

Coffee & *Chat*

Women in the community who have been impacted by Domestic and Family Violence. Come and join us at the Yellow Gate for a coffee and a chance for social connection.

When: Mondays, each fortnight,
10am -11.30am (26th of October
- 7th of December)

Where: Noarlunga area
(Address provided on registration)

How to register: Please contact The
Yellow Gate on 1300 564 164
or
email: admin@theyellowgate.org.au



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.



DFSV Counselling *Goolwa*

All women have a right to live a life free from violence. Taking the step to talk to someone about domestic, family and sexual violence can be confronting and overwhelming.

At the Yellow Gate we have an experienced team of counsellors who provide compassionate, empathetic, culturally safe and confidential support for women who have been impacted by domestic, family and sexual violence.

How We Can Help

Sessions are client led and can cover safety planning, preparing to leave a relationship, emotional recovery, wellbeing, referrals, and advocacy to other services.

Who It's For

We provide support to women aged 15 and older who have faced domestic, family, or sexual violence, regardless of whether their experience is ongoing, recent, or occurred several years ago

What To Expect

We offer FREE flexible counselling sessions that can be scheduled monthly, as a one-off, or on an ad-hoc basis. Appointments are up to 60 minutes and are available in person.

When: Monthly, Tuesdays, 9.30am - 4.30pm

Where: Goolwa area (Address provided on registration)

Bookings: Please contact The Yellow Gate on [1300 564 164](tel:1300564164) or email: admin@theyellowgate.org.au

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.



Women are Strong...



Women do Survive

Do you sometimes feel like you are walking on eggshells?

If you feel alone, uncertain or confused by your partner or ex-partner's behaviour towards you, and feel it might be abusive, this 8 week support group offers insight in a safe and confidential space.

Together we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety

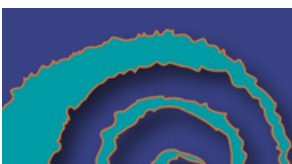
When: Wednesdays, 12pm—2.30pm, 14, 21, 28 October, 4, 11, 18, 25th November, 2nd of December

Where: Christies Beach area— location will be provided upon registration

NO CRECHE AVAILABLE

For more information or to register

please call **The Yellow Gate** on **1300 564 164** or email admin@theyellowgate.org.au



Onkaparinga Collaborative Approach

for the Prevention of Domestic Violence and Aboriginal & Torres Strait Islander Family Violence

A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services.
These services are all members of the OCA (Onkaparinga Collaborative Approach)

Trauma-Informed *Yoga*

Women in the community who have been impacted by Domestic and Family Violence can join a free trauma-informed YOGA class and engage in a practice that will aid and promote: Reduced stress and anxiety, Increased mental clarity, relief from pain, Improved mobility, better sleep, less anger, more inner peace and Impulse control.

When: Fridays, 11am - 12pm (16th of October - 6th of November)

Where: Christies Beach area (Address provided on registration)

How to register: Please contact The Yellow Gate on 1300 564 164 or email: admin@theyellowgate.org.au



Supported by



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.

Free Legal Information Sessions

Presented by a Lawyer from Southern Community Justice Centre

Family Court and You!

What is it? What do they do? How does it affect me?

What's covered

Session 1:

Parenting & Family Law Act



Thursday 26th of Nov



10am - 11.30am

Session 2:

Property & Family Law Act



Thursday 3rd of Dec



10am - 11.30am

Session 3:

The Court Process



Thursday 10th of Dec



10am - 11.30am

Includes an audience Q & A with a Lawyer



Scan the QR Code or click link to register.

For more information, please contact
The Yellow Gate on 1300 564 164

[Click Link to Register](#)

16 Days of Activism Against Gender-Based Violence *Morning Tea*

Come in and enjoy a light morning tea whilst you learn about community events relating to the 16 Days of Activism Against Gender Based Violence in the Southern Community.

When: Wednesday 25th November, anytime between 10am - 11.30am

Where: Southern Community Justice Services, Burgess Drive, Noarlunga Centre.

How to register: Please contact The Yellow Gate on 1300 564 164 or admin@theyellowgate.org.au



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.





CHRISTMAS DONATION DRIVE

This Christmas Season please give the gift of giving and join the Yellow Gate to support women and children in need.

DROP-OFF LOCATION

Southern Community Justice Centre

Level 1, Colonnades Shopping Centre, (Coles entrance) Burgess Drive, Noarlunga Centre SA 5168

For more information, please contact The Yellow Gate on **1300 564 164**

Accepting donations up until the 4th of December

Please note: Due to OH&S we can only accept new, unopened items for donations

The Yellow Gate offers support services for Domestic, Family and Sexual Violence Recovery and Prevention for women and families in the Southern Adelaide region. Donations will be carefully managed and distributed to women and children associated with the Yellow Gate.

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.

ITEMS NEEDED

- Christmas Food
- Toiletries
- Children's & Adults Gifts
- Gift Vouchers



Food Relief *Available*

As part of their Eat Well Waste Less Be Connected project, Community Health Onkaparinga are providing fresh, free ready meals at The Yellow Gate every **Thursday** after 2pm.

In addition, we have pantry food items and pet food available. Stock is limited and subject to availability.

For more information, please contact The Yellow Gate on 1300 564 164.



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.

