



Virtual MyTime Group

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:

Hosted on Zoom

Meet Monday nights weekly

8.00pm – 9.00pm

CONTACT:

Alison Burns – Facilitator

Email: AlisonB@mytimevic.com.au

Unwind and
share experiences
with others who
understand



MyTime term plan

mytime.net.au

Mondays, Weekly
8pm – 9pm

DATES	GROUP ACTIVITY
Mon 7 th Oct	Welcome back Special Dinner
Mon 14 th Oct	Guest Speaker – Tiffany, School Can't Aust. School Refusal Workshop
Mon 21 st Oct	Group discussion - Alexa Routines from Therapy at Home
Mon 28 th Oct	Self Care Activity Meditation Session – Rita Mind and Body Focus
Mon 4 th Nov	Group discussion – sharing of positive experiences and strategies
Mon 11 th Nov	Guest Speaker – Kim Henderson Behaviour Support Plans and Strategies
Mon 18 th Nov	Self Care activity
Mon 25 th Nov	Group discussion Sharing of success stories of your children or yourselves
Mon 2 nd Dec	Guest Speaker – Assoc for Children with a Disability (to be confirmed) Reasonable adjustments in Early Childhood
Mon 9 th Dec	Group chat – sharing of school holiday plans

*activities may vary depending on group interests and ability



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome