

# PROGRAM CALENDAR



TERM 2, 2026

## MONDAY

### **Coffee & Chat**

Come and join us at the Yellow Gate for a coffee and a chance for social connection

**Dates:** Mondays, each fortnight, 27<sup>th</sup> of April - 22<sup>nd</sup> of June

**Times:** 10am - 11.30am

**Location:** The Yellow Gate (Address provided on registration)

**Bookings essential, please call 1300 564 164**



## WEDNESDAY

### **Journaling for Joy**

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

**Dates:** Weekly sessions starting 6<sup>th</sup> of May - 10<sup>th</sup> of June

**Times:** 10am-12pm

**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 8<sup>th</sup> of May - 26<sup>th</sup> of June

**Times:** 11am-12pm

**Location:** Christies Beach area (address provided on registration)

**Bookings essential, please call 1300 564 164.**

## EVENTS

### **Mother's Day Paint and Brunch**

Tuesday 12<sup>th</sup> of May, 10am-1pm

Email [admin@theyellowgate.org.au](mailto:admin@theyellowgate.org.au) to register

### **Free Legal Information Sessions**

Thursday 21<sup>st</sup> of May, 1pm-2.30pm

Thursday 28<sup>th</sup> of May, 1pm-2.30pm

Thursday 4<sup>th</sup> of June, 1pm-2.30pm

[Click here to register](#)

### **Budget workshop**

Wednesday 3<sup>rd</sup> of June, 10am-12pm

Email [admin@theyellowgate.org.au](mailto:admin@theyellowgate.org.au) to register

## OUTREACH

### **DFSV Counselling Goolwa**

Tuesdays, 9.30am-4.30pm

Location: Goolwa area (address provided on registration)

**Bookings essential, please call 1300 564 164**

---

## CO-LOCATED SERVICES

The Yellow Gate Recovery and Prevention Hub delivers a range of specialist services in a single, central location, ensuring women and families receive coordinated, wrap-around support. Our currently co-located services include:

### ***Legal Advice***

Free legal advice appointments are available in-person with a solicitor from Women's Legal Service or Southern Community Justice Services SA.

**Dates:** Please contact the Yellow Gate for availability on 1300 564 164

### ***Financial Counselling***

A qualified and accredited Financial Counsellor is available on-site to support women who may be experiencing financial debt or hardship.

**Dates:** Please contact the Yellow Gate for availability on 1300 564 164.

### ***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.

**Dates:** Please contact the Yellow Gate for availability on 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.

**Dates:** Please contact the Yellow Gate for availability on 1300 564 164.

### ***Southern Wellbeing Hub***

The Southern Wellbeing Hub provides outreach at the Yellow Gate where women can access free, mental health supports.

**Dates:** Please contact the Yellow Gate for availability on 1300 564 164

---

The Yellow Gate programs are free and delivered in a safe and inclusive environment, where you can feel empowered to move forward. The Yellow Gate provides Domestic, Family and Sexual Violence Recovery and Prevention support services for women in the Southern Adelaide area.

The Yellow Gate is supported by Community Justice Services SA and is jointly funded by the Australian Government Department of Social Services and the Government of South Australia Office for Women.

## CONTACT US

The Yellow Gate  
P: 1300 564 164

E: [admin@theyellowgate.org.au](mailto:admin@theyellowgate.org.au)

---