

# 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 31 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](mailto:wis@sa.gov.au)

| Program                                                          | Description                                                                                                                                                                             | Provider                                                                                                                                              | Location                            | Date                              |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------|
| <b>SERVICES</b>                                                  |                                                                                                                                                                                         |                                                                                                                                                       |                                     |                                   |
| <b>Shark Cage</b>                                                | 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<br>For more info & to register:<br>Ph. 8392 3060<br>E: <a href="mailto:FDVS@junctionaustralia.org.au">FDVS@junctionaustralia.org.au</a>      | Fleurieu Region                     | Term 4                            |
| <b>Empower</b>                                                   | 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<br>To enrol:<br>E: <a href="mailto:intake@zahrafoundation.org.au">intake@zahrafoundation.org.au</a><br>Ph. 8352 1889             | Various                             | Term 4:<br>Starts Oct             |
| <b>Domestic Violence Disclosure Scheme</b>                       | 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<br>Apply via the link here: <a href="#">SAPOL - Domestic Violence Disclosure</a>                                                                | Online                              | Ongoing                           |
| <b>Women are Strong</b>                                          | 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<br>Ph. 0423 174 221<br>E: <a href="mailto:enquiries@handsofhope.asn.au">enquiries@handsofhope.asn.au</a>                                | Location provided upon registration | School Terms                      |
| <b>Domestic Violence, Family and Sexual Violence Counselling</b> | 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<br>Ph. 1300 564 164<br>E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>                                      | Location provided on request        | Tues                              |
| <b>From Strength to Strength</b>                                 | 6-week program for women who have experienced relationship trauma. Build resilience, conflict management & healthier relationships.                                                     | Intake by Anglicare<br>Ph. 8186 8911                                                                                                                  | Various                             | Runs alternative terms            |
| <b>Women are Strong</b>                                          | 8-week educational support group. Reconnect with your personal strengths, manage overwhelming emotions, develop strategies for personal safety.                                         | Yellow Gate<br>Registration & intake required:<br>Ph. 1300 564 164<br>E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>   | To be advised                       | To be advised                     |
| <b>Shark Cage</b>                                                | 8-week assertiveness and self-confidence building course, a human rights approach for women who have experienced abusive or controlling relationships.                                  | Relationships Australia SA<br>Registration required:<br>Ph. 8377 5400 (RASA)<br>E: <a href="mailto:fif@anglicaresa.com.au">fif@anglicaresa.com.au</a> | To be advised                       | To be advised                     |
| <b>Out of the Shadows</b>                                        | This group will discuss impacts on women and children and interactions with the Domestic and Family Violence, Legal and Safety Systems.                                                 | Relationships Australia SA<br>Ph. 8223 4566<br>E: <a href="mailto:rasacentral@rasa.org.au">rasacentral@rasa.org.au</a>                                | Address provided on registration    | Fri during term time              |
| <b>Women's Domestic Violence Court Assistance Service</b>        | At the Mount Gambier Magistrates Court fortnightly to assist women who have applied for private intervention orders.                                                                    | Legal Services Commission<br>Ph. 1800 246 642                                                                                                         | Mount Gambier                       | Fortnightly                       |
| <b>Family Court Support</b>                                      | 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<br>Ph. 8303 0590 for more information or to book your Family Court Support.                                               | Adelaide                            | Subject to volunteer availability |
| <b>WIS Chat</b>                                                  | 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: <a href="#">Women's Information Service Live-Chat</a>        | Women's Information Service<br>Ph. 8303 0590<br>W: <a href="http://www.wis.sa.gov.au">www.wis.sa.gov.au</a>                                           | Online                              | Ongoing                           |
| <b>SOCIAL CONNECTION/ COFFEE &amp; CHAT</b>                      |                                                                                                                                                                                         |                                                                                                                                                       |                                     |                                   |
| <b>Coffee and a Chat presents Healthy Eating on a Budget</b>     | Join for an informative & practical session on how to make nutritious food choices while keeping grocery costs under control.                                                           | The Haven Mt Gambier, Centacare<br>Bookings essential:<br>Ph. 8721 2540                                                                               | Mount Gambier                       | Sep 30                            |
| <b>Women's Circle</b>                                            | A non-judgemental space for women to be together, connect, share and chat over a cuppa.                                                                                                 | AKOM Counselling<br>Milang Community Centre<br>For more info: Ph. 0447 144 119                                                                        | Milang                              | Fri                               |

