



# 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  
Monday from 11.00am – 1.00pm (fortnightly)

### CONTACT:

Trish – MyTime Facilitator

M – 0400 090 762

E – [mytime@inspiredcarers.org.au](mailto:mytime@inspiredcarers.org.au)

Unwind and  
share experiences  
with others who  
understand



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



# MyTime

## term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
10/07/23	Games & Trivia – BYO lunch	Build a snowman sensory sands & accessories
24/07/23	Guest – Our Place	Winter season display with play dough
07/08/23	Coffee & Chat	Make a snowman picture variety of materials
21/08/23	Guest – Puckapunyal Army supports	Inside winter games
04/09/23	Lunch out – Café 96	Bring your favourite toy



It's support  
for you



It's free to  
join



Professional  
support



Pre-school aged  
children are welcome