

BRIDGE TO RIGHTS

FREE PROGRAM for culturally diverse communities who use the NDIS

About the Project

The Bridge to Rights project strives to empower **young people with an NDIS plan from various culturally diverse backgrounds** and **Vietnamese carers**.

By enhancing your **understanding of NDIS rights** and equipping you with the **confidence** and **skills to exercise these rights**, we aim to foster **independence, self-advocacy**, and stronger community **connections**.

Do you want to protect your rights when using the NDIS?

Do you have questions about how to navigate the NDIS but don't know who to ask?

Would you like to learn new skills such as effective communication or gain knowledge about the NDIS Code of Conduct?

Scan to register



REGISTER YOUR INTEREST:

If you are interested in joining the project, please register by **scanning the QR code**, or **Email:**

Nghi Trinh (she/her) at
nghi.trinh@extendedfamilies.org.au

Phone: 0416 173 484

Or **complete this form:**

<https://forms.office.com/r/ZziwufftgF>

Navigate Carer Workshops for Vietnamese-speaking Carers

Vietnamese Carer Participants will be involved in learning about self-advocacy, growth mindsets (belief that you can develop your abilities), communication and understanding how to navigate the NDIS. Participants will learn about their NDIS rights and responsibilities, how to exercise these rights and how to use NDIS plans to best support their children.

Program runs March 2025 – December 2026.

Date / Time:

Second Tuesday of the month
10:30 AM – 12:30 PM

or **online (livestreamed) workshops**

Venue: St Albans Community Centre
33 Princess St, St Albans VIC 3021

Program Eligibility:

- Vietnamese-speaking carer of a person with a disability.
- Ability to attend monthly workshops in person or online. Content will be delivered in Vietnamese.

Safe Space Hubs

Safe Space Hubs provide a supportive environment for personalised guidance with exercising NDIS rights, identifying and accessing support and the development of self-advocacy skills.

Safe Space Hubs will offer monthly in person and phone sessions (by appointment) facilitated by bilingual (Vietnamese and English) staff who are knowledgeable about the NDIS. Safe-Space Hub appointments focus on addressing individual concerns that may not be covered in group or other formal settings through advice and referral.

Program Eligibility:

- Vietnamese adult carers, and youth aged 16-25 years of all culturally and linguistically diverse backgrounds with an NDIS plan

Schedule and Locations:

Monthly, between 10 am to 1 pm on a Wednesday or by appointment

- **Brimbank Safe Space Hub:** St Albans Community Centre - fourth Wednesday of the month
- **Springvale Safe Space Hub:** Springvale Service for Children - first Wednesday of the month

Navigate Youth Workshops for CALD Young People with an NDIS plan

Participants will be involved in learning about self-advocacy, communication and understanding the NDIS. They will learn about how their NDIS plans work and their rights and responsibilities through interactive large and small group learning activities.

Program runs March 2025 – December 2026.

Date / Time:

Second Thursday of the month
5:30 PM – 7:30 PM

or **online (livestreamed) workshops**

Venue: Brimbank Learning Futures
80B Harvester Road, Sunshine VIC 3020

Program Eligibility:

- Youth with an NDIS plan aged 16–25 who are of culturally and linguistically diverse backgrounds.
- Ability to attend monthly workshops in person or online
- Ability to engage with peer-based learning content. Content will be delivered in English. Workshops will be available in person and online.