# Women's Information Service



Government  
of South Australia  
Office for Women

|                                              |                                                                                                                                                                                                                 |                                                                                                                                                                                                |                                   |              |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------|
| <b>Just Yarning Group</b>                    | Knit squares to be sewn together, making rugs to be distributed to those in need.                                                                                                                               | Milang Community Centre<br>Ph. Lyn on 0407 370 079                                                                                                                                             | Milang                            | Thurs        |
| <b>Craft &amp; Chat</b>                      | Come along and join other women to learn craft in a relaxed, friendly environment.                                                                                                                              | The Haven Port Pirie<br>Book your place: Ph. 0499 420 923                                                                                                                                      | Port Pirie                        | Weds         |
| <b>Women's Yarnin Circle</b>                 | Fortnightly Aboriginal & Torres Strait Islander women's group to come together in a culturally safe space. Great for a catch up, a yarn, to enjoy lunch, arts & crafts, excursions & healing.                   | Neporendi Aboriginal Community Centre<br>New participants must book:<br>Ph. 8322 1120                                                                                                          | Christie Downs                    | Sep 2        |
| <b>Bring a Bub Book Club</b>                 | A relaxed book club for adults with babies, bumps, and little ones in tow. Chat about your latest reads, favourite books, and your reading wishlist in a welcoming baby-friendly space.                         | City of Onkaparinga<br>Bookings essential:<br><a href="#">Book here via Eventbrite</a><br>For more info: Ph. 8384 0655                                                                         | Noarlunga                         | Sep 8        |
| <b>Cuppa &amp; Connection</b>                | A safe space for women to chat over craft, cards or games.                                                                                                                                                      | The Haven Whyalla<br>Ph. 0407 251 696                                                                                                                                                          | Whyalla Stuart                    | Tues         |
| <b>FITNESS</b>                               |                                                                                                                                                                                                                 |                                                                                                                                                                                                |                                   |              |
| <b>Hardhead Jalboos</b>                      | Free for First Nations Women & held fortnightly, this 10-week women's hiking program offers challenging & more demanding hikes to help women feel stronger, healthier & connected.                              | Heal/thy Self/fitness, Sonder<br>To register:<br>E: <a href="mailto:contact@healthyselffitness.com.au">contact@healthyselffitness.com.au</a><br><a href="#">Register here via Google Forms</a> | Various                           | Starts Sep 6 |
| <b>Spark: Empower Her</b>                    | A joyful movement class together with slowing down for self-reflection & women's circle connection. No dance experience is necessary.                                                                           | Spark, The Hut Community Centre<br>No need to book: Ph. 8302 6577<br><a href="http://www.sparkconnection.org.au">www.sparkconnection.org.au</a>                                                | Crafers                           | Sep 5        |
| <b>Women's Walking Group</b>                 | Come along for a casual walk and talk. Suitable for all abilities. At Laratinga Wetlands.                                                                                                                       | The Haven Mount Barker<br>Enquiries: Ph. 8391 2747                                                                                                                                             | Mount Barker                      | Fri          |
| <b>TAX HELP</b>                              |                                                                                                                                                                                                                 |                                                                                                                                                                                                |                                   |              |
| <b>Tax Help</b>                              | Need a hand with your tax return? A trained Tax Help volunteer can help people with simple tax situations & an income of around \$70k or less.                                                                  | ATO, The Hut Community Centre<br>Bookings essential: Ph. 8339 4400<br>E: <a href="mailto:reception@thehut.org.au">reception@thehut.org.au</a>                                                  | Crafers                           | Tues         |
| <b>Tax Help 1x1</b>                          | Need a little help with your taxes? If your taxes are simple, our friendly volunteer is ready to help you lodge your taxes online using e-tax!                                                                  | ATO, City of Adelaide<br>Bookings essential: Ph. 8203 7990<br><a href="#">Book here via Attekus</a>                                                                                            | Adelaide                          | Thurs        |
| <b>Tax Help</b>                              | The ATO's Tax Help program runs at Onkaparinga Libraries to help people on low incomes to complete their tax returns online with myGov. For more info or to book, call the libraries.                           | ATO, Onkaparinga Libraries<br>Ph. 8384 0022 (Aldinga)<br>Ph. 8384 0655 (Noarlunga)<br>Ph. 8384 0070 (Woodcroft)                                                                                | Aldinga<br>Noarlunga<br>Woodcroft | Until Oct    |
| <b>Tax Help at WIS</b>                       | 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)<br>Women's Information Service<br>Bookings essential:<br>Ph. 8303 0590<br>Learn more via link here: <a href="#">Tax Help</a>                                  | Adelaide                          | Until Oct 29 |
| <b>Tax Help at Whyalla Haven</b>             | ATO-trained volunteers can assist women with lodging their tax return if they earn \$70k or less.                                                                                                               | ATO, The Haven Whyalla<br>To book: Ph. 0407 251 696                                                                                                                                            | Whyalla                           | Until Oct    |
| <b>LEGAL</b>                                 |                                                                                                                                                                                                                 |                                                                                                                                                                                                |                                   |              |
| <b>Free legal advice for women</b>           | 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<br>Women's Information Service<br>Ph. 8303 0590<br><b>2 appointments available</b>                                                                              | Adelaide                          | Sep 29       |
| <b>Legal Outreach</b>                        | Legal advice appointments and information sessions available from Women's Legal Service or Southern Community Justice Services SA.                                                                              | The Yellow Gate<br>To book: Ph. 1300 564 164<br>E: <a href="mailto:admin@theyellowgate.org.au">admin@theyellowgate.org.au</a>                                                                  | Address provided on registration  | Ongoing      |
| <b>Legal Outreach</b>                        | 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)<br>To access this service:<br>Ph. 1300 366 424                                                                                                                 | Murray Bridge                     | Thurs        |
| <b>EDUCATION EMPLOYMENT</b>                  |                                                                                                                                                                                                                 |                                                                                                                                                                                                |                                   |              |
| <b>Construction Taster Program for Women</b> | 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<br>Register interest by Sep 18:<br>Ph. Toni on 0499 499 626                                                                                      | St Agnes                          | Sep 24       |

# Women's Information Service



Government  
of South Australia  
Office for Women

|                                                                   |                                                                                                                                                                                                      |                                                                                                                                                                                               |                                          |                                                              |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------|
| <b>Women in Business Consultation Workshop</b>                    | 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<br><a href="#">Register here for Consultation Workshop via jotform</a>                                                               | Port Augusta Ceduna                      | Sep 15<br>Sep 16                                             |
| <b>Building the Pipeline Pathways Program Information Session</b> | 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<br>Register interest: Ph. 0428 828 147<br>E: <a href="mailto:hello@theumbrellacollective.com.au">hello@theumbrellacollective.com.au</a> | Tonsley                                  | Sep 17                                                       |
| <b>Fiery Women</b>                                                | 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<br><a href="#">Book here for Fiery Women via Microsoft forms</a>                                                                                                      | Aldgate                                  | Sep 19                                                       |
| <b>Tackling Menopause Class</b>                                   | A certified Health Coach will guide you through the key role nutrition plays in hormone health, specifically the menopause transition.                                                               | Mount Barker Community Centre<br>Bookings essential:<br><a href="#">Book here via Eventbrite</a>                                                                                              | Mount Barker                             | Sep 12                                                       |
| <b>MEGT Foundation Scholarship</b>                                | Scholarship supporting SA women experiencing disadvantage to re-engage with education & build pathways towards meaningful careers.                                                                   | MEGT Foundation<br><a href="#">Submit an expression of interest (EOI) here via MEGT website</a>                                                                                               | Metro Adelaide                           | Until Sep 11                                                 |
| <b>Starting Over – Towards Home Ownership</b>                     | 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<br><a href="#">Register here via HomeStart events</a>                                                                                                                               | Online                                   | Sep 2                                                        |
| <b>SALVOS - Moneycare</b>                                         | Pop in and chat with Salena from Moneycare about how she can support you.                                                                                                                            | The Haven Mt. Gambier, Centacare, The Salvation Army<br>Ph. 0439 169 925                                                                                                                      | Mount Gambier                            | Fri                                                          |
| <b>Click into Confidence</b>                                      | Computer & Word Basics to build your digital skills.<br>1 hour session. Max of 2 people per session.                                                                                                 | Women's Information Service<br>Bookings essential:<br>Ph. 8303 0590 E: <a href="mailto:wis@sa.gov.au">wis@sa.gov.au</a>                                                                       | Adelaide                                 | Thurs                                                        |
| <b>Study Group for Parents</b>                                    | Designed for busy parents, this group offers dedicated time for study, financial tasks or research. Creche available.                                                                                | Goolwa Children's Centre<br>To book:<br>Ph. 8555 2509                                                                                                                                         | Goolwa                                   | Mon                                                          |
| <b>Women's Employment Assistance Drop-in</b>                      | Discuss work options and receive help with your CV.                                                                                                                                                  | The Haven Goolwa<br>For more info: Ph. 0499 407 237                                                                                                                                           | Goolwa                                   | Thurs                                                        |
| <b>Report Writing Assistance</b>                                  | Consult with a Haven Volunteer for help formatting your report for a Government Service.                                                                                                             | The Haven Goolwa<br>To book: Ph. 0499 407 237                                                                                                                                                 | Goolwa                                   | Mon                                                          |
| <b>HEALTH &amp; WELLBEING</b>                                     |                                                                                                                                                                                                      |                                                                                                                                                                                               |                                          |                                                              |
| <b>Healthy Choices</b>                                            | 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<br>To express interest & for more info:<br>E: <a href="mailto:HealthyChoices@adelaide.edu.au">HealthyChoices@adelaide.edu.au</a><br>Ph. 0421 694 945                      | Adelaide Elizabeth                       | Intake starts<br>Sep 21                                      |
| <b>Period, Pelvic and Endometriosis Pain Talk</b>                 | 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<br>Pelvic Pain Foundation of Australia<br><a href="#">Bookings essential here via Humanitix</a>                                                                        | Gumeracha                                | Sep 10                                                       |
| <b>Navigating the Emotional Waves of Menopause</b>                | 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<br><a href="#">Bookings essential here via Humanitix</a>                                                                                                       | Norton Summit                            | Sep 8                                                        |
| <b>BreastScreen SA</b>                                            | Free breast cancer screening for women over the age of 40, especially those aged 50 to 74 years.                                                                                                     | BreastScreen SA<br><a href="#">Book here via BreastScreen SA</a><br>Ph. 13 20 50                                                                                                              | Millicent Kingston Tanunda Victor Harbor | Until Sep 8<br>Starts Sep 10<br>Until Nov 13<br>Until Dec 10 |
| <b>Women's Stretch and Breathe</b>                                | Wellbeing session designed to help you slow down & reduce stress. Enjoy gentle stretching, mindful breathing & relaxation techniques.                                                                | The Haven Whyalla<br>Ph. 0407 251 696                                                                                                                                                         | Whyalla                                  | Thurs                                                        |
| <b>Motivating Mondays</b>                                         | Relaxed group environment where women can explore simple practices around mindfulness, gratitude, goal-setting & positive thinking at their own pace.                                                | The Haven Whyalla<br>For more information:<br>Ph. 0407 251 696<br>E: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>                                                   | Whyalla                                  | Mon                                                          |
| <b>PARENTING</b>                                                  |                                                                                                                                                                                                      |                                                                                                                                                                                               |                                          |                                                              |

