



# MyTime Seymour

## Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

### FIND US AT:

Seymour Family & Children's Centre  
29 Stewart St, Seymour  
**Mondays (fortnightly) 11am – 1pm**

### CONTACT:

Trish Edgar – MyTime Facilitator  
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Unwind and  
share experiences  
with others who  
understand



[mytime.net.au](http://mytime.net.au)

