



Australian Multicultural  
Community Services



# Connections for Wellbeing

Helping you to engage in social activities and learn new skills by connecting you to community groups and events.

## Are you concerned about your emotional wellbeing and find it challenging to engage in the community?

Our free multicultural program is designed for you or a loved one who needs support in connecting with others, engaging in fun activities, and learning new skills.

The AMCS team listens to your needs and provides personalised guidance, including in-language support if required. Our goal is to give you the confidence to make social connections and participate in the activities you enjoy.

### How we can help

We provide culturally tailored support and financial assistance to suit various interests and abilities, such as:

- ✔ Fun group sessions, including dancing, yoga, tai chi, gym and swimming.
- ✔ Introductions to sports clubs and assistance with membership fees
- ✔ Connecting you with a local interest group or ethnic community group, e.g. a walking group, book club, cultural dancing
- ✔ Joining a community garden
- ✔ Art and craft classes
- ✔ Cultural events in the local community

The possibilities are endless! We also host welcoming drop-in centre sessions where you can enjoy refreshments and chat about how we can help you.

### Who can benefit?

Anyone aged 21 or older who faces emotional challenges that prevent them from enjoying activities or learning new skills.

We also welcome their carers, loved ones and family members. Together, we work to create and achieve goals.

### What does this mean for you?

It's your opportunity to:



Meet new people in a welcoming and safe space



Set new goals like improving your fitness or increasing independence



Learn new skills



Connect with people who share your interests

### Who is AMCS?

Australian Multicultural Community Services (AMCS) supports Victorians to enjoy life in their homes and communities. We work across Greater Melbourne and Geelong, empowering people to live their best lives every day.

**Would you like to know more? We'll help you with guidance and tools to live the life you want.**



Contact Nalika at AMCS

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9am to 5pm, Monday to Friday

[www.amcservices.org.au/connections-for-wellbeing/](http://www.amcservices.org.au/connections-for-wellbeing/)