

MyTime Locations

Avondale Heights

Time 9.30 to 11.30am

Monday

Where Rhonda Davis Centre

54 Lakes Street

Avondale Heights

Sunshine

Time 9.30am to 11.30am

Tuesday

Where Sunshine Special Development

School

Ivory Crt Sunshine

** Please enter carpark from Mounsey street.

Point Cook

Time 10am to 12pm

Wednesday

Where Featherbrook Community

Centre

33-35 Windorah Drive

Point Cook, Vic 3030

Werribee Gold

Time 9.30am to 11.30am

Thursday

Where Wyndham Park Community

Centre

53-57 Kookaburra Ave

Werribee, Vic 3030

Wyndham Vale

Time 9.30am to 11.30 am

Thursday.

Where Wyndham Vale Community

Learning Centre.

86 Manor Lakes Blvd.

Manor Lakes

Newport

Time 10am to 12pm

Friday

Where Newport Gardens Early

Years Centre

51 Maddox Street

Newport

What is MyTime?

MyTime is a peer support group for parents and carers, supporting children under 16 years of age with a disability, developmental delay or chronic medical condition.

Who is MyTime for?

Parents, grandparents, foster parents, or a primary carer receiving or applying for Carers Allowance.

What will I get out of MyTime?

- Meet other parents and carers in similar circumstances
- Share experiences in an informal setting
- A choice of topics and activities relevant to your needs
- Information resources and services available to you, how and where to access information.
- A facilitator to support, co-ordinate activities and guide group discussion
- A play helper to provide activities for the children whilst in your care and supervision
- Parent discussion
- Coffee mornings
- Group outings
- 8 sessions every school term

What do members say?

"This has been a fantastic experience for me and my children. The group has been helpful and I don't feel lost on my journey"

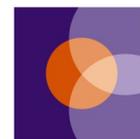
"I recommend MyTime to every family who has a newly diagnosed child and who is looking for community support"



child + family health service

53 Adelaide Street Footscray
Victoria 3011 Australia
Ph. + 61 3 8387 0649
or + 61 3 9689 1577
Web www.tweddle.org.au

The MyTime program is funded by the Australian Government Department of Social Services. MyTime is coordinated nationally by the Parenting Research Centre.



MyTime
PROVIDER
supporting parents of
children with disabilities

What MyTime looks like...

MyTime groups provide support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition. It's a place for parents/carers to unwind and talk about their experiences. It's a peer support group for them and their family.

MyTime groups provide facilitated peer support to families raising children with complex needs. Peer support groups provide an opportunity for people who are living similar experiences to share those experiences and support each other. They typically consist of a group of people who share a similar—but not necessarily identical—life experience. Peer support groups expose people to varied ways of reacting to and coping with their challenges, give them a chance to share positive experiences and lead to an increased sense of belonging and well-being.

Each group has two staff members in attendance.

Facilitators work with group members, helping them get to know each other and learn more about the services and supports in their area. Members choose what they would like to discuss in their groups, with help from the facilitator. Depending on what the group wants to do, the facilitator might guide group activities or provide resources.

Facilitators are workers from local organisations. They have qualifications and/or experience in disability, parenting or family support and bring to the MyTime group a good understanding of local resources and support services.

Play helpers keep children, including under school aged siblings, busy and active in activities such as singing, drawing, playing with toys, blocks or sand so members can spend time catching up with one another. Play helpers have skills in leading children's play activities.

We have tea and coffee for parents but we do ask that if parents are bringing any children that they have a snack and drink for the session.

Find a group mytime.net.au



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