

# PROGRAM CALENDAR

TERM 4



## TUESDAY

### *Journaling for Joy*

Establish the benefits and practice of journaling through a simple repetitive protocol of journaling 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.**

### *Dare to Dream*

A free wellbeing group workshop tailored to provide a supportive environment for women seeking improvement in their wellbeing and self-care skills

**Dates:** Weekly sessions starting 23rd of October - 13th November

**Times:** 9:30am - 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 or Southern Community Justice Services SA

**Dates:** Second and Fourth 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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