



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:

Kadina Uniting Church Hall
Thursdays 9:30 – 11:30am
6 sessions per school term
(dates on next page)

CONTACT:

Facilitator: Georgina Weissmann
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Unwind and
share experiences
with others who
understand



Health
Women's and Children's
Health Network



mytime.net.au

MyTime term plan

mytime.net.au



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DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
2/2/2023	Welcome to Term 1 2023 – coffee and chat, welcome new members	
9/2/2023	Topic: Self-care/ prioritising ourselves	
23/2/2023	Macrame/ weaving session	
2/3/2023	Guest speaker: Fraser Ellis, Member for Narungga	Children's activities are planned according to the age and needs of children booked in with the Play Helper. Some activities include puzzles, vehicles, blocks, balls, drawing and other games.
16/3/2023	Paint your own trinket box/ rock painting	
23/3/2023	End of term celebration	



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome