

MyTime

Supporting parents of
children with disabilities

What is MyTime?

MyTime is a **free**, facilitated peer support program for parents and carers of children under the age of 18 who need a higher level of care than other children. This might be because of disability, chronic medical condition, or other additional needs including developmental delay.

MyTime Newport

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Facebook



It's support for
you



It's free



Professional
support



Children are
welcome

**“MyTime has been
an amazing support
to me. It allows me
to talk to people who
really understand”**



MyTime is a place to socialise, to discuss, to get information, and to support and be supported by other parents and carers. It's a world away from appointments and therapy.

Members get to plan the group sessions around their specific needs as carers. You might choose to have a guest speaker, do self-care or craft activities, or just relax with a coffee and talk with people who understand.

Preschool-age children are welcome to attend. A play leader will be on hand to engage children in play.



Chat over coffee



Learn something new



Take care of yourself

mytime.net.au