



MyTime

supporting parents of
children with disabilities

tweddle
child & family health service

MyTime Manor Lakes 2019

Time Tuesday
10am to 12 noon

Where: Manor Lakes Community Centre
86 Manor Lakes Blvd
Manor Lakes

Facilitator: Vanessa

Play Leader: Suzanne

Term 1 Dates

MyTime Manor Lakes meet each Tuesday
from February 12th to April 2nd

Topics covered this term will include exercise
for family, self care, behaviours, social media
and the Internet, DIY sensory aides and
Coffee Mornings



Find friends who understand

What is MyTime?

MyTime is a peer support group for parents and carers supporting children under 16 years of age with a disability, developmental delay or chronic medical condition.

Who is MyTime for?

Parents (mums, dads), grandparents, foster parents, or a primary carer receiving or applying for Carers Allowance.

What will I get out of MyTime?

- Meet other parents and carers in similar circumstances
- Share experiences in an informal setting
- A choice of topics and activities relevant to your needs
- Information resources and services available to you, how and where to access information.
- A facilitator to support, co-ordinate activities and guide group discussion
- A play helper engages your child whilst you attend your group
- Parent discussion
- Coffee mornings
- Group outings

*The MyTime program is funded by the Australian Government
Department of Social Services.*

MyTime is coordinated nationally by the Parenting Research Centre.



A little bit of
EVERYTHING
you need

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(03) 9689 1577



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MyTime has opened my eyes to all the resources around my area that I had no idea were even there.



Talk to the
real experts



**"MyTime means having
one coffee a week
while it's hot."**



Make time for yourself

Find a MyTime group today

" Many times, the other parents have shared firsthand information I would never have heard about otherwise. **"**



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