

Group Activities Program 2026

As at 20 October 2026

Carers Support Groups

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan Social Support Group	South	Toba Hamed: toba@adec.org.au	3 rd Wed of month	Dandenong
2	Chinese Social Support Group	North	Cheng Zheng: cheng@adec.org.au	1 st Tue of month	Preston
3	Chinese Social Support Group	South	Cheng Zheng: cheng@adec.org.au	4 th Fri of month	Springvale
4	Japanese Social Support Group	North	Ai Kageyama: ai@adec.org.au	2 nd Thurs of month	Doncaster
5	Turkish Social Support Group	South	Nazli Calsimsek: nazli@adec.org.au	1 st Wed of month	Dandenong
6	Turkish Social Support Group	North	Nazli Calsimsek: nazli@adec.org.au	1 st Thu of month	Broadmeadows
7	Turkish Social Support Group	West	Nazli Calsimsek: nazli@adec.org.au	2 nd Thu of month	Flemington
8	Turkish Social Support Group	Whittlesea	Nazli Calsimsek: nazli@adec.org.au	3 rd Tue of month	Thomastown
9	Vietnamese Social Support Group	South	Trinh Phan: trinh@adec.org.au	3 rd Tue of month	Springvale
10	Vietnamese Social Support Group	North	Trinh Phan: trinh@adec.org.au	1 st Tue of month	Preston
11	Vietnamese Social Support Group	West 1	Trinh Phan: trinh@adec.org.au	4 th Tue of month	Kings Park
12	Vietnamese Social Support Group	West 2	Trinh Phan: trinh@adec.org.au	4 th Thu of month	Kings Park

 **Head Office: Level 1, U22/855 Plenty Road, South Morang, VIC. 3752**

 **Dandenong Office: Suite 1, 50 Thomas St, Dandenong, VIC. 3175**

 **Werribee Office: 4A Watton St, Werribee, VIC. 3030**

 **(03) 9480 7000**

 **www.adec.org.au**

 **info@adec.org.au**

High Needs Groups

No	Group Ethnicity	Region	Facilitator or	Meetings On	Meeting Venue
1	Afghan High Needs Group	South	Toba Hamedi: toba@adec.org.au	4 th Tue of month	Dandenong
2	Arabic High Needs Group	West 1	Marian Hanna: marian@adec.org.au	1 st Thu of month	Caroline Springs & Taylors Lakes
3	Arabic High Needs Group	West 2	Marian Hanna: marian@adec.org.au	2 nd Thu of month	Caroline Springs & Taylors Lakes
4	Arabic High Needs Group	West 3	Marian Hanna: marian@adec.org.au	3 rd Thu of month	Caroline Springs & Taylors Lakes
5	Arabic High Needs Group-MAC	Whittlesea	Marian Hanna: marian@adec.org.au	1 st Tue of month	Whittlesea
6	Arabic High Needs Group	Whittlesea	Marian Hanna: marian@adec.org.au	3 rd Tue of month	Whittlesea
7	Chinese High Needs Group	North	Cheng Zheng: cheng@adec.org.au	2 nd Tue of month	Preston
8	Chinese High Needs Group	South	Cheng Zheng: cheng@adec.org.au	3 rd Fri of month	Dandenong
9	Chinese High Needs Group	Whittlesea	Joy Ding: joy@adec.org.au	1 st Fri of month	Preston
10	Turkish High Needs Group	South 1	Nazli Calsimsek: nazli@adec.org.au	3 rd Wed of month	Dandenong
11	Turkish High Needs Group	South 2	Nazli Calsimsek: nazli@adec.org.au	2 nd Wed of month	Dandenong
12	Turkish High Needs Group	Whittlesea	Nazli Calsimsek: nazli@adec.org.au	4 th Wed of month	Thomastown
13	Vietnamese High Needs Group	West	Trinh Phan: trinh@adec.org.au	3 rd Mon of month	Kings Park

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Mental Health/Wellbeing Support Groups

No	Group Ethnicity	Region	Facilitator	Meetings On	Meeting Venue
1	Afghan Mental Health Support Group	South	Toba Hamedi: toba@adec.org.au	2 nd Wed of month	Dandenong
2	Chinese Mental Health Support Group	South	Joy Ding: joy@adec.org.au	2 nd Thu of month	Mount Waverley
3	Chinese Mental Health Support Group	North	Joy Ding: joy@adec.org.au	3 rd Thu of month	Preston
4	Vietnamese Mental Health Support Group	North	Trinh Phan: trinh@adec.org.au	1 st Thu of month	Preston

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