

MyTime @

tweddle
child + family health service

NEWPORT

Where : Newport Gardens Early Years Centre - 51 Maddox Street, Newport.

Time: Friday 10am to noon



My Time is a place where you can connect with others, talk about your experiences and share information.

It is support for you.

The group has 2 staff members each week.

Facilitator— Kim

Play helper—Suzanne.

The groups meet weekly, if you are interested, please contact the

MYTIME Coordinator at

Tweddle on

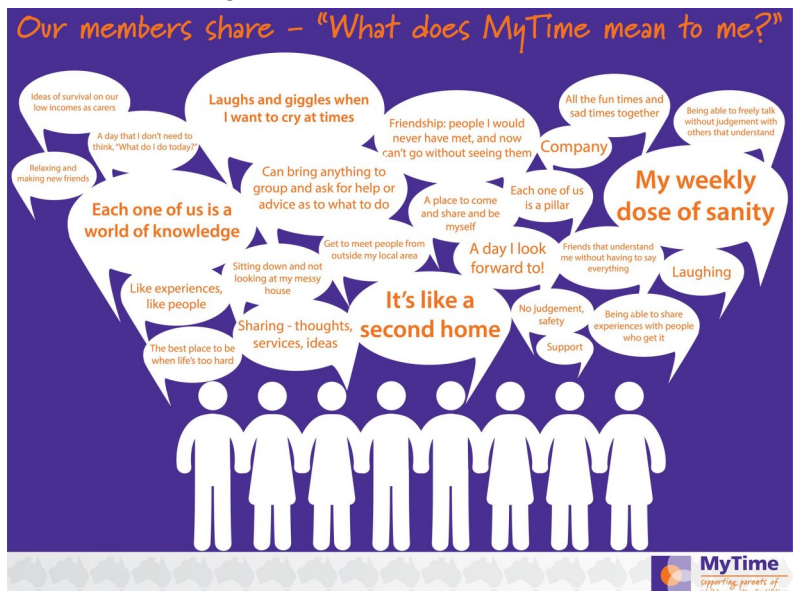
03 9689 1577

What is 'MyTime'

"MyTime" is a program that provides local support groups for mothers, fathers and carers with children who have a disability developmental delay or a chronic medical condition 0-16years.

What will parents get out of MyTime?

- Meet other parents & share experiences in discussion groups
- Socialise with other families in similar circumstances, in an informal setting
- Information about what services are available in the community, and how and where to access this
- Guest Speakers (participants are encouraged to nominate topics)
- Support from a facilitator, guiding group discussions & a play helper providing activities for the children
- Social outings.



The MyTime program is funded by the Australian Government Department of Social Services MyTime is coordinated nationally by the Parenting Research Centre. Research based resources can be found on the Raising Children website.

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 **MyTime**
PROVIDER

HOW TO FIND US

NEWPORT MyTime @ Tweddle

Newport Gardens Early Years Centre 51 Maddox Street

10am to 12noon on FRIDAY
There is parking onsite.

