

**Come and join our
friendly team every
Tuesday from
10:00am – 14:00pm**



Visit our FB page:
**Freedom through
Empowerment**



**For more information
please call
Jozmaye:**

02 9891 6400

**MULTICULTURAL
DISABILITY ADVOCACY
ASSOCIATION**

10-12 Hutchinson Street
Granville NSW 2148
02 9891 6400
mdaa@mdaa.org.au



**MDAA PEER
GROUP**



**Multicultural Disability Advocacy
Association of NSW**

1800 629 072

FREEDOM THROUGH EMPOWERMENT

A program that aims to enhance the physical, emotional wellbeing and mental health of people with disability from Culturally and Linguistically Diverse (CALD) or Non-English speaking (NES)

background by providing a range of fun and inclusive activities that promote the Independence and developing informal support networks.



Be part of a fun program where you and your peers help shape weekly activities

Enjoy a fantastic lunch together with great company

Participate in fun and relaxing outings that enhance wellbeing

Express your creativity with upcycle workshops, arts and crafts

Learn traditional music

Have fun with karaoke, gentle exercise and dancing

Develop healthy relationships and positive emotions



Freedom Through Empowerment is a program that focusses on minimising the barriers that lead to social isolation. Use your NDIS funding to access the program. If you are not an NDIS participant, you can still talk to us about getting involved!

