



MyTime

*supporting parents of
children with disabilities*

An initiative of the Parenting Research Centre

Time for you with friends who understand



MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

And while you attend your group led by a trained facilitator, a play helper engages your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free

Find a group mytime.net.au



SUPPORTED BY

Australian Government

Department of Social Services



Parenting Research Centre
raising children well

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