



Registered No. Y 10331-18

ABN. 16 466 185 083

VIETNAMESE-AUSTRALIAN WELFARE ASSOCIATION, NSW INC.

Hiệp Hội An Sinh Xã Hội Việt Úc

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PROGRAM CALENDAR JAN - JUN 2026

Date	Activities	Description	Venue	Time
Monthly on Monday.	Sun flower Support / Hoa Huong Duong. Contact Anh Le 0450 149 591	Provide a safe place for carers and people living with cancer to get together to building supportive relationships and social networks, also learn & share the opinion. 05/01/26; 02/03/26; 30/03/26; 04/05/26; 01/06/26; 06/07/26; 03/08/26; 07/09/26; 19/10/26; 02/11/26; 07/12/26.	170 Railway Pde, Cabramatta	10am - 12pm Around 10p- 20p
Tuesday / weekly during school term	Healthy Lifestyle. Contact Anh Le 0450 149 591	Provide a safe place for parents & carers get together to do gentle exercises / yoga/ Qigong, learn and share opinion along with emotional support to each other. Running by volunteers Healthy body / Healthy mind	Fairfield Community Hall 25 Barbara St, Fairfield	10am - 11am Around 30 -40p
Saturday/ weekly during school term.	Restore Connection. Contact Anh Le 0450 149 591	Provide a place for working parent, carers and volunteer get together to do gentle exercises / yoga/ Qigong, learn and share opinion along with emotional support to each other.	Fairfield Tennis Club House.	8:30am – 9:30am Around 15p
Friday weekly	EmpowerU Contact Hanh Tran 0433097464	This program will provide a series of training to empower Vietnamese parents / new arrival will include empowerment, building self-confident and esteem, employment pathways to enable to gain financial independent. (Cooking skill & Infor session). Weekly From 13/3/02026 to 26/06/2026.	170 Railway Pde, Cabramatta	9:30am – 1pm

Date	Activities	Description	Venue	Time
Saturday/ weekly	VIP's Peer Support Group.	Provide a safe place for parent, care giving and special need children to get together to learn and share opinion to support each other through education and skill training (dancing, meal preparation, routine, emotional support) Leading by volunteers / parents provide community social participation to increases wellbeing, life skills, social inclusion and group therapy.	Fairfield Tennis Club House. Ulverstone St, Fairfield NSW 2165	9:30am - 12:30pm Around 8-10 families (24p)
3 rd Wednesday of the Month	Care Giving Support Group	Provide a safe place for carers get together to building supportive relationships and social networks, also learn & share the opinion through information + education session	170 Railway Pde, Cabramatta	10:00am – 12pm
1 st Wednesday of the Month	The Parent – Child Connection	Join our safe and welcoming group for Vietnamese parents & Children to share experiences, learn new skills, and build friendships to support our children, young people, families, and communities. We offer various resources for families living in the Fairfield - Liverpool LGA. 04/02/26; 04/03/26; 01/04/26; 06/05/26; 03/06/26	170 Railway Pde, Cabramatta	9:30am – 12pm
Monday fortnightly	The Parent – Child Connection	Join our safe and welcoming group for Vietnamese parents & Children to share experiences, learn new skills, and build friendships to support our children, young people, families, and communities. We offer various resources for families living in the Canterbury - Bankstown LGA. 16/03/26; 30/03/26; 11/05/26; 25/05/26; 8/6/26 22/06/26	23 Greenwood Avenue BANKSTOWN 2200	9:30am – 12pm

Thank you to our partnerships: Transcultural Mental health Centre, Core Community Services, SWSLHD/HPS,

Anglicare, Sarina Russo – Parent Pathway, Cabramatta Public School, Vietnamese Community Australia, SSI, NAVITAS, Workskil Australia – Parent Pathway, St Brendan Catholic Primary School.