



MyTime

PROVIDER

*supporting parents of
children with disabilities*



Government of South Australia

SA Health

*Women's and Children's
Health Network*

**ARE YOU A
PARENT OR
CARER OF
CHILD/REN
WITH SPECIAL
NEEDS?**

MyTime is a FREE Program for mums, dads, grandparents and anyone caring for a child up to the age of 18 with a disability, chronic medical condition or special needs. The Program provides carers "time out" – relax and socialise sharing ideas with others in similar situations, fun activities (including massage, manicures, craft and more).

**FREE
CRECHE**

*Available for
children
0 – 5 years*

Hackham West My Time

Tuesday During School Term

Time:

9.15-11.15

Venue:

Hackham West Children's
Centre Unit
Located at
**Hackham West Primary
School –
Glynville Drive
Hackham West**

**For more
Information
Please contact:**

Facilitator: Sally Louise

P. 0466 393 805

E: hwmytime@gmail.com
Facebook Group Onkaparinga My Time

or contact
Manager: Virginia Fusco
8159 9474