



# MyTime

*supporting parents of  
children with disabilities*



SUPPORTED BY:

**Australian Government**

**Department of Social Services**

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

MyTime groups will bring you together with people who share similar challenges to your own. Through talking and sharing experiences, you can build relationships with other families. You can also find trusted parenting information and learn new skills. By looking after your own wellbeing, you are looking after your child.

Find a group near you today by visiting [www.mytime.net.au](http://www.mytime.net.au).