

ADEC Office Locations

Preston – Head Office

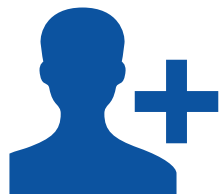
175 Plenty Road, Preston VIC 3072

Werribee Office

4A Watton Street, Werribee VIC 3030

Dandenong Office

1/50 Thomas Street, Dandenong VIC 3175



Contact us:

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www.adec.org.au

ADEC acknowledges support received from the Australian and Victorian Governments

CAPACITY BUILDING



**Building the skills, knowledge
and confidence of ethnic
communities**

Action on Disability within Ethnic Communities Inc.
ABN: 32 390 500 229

ADEC-Empowering people with disabilities from ethnic backgrounds!



About ADEC

ADEC is a State-wide organisation that supports people with disability or who are frail, their carers and family members from ethnic backgrounds to access the supports they need.

ADEC's Capacity Building Program

Aims to build the capacity of ethnic communities in areas such as:

- NDIS
- Mental Health
- General Health & Wellbeing
- Human Rights & Abuse
- Family Violence
- Gender Equality
- Access to services

Eligibility

You are from an ethnic background and:

- Live with a disability
- A carer or family member of a person living with a disability
- Live with a diagnosed or undiagnosed mental illness
- You are socially isolated

How ADEC can help you

ADEC works from a holistic approach to provide a range of knowledge based, needs based and rights based capacity building activities including:

- Information Sessions
- Art & Craft Workshops
- Cooking and Gardening Workshops
- Dancing Workshops
- Exercise Sessions



An interpreter can be arranged for you
This service is free