

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

PO Box 40, South Morang VIC 3752

ADEC



Social Support Groups

Language Specific Support Groups



adec.org.au



[@adec_australia](https://www.linkedin.com/company/adec_australia)



[@ADECINC](https://www.facebook.com/ADECINC)



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



[@ADEC_AUSTRALIA](https://www.instagram.com/ADEC_AUSTRALIA)

ADEC acknowledges support received from the Australian and Victorian Governments

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



"I joined ADEC's social support group 26 years ago, that gave me the opportunity to express my problems in my own language and helped me to not feel lonely anymore. The Social Support Program also helps me to understand my rights, access information and services, to have a better life."

ADEC Vietnamese Social Group Client



About ADEC

With over 42 years of experience, ADEC is a trusted not-for-profit leader in providing innovative advocacy, disability, and aged care services to multicultural Victoria. Our services are personalised and tailored to each client's unique needs.

ADEC's Social Support Groups Program

Provides language specific group support for people who are from culturally and linguistically diverse backgrounds:

- Who are socially or mentally isolated
- Who are frail and aged
- Who are carers of individuals with disabilities

Why Us

- Not-for-profit, serving the community for over 42 years
- Specialists in supporting ethnic communities
- We speak your language; our groups are language specific where you can meet peoples from the same cultural background and speak the same language.

How ADEC can help you

The aim of the Social Support Groups program is to increase participants' knowledge of the support services that are available, reduce social isolation, and connect with your community.

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

When you join our social support groups you can:

- ✓ Say goodbye to loneliness
- ✓ Access valuable information
- ✓ Make new friends
- ✓ Boost your well-being



**Free Interpreting
Service**