

PROGRAM CALENDAR



TERM 3, 2025

MONDAY

Walk n Talk

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

Dates: Third 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 29th of July - 16th of September

Times: 10am-12pm

Location: Noarlunga area (Address provided on registration)

Bookings essential, please call 1300 564 164

Counselling Services Goolwa

The Yellow Gate will provide one-on-one counselling supports in the Goolwa area.

Times: 9.30am-4.30pm

Location: The Yellow Gate (address provided on registration)

Bookings essential, please call 1300 564 164



WEDNESDAY

Journaling for Joy

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

Dates: Weekly sessions starting 30th of July - 3rd of September

Times: 10am-12pm

Location: Noarlunga area (Address provided on registration)

Bookings essential, please call 1300 564 164



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: Please contact the Yellow Gate for upcoming dates

Times: 9.30am-4.30pm

Location: The Yellow Gate (address provided on registration)

Bookings essential, please call 1300 564 164

Circle of Security

Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened

Dates: Weekly sessions starting 31st of July - 18th of September

Times: 12pm-2pm

Location: Hackham area (Address provided on registration)

Bookings essential, please call Nicole on 0475 505 696

FRIDAY

Trauma-Informed Yoga

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

Dates: Weekly sessions starting 1st of August - 19th of September

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)

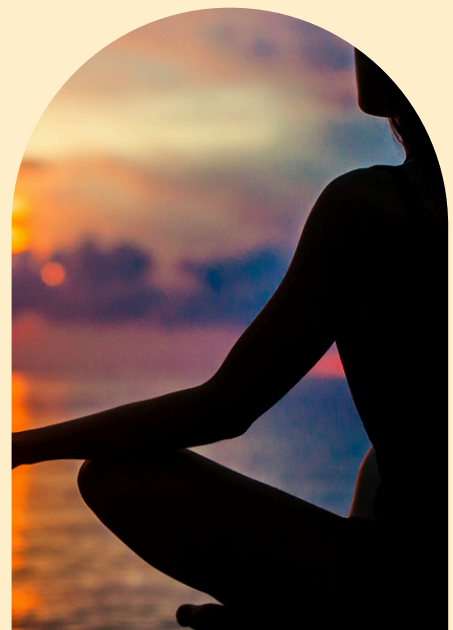
Bookings essential, please call 8444 0700

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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