

# Office Locations

## Head Office - South Morang

Level 1, U22/855 Plenty Road,  
South Morang, VIC. 3752

### Directions to our Head Office

Board a train to either South Morang or Middle Gorge Station - both are around 11 minutes from our head office.

- From South Morang station, board the Route 901 or 382 Bus and get off bus stop located at Plenty Rd and McDonalds Rd.



- From Middle Gorge station, walk about 11 minutes south bound on Old Plenty Rd and continue on Plenty Rd.



## Dandenong Office

Suite 1, 50 Thomas St, Dandenong, VIC. 3175



### Contact Us

Phone: 9480 7000

Email: [info@adec.org.au](mailto:info@adec.org.au)

PO Box 40, South Morang VIC 3752



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



[@adec\\_australia](https://www.linkedin.com/company/adec-australia)



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[@ADEC](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)



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ADEC acknowledges support received from the Australian and Victorian Governments

# ADEC



## Community Wellbeing Programs

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

Action on Disability within Ethnic Communities (ADEC) Inc.,  
A0005385S ABN: 32 390 500 229



## **Advocating for Equality since 1982**

### **About ADEC**

ADEC is a not-for-profit organisation that supports people with disabilities or those who are frail, along with their carers and family members, from culturally diverse backgrounds, in accessing the supports they need.

### **ADEC's Capacity Building Program**

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

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

### **Eligibility**

These Capacity Building programs are FREE, and we warmly welcome all participants.

### **How ADEC can help you**

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

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



**An interpreter  
can be arranged  
for you**

**This service is  
FREE**