

## ADEC Office Locations

### Preston – Head Office

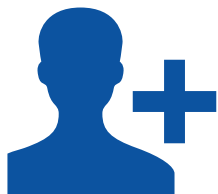
175 Plenty Road, Preston VIC 3072

### Werribee Office

4A Watton Street, Werribee VIC 3030

### Dandenong Office

1/50 Thomas Street, Dandenong VIC 3175



### Contact us:

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 @ADECINC  @ADECnfp  @ADEC\_AUSTRALIA

[www.adec.org.au](http://www.adec.org.au)

ADEC acknowledges support received from the Australian and Victorian Governments

## SOCIAL SUPPORT



### Language specific support groups

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 Social Support Program

Provides language specific group support to people living with disability, people who are frail, and carers, from ethnic backgrounds.

The aim of the Social Support program is to:

- Increase participants' knowledge of disability and support services
- Reduce social isolation
- Connect to the community

### Eligibility

You are from an ethnic background and either:

- Live with a disability
- Live with a diagnosed or undiagnosed mental illness
- Are a carer of a person living with a disability
- Are socially isolated
- Have an NDIS plan
- Have a Home Care Package

### How ADEC can help you

ADEC offers the following social support groups:

- Disability
- Carers
- Mental Health & Wellbeing
- High Needs
- Aged Care
- Capacity Building

The groups are language specific and meet once a month to offer information, education, peer support and recreational activities.



**An interpreter can be arranged for you**

**This service is free**