



Virtual MyTime Group

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:

Hosted on Zoom

Meet Monday nights weekly

7.30pm – 9.00pm

CONTACT:

Alison Burns – Facilitator

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Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime term plan

mytime.net.au

Mondays, Weekly
7.30pm - 9.00pm

| DATES | GROUP ACTIVITY |
|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 rd February 2025 | School Holiday and Return to School Stories Share your stories of success, struggle and survival. |
| 10 th February 2025 | Guest Speaker – Kindred: About Me Workshop Create an affirming, strengths-based introduction to your child to give to teachers, therapists, doctors, support workers and others. Great for SSGs. |
| 17 th February 2025 | Self-Care Activity – Using your Signature Strengths Do the VIA Signature Strengths Survey and talk about how we can apply our strengths to our caring and self-care journeys. |
| 24 th February 2025 | Self-Care Activity – Mindful Watercolour Painting or Colouring Use art to calm the body and mind, process emotion and express ourselves. No skill required! |
| 3 rd March 2025 | Guest Speaker – Kim Henderson: Changes to the NDIS Kim is the NDIS Program Lead for Maroondah City Council. She is a high-energy, straight-talking expert on the NDIS. |
| 17 th March 2025 | Group Discussion – Carer Bookclub/Resource Swap Swap stories about the books, articles or podcasts that support and inspire you. No time to read? Just come and listen. |
| 24 th March 2025 | Self-Care Activity – Watercolour Easter Cards and Crafts Create beautiful pastel images and cards. |
| 31 st March 2025 | School Holiday Self Care – Ideas, Plans and Strategies Share your plans for the holidays and strategies for surviving the challenges |

*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