



MyTime Kyabram

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:

KCLC,

21-25 Lake Road, Kyabram

Thursdays, Weekly 10am – 11.30am

CONTACT:

Theresa Heenan – Facilitator

Email: Theresah@mytimevic.com.au

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Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime term plan

mytime.net.au

Thursdays, Weekly
10am - 11.30am

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
30 th January 2025	Welcome Back Morning Tea	Various age-appropriate toys, crafts and books. To be decided on the day.
6 th February 2025	Bunnings Visit - DIY Craft	
13 th February 2025	Facilitator Led Discussion TBA	
20 th February 2025	Morning Tea at the Coffee Break, Living Waters. Gold Coin donation	
27 th February 2025	Coffee & Chat	
6 th March 2025	No Meeting	
13 th March 2025	Self Care Activity – Something Fun	
20 th March 2025	Speaker – Elle Grabham Caring for the Carers' Mental Health	
27 th March 2025	Craft – Making Chocolates	Enter
3 rd April 2025	Visit to Donkey Shelter and Morning Tea	enter

*activities may vary depending on group interests and ability



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome