

PROGRAM CALENDAR

TERM 1, 2025



MONDAY

Walk n Talk

Come walk with us in a non-judgmental, all fitness levels welcome, inclusive and supportive environment.

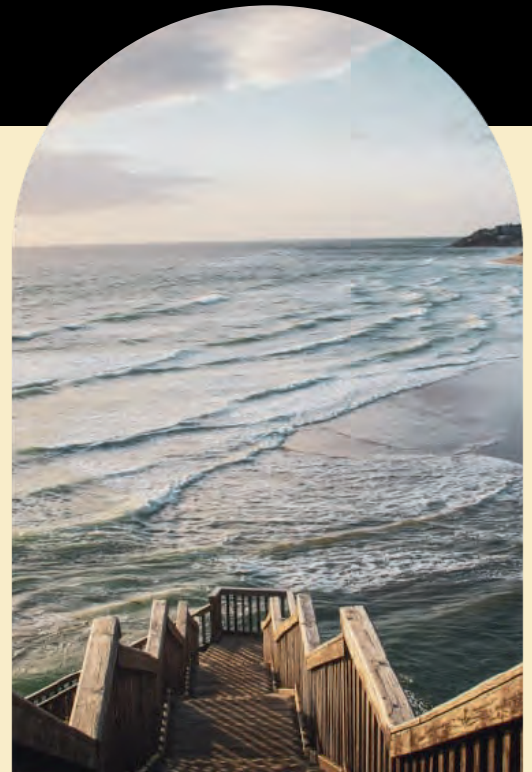
Dates: Monday 20th of January and 17th of February

Times: Meet at 10am - Walk at 10.15am

Walk for approximately 1 hour followed by a small morning tea picnic afterwards (approximately 30 minutes)

Location: Moana Beach (across from Deep Blue Cafe)

Bookings essential, please call 1300 564 164



WEDNESDAY

Resilience Program

Learn how to cultivate a resilient mindset, manage stress and emotions, set and achieve meaningful goals, improve relationships and maintain a healthy lifestyle.

Dates: 19th of February - 2nd of April

Times: 10am-12pm

Where: Noarlunga area (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

Art for Healing

Come and explore your creative side with simple art and mindfulness techniques to relax your mind and improve your wellbeing.

Dates: Weekly sessions starting 13th of February - 3rd of April

Times: 10am-12pm

Location: Noarlunga area (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 14th of February - 4th of April

Times: 11am-12pm

Location: Christies Beach area (address provided on registration)

Bookings essential, please call 1300 564 164.

Rhythm to Recovery

Using music and the power of rhythm for somatic healing and emotional regulation.

Dates: 7th of February - 28th February

Times: 10am-11am

Location: Noarlunga area (Address provided on registration)

Bookings essential, please call 1300 564 164

CONTACT US

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