ADEC

Social Support Groups

Supporting Connection, Celebrating Community



We're here for you, every step of the way

Staying socially connected is important for your health, happiness and wellbeing.

At ADEC, our Social Support Groups are designed to help you meet people, stay active, and feel part of a community.

We create safe and welcoming spaces where you can connect, share and enjoy your time.

Joining the ADEC family

Getting started is easy. We will:

- Help you choose the right group
- Explain how the program works
- Support you to get started

Overcoming loneliness and isolation

Many people feel lonely or isolated, especially as routines or responsibilities change or mobility becomes limited. At ADEC, we focus on helping you stay connected and engaged.

Our groups provide:

- Regular opportunities to socialise
- Friendly and supportive environments
- Activities that encourage participation

You feel connected, supported and more confident.

Support that understands your culture

We understand that connection is stronger when people share language and cultural experiences. We:

- Offer groups in multiple languages
- Create culturally familiar environments
- Respect traditions and community values

You feel comfortable, understood and at home.

What our groups offer

- Social activities and outings
- Creative and educational workshops and programs
- Opportunities to build friendships
- A safe and inclusive environment
- Support from friendly facilitators

Why choose ADEC

- Multilingual and culturally responsive programs
- Strong focus on community connection
- Experienced and supportive facilitators
- Inclusive and welcoming for all
- Verified CALD Specialist provider
- Since 1982, supporting multicultural communities
- Staff who speak 33+ languages
- Trusted not-for-profit organisation focused on community wellbeing

Supporting you every day

Our team will check in regularly, but you can contact us anytime for:

- Information about groups
- Help joining a program
- Feedback or support

We are here to help you stay connected.

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