



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:

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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

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DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
4/5/2023	Coffee and chat. Karen English – Autism Inclusion Teacher from Kadina Memorial School will be visiting	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.
11/5/2023	Guest speaker: Shauna Gallagher, Your Caring Way	
25/5/2023	Self-care: Acrylic dot painting	
1/6/2023	Coffee and chat	
15/6/2023	Self-care: free choice craft from our supplies	
22/6/2023	Emma Ward – Positive Outlooks – Life Coach & Counsellor	



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome