

PROGRAM CALENDAR

TERM 4



TUESDAY

Journalling for Joy

Establish the benefits and practice of journalling through a simple repetitive protocol of journalling in each session

Dates: Weekly sessions starting 22nd of October -26th November

Times: 10am - 12pm

Location: The Yellow Gate (address provided on registration)

Bookings essential, please call 1300 564 164.

WEDNESDAY



Photovoice

A professional photographer teaches participants skills on taking a good photograph. Photovoice is designed to capture people's experiences through the lens of a camera.

Dates: Weekly sessions starting 16th of October -20th November

Times: 10.30am - 12.30pm

Location: The Yellow Gate (address provided on registration)

Bookings essential, please call 1300 564 164.

Cedar Health Service

Inclusive Domestic and Family Violence Healthcare provides FREE specialised healthcare, with nursing staff on site and DFV counselling available.

Location: The Yellow Gate (address provided at appointment booking)

Bookings essential, please call 8444 0700

THURSDAY

Legal Outreach

Free legal advice appointments are available in-person with a solicitor from Womens Legal Service

Dates: Last Thursday of each month

Times: 9.30am-4.30pm

Location: The Yellow Gate (address provided on registration)

Bookings essential, please call 1300 564 164



FRIDAY

Trauma Informed-Yoga

Join a free weekly yoga class and engage in a practice that promotes health and wellbeing

Dates: Weekly sessions starting 25th of October -13th of December

Times: 11am-12pm

Location: Christies Beach area (address provided on registration)

Bookings essential, please call 1300 564 164.

Art for Healing

Come and explore your creative side with simple art and mindfulness techniques to relax your mind and improve your wellbeing. This small group is designed to enhance your self awareness and provide a pathway to self-empowerment.

Dates: Last Friday of each month (27th September, 25th October and 29th of November)

Times: 10am-12pm

Location: Noarlunga area (Address provided on registration)

Bookings essential, please call 1300 564 164

UPCOMING EVENTS

Spring Sound Bath Session

Calm and relaxation, using traditional therapies

Friday 18th October, 10am-11.30am

Bookings essential, call 1300 564 164

16 Days of Activism Onkaparinga

25th of November -

10th of December

Please join our mailing list to stay up to date with what's happening in the area

CONTACT US

The Yellow Gate

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