

# THE BRIDGE TO RIGHTS PROJECT



## PROJECT OVERVIEW

The Bridge to Rights project strives to empower young people with an NDIS plan from Culturally and Linguistically Diverse (CALD) backgrounds and Vietnamese carers. By enhancing their understanding of NDIS rights and equipping them with the confidence and skills to exercise these rights, we aim to foster independence, self-advocacy, and stronger community connections.

Culturally and linguistically diverse families have unique strengths and perspectives, but they can face challenges in navigating the NDIS. Language barriers and a lack of culturally tailored resources can make it difficult to access the full benefits of the system. By providing practical tools, guidance, and culturally relevant support, we're helping families and youth thrive.

### NAVIGATE CARER - VIETNAMESE PARENTS/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 Eligibility:

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

**Program runs March 2025 – December 2026**

**Date/Time:** Second Tuesday of the month  
10:30am – 12:30pm\*

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

**\*These workshops will also be livestreamed.**

### NAVIGATE YOUTH – YOUNG PEOPLE WITH AN NDIS PLAN (ALL CULTURALLY & LINGUISTICALLY DIVERSE BACKGROUNDS)

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 Eligibility:

- Young people 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 learning content. Content will be delivered in English.

**Program runs March 2025 – December 2026**

**Date/Time:** Second Thursday of the month  
5:30 – 7:30pm \*

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

**\*These workshops will also be livestreamed.**

## 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 on the first or fourth Wednesday of the month or 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 carers, and youth aged 16-25 years of all culturally and linguistically diverse backgrounds with an NDIS plan

**Safe-Space Hub Schedule and Locations:** Monthly, between 10 am to 1 pm on a Wednesday or by appointment

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

## REGISTRATION

To register your interest for any of these programs, please contact:

**Nghi Trinh:** [nghi.trinh@extendedfamilies.org.au](mailto:nghi.trinh@extendedfamilies.org.au) - Phone: 0416 173 484

or **click on the link below** to complete an Expression of Interest form:

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