# Women's Information Service



Government  
of South Australia  
Office for Women

|                                                                             |                                                                                                                                                                                                                                                           |                                                                                                                                                 |                                                                   |                                     |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------|
| <b>My Child and Me</b>                                                      | Are you raising children aged 2-12 years? In this workshop learn about development milestones, parenting styles & how to create strong & positive connections with your children.                                                                         | DHS, Medicare Mental Health Kids Hub<br><a href="#">Bookings required for My Child and Me Workshop here via Humanitix</a>                       | Oaklands Park                                                     | Sep 4<br>Sep 11                     |
| <b>HIPPY Gathering</b>                                                      | Fortnightly program for parents & youngsters that provides you with tools & activities to help give your child a strong start in education.                                                                                                               | KWY<br>For more information or enquiries:<br>Ph. 8377 7822                                                                                      | Christies Beach                                                   | Tue                                 |
| <b>Cyber Safety – Raising Children in a Digital Age</b>                     | 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<br><a href="#">For more info &amp; to book click here via Parenting Workshops link</a>                                             | Murray Bridge<br>Elizabeth Park<br>Port Augusta<br>Woodville Gdns | Sep 4<br>Sep 14<br>Sep 17<br>Sep 22 |
| <b>Peaceful Parents</b>                                                     | 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<br>To register:<br>Ph. 1800 569 094<br>E: <a href="mailto:familyservices@anglicaresa.com.au">familyservices@anglicaresa.com.au</a> | Christies Beach                                                   | Starts Sep 9                        |
| <b>Mum's Space</b>                                                          | 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,<br>Centacare<br>Ph. 0407 251 696<br>E: <a href="mailto:whyallahaven@ccsa.org.au">whyallahaven@ccsa.org.au</a>         | Whyalla                                                           | Until Oct 7                         |
| <b>Parent Pathways</b>                                                      | 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<br>Employment Plus<br>Ph. 136 123                                                                                                | Various                                                           | Ongoing                             |
| <b>Talking Realities – Tailored Learning</b>                                | 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<br>For more information call or text:<br>Ph. 8243 5637<br>Ph. 0422 002 561<br>Caras or Katrina              | Angle Park                                                        | Tues and Weds                       |
| <b>Pregnancy to Parenting program for young parents aged under 25 years</b> | 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<br>Bookings essential:<br>Ph. 1800 716 881                                                                    | Elizabeth<br>Angle Park<br>Christies Beach                        | Ongoing                             |
| <b>Kidstuff program for young parents aged under 25 years</b>               | 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<br>Bookings essential:<br>Ph. 1800 716 881                                                                    | Elizabeth<br>Angle Park<br>Christies Beach                        | Ongoing                             |
| <b>Indigenous Young Parents Program (IYPP)</b>                              | 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<br>Bookings essential:<br>Ph. 1800 716 881                                                                    | Angle Park & Elizabeth                                            | Ongoing                             |

