.	Lutheran Care For more info & to book: Ph. Bhaama on 0437 983 989 E: bhaama@lutherancare.org.au	Blair Athol	Starts Jul 9
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 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: 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 Enquiries and registration: Ph. 8228 8960 E: mmdvs@centacare.org.au	Murray Bridge	Mon Monthly
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 for participants.	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
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
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
Legal Outreach	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: admin@theyellowgate.org.au	Address provided on registration	Ongoing
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



Women's Information Service

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: Online Safety with SAPOL	Limestone Coast Crime Prevention Section will be available to provide information and discuss ways you can protect yourself online.	The Haven Mount Gambier, SAPOL Bookings essential: Ph. 8721 2540	Mount Gambier	Jul 29
Cuppa and Chat with Local Community Services	Meet with local support groups offering a warm conversation & help with employment, advocacy, advice, wellbeing & access to services.	Adelaide Hills Council No bookings required Ph. 8408 0400	Stirling	Fortnightly from Jul 2
Creating for Causes	Help to knit/crochet squares for knee blankets, socks, beanies, scarves & other items to distribute to organisations such as Fred's Van, Homeless Connect SA & VOLLIEcare Flinders.	Reynella Neighbourhood Centre For more details: Ph. 8322 3591	Old Reynella	1 st Thurs of every month
Craft & Chat	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	Weds
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	Tues
FITNESS				
Young Women's Self Defence Class	90-minute session is designed to help young women build confidence, personal safety awareness and practical non-violent strategies. Cost \$10	Adelaide Hills Council, Academy of Self Defence and Martial Arts Bookings essential: Book here via Humanitix	Gumeracha	Jul 13
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
EDUCATION EMPLOYMENT				
Flying Start Pathways Program Info Session	Information session for 4-week Flying Start Pathways Program Pre-certificate taster course designed to give you a hands-on introduction to the Early Childhood Education and Care sector.	Gowrie SA, The Umbrella Collective Register to attend an info session: Ph. 1800 129 606 (select option 2) E: pathways@gowriesa.org.au	Online	Jul 1
Conscious Cooking	Learn new ways to save money & reduce waste in your kitchen. Discover tasty, low-waste meal ideas that are good for your budget & the planet.	City of Onkaparinga Bookings essential: Book here for Conscious Cooking via Eventbrite	Aldinga	Jul 2
SALVOS - Moneycare	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	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

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Parent Pathways	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	Various	Ongoing
Report Writing Assistance	Consult with a Haven Volunteer for help formatting your report for a Government Service.	The Haven Goolwa Book appointment: Ph. 0499 407 237	Goolwa	Mon
Women's Employment Assistance Drop-in	Discuss work options and receive help with your CV.	The Haven Goolwa For more information: Ph. 0499 407 237 E: goolwahaven@alexandrina.sa.gov.au	Goolwa	Thurs
HEALTH/MENTAL HEALTH				
BreastScreen SA	Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.	BreastScreen SA Book online here for a BreastScreen SA appointment Ph. 13 20 50	Tanunda	Late Jul to mid Nov
Menopause made Manageable	Focuses on managing the most common menopause symptoms, helping you rebuild strength, reduce pain, and feel more like yourself again.	The City of Tea Tree Gully My Local Physio Plus Ph. 8397 7444 Register here for menopause made manageable via Eventbrite	Golden Grove	Jul 9
Women's Stretch and Breathe	Weekly wellbeing session, designed to help you slow down, reduce stress & reconnect with your inner calm. Enjoy gentle stretching, mindful breathing and 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
BreastScreen SA	Free breast cancer screening for women over 40, especially those aged 50 to 74 years.	BreastScreen SA Online booking: www.breastscreen.sa.gov.au Ph. 13 20 50	Mt Gambier Sailsbury Berri	To early Jul
PARENTING				
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
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	Jul 23 – Sep 10
Circle of Security – Daytime or After Hours Workshop	8-week (daytime or after hours) program that covers a range of topics, including learning to read emotional needs, successfully managing emotions, & helping children to feel secure.	Uniting Communities Bookings essential: Ph. 0428 799 775 (am workshop) or Ph. 0475 505 696 (pm workshop) E: noarlungaFRC@unitingcommunities.org	Online	Starts Jul 28
Bringing Up Great Kids	6-week program for parents of young children & adolescents to help raise happy & confident kids. Topics include understanding children's development & behaviour & mindful parenting.	Uniting Communities Bookings essential: Ph. Bron on 0428 799 775 E: noarlungaFRC@unitingcommunities.org	Christies Beach	Starts Jul 30
Who's in Charge?	8-week program for parents or carers of young people (8-18 years) who are beyond control, violent or defiant.	Centacare, Reconnect, Port Adelaide Enfield. Trevor Ph. 0410 698 907 Centacare Ph. 8228 8900	Port Adelaide	Starts Jul 29



Women's Information Service

Mum's Space	Quiet, supportive space to connect with other Mums, through bump, birth and beyond. Babies 0-6 months old welcome. Fortnightly.	The Haven Whyalla, CaFHS For more information: Ph. 0407 251 696 E: whyallahaven@ccsa.org.au	Whyalla	May 20 - Jul 29
Circle of Security – Mums & Bubs	8-week program. Learn to foster a healthy relationship and close attachment with your child!	MYSA Register here for Circle of Security Mums & Bubs and for more info.	West Croydon	May 19 – Jul 7
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

