

PROGRAM CALENDAR

TERM 2, 2025

MONDAY

Walk n Talk

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

Dates: First Monday of the month

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



TUESDAY

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 6th of May - 24th of June

Times: 10am-12pm

Location: Noarlunga area (Address provided on registration)

Bookings essential, please call 1300 564 164

WEDNESDAY

Way of the Horse

Come and join us in an 8-week equine learning and wellbeing program.

Dates: Weekly sessions starting 30th of April - 18th of June

Times: 10am-11.30am

Location: Onkaparinga Hills area (Address provided on registration)

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, Third, 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

Photovoice

Women in the community who have been impacted by Domestic and Family Violence can join an 8-week program where a professional photographer teaches participants skills on taking a good photograph.

Dates: Weekly sessions starting 8th of May - 26th June

Times: 12pm-2pm

Location: Hackham 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 9th of May - 27th of June

Times: 11am-12pm

Location: Christies Beach area (address provided on registration)

Bookings essential, please call 1300 564 164.

Co-located services

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

Yarrow Place Rape and Sexual Assault Service

Free and confidential service for people aged 16 years and over at the time of the sexual assault.

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

Bookings essential, please call 1800 817 421

CONTACT US

The Yellow Gate

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