

## Jo Harrison



As a parent of three small children, the first born with an intellectual disability, I felt consumed with the responsibility and the commitment.

MyTime provides a safe place I can be myself and grow in the company of like minded parents and friends, it keeps you on solid ground, and it's a moment respite where you can feel the tightly coiled knots in your stomach unwind releasing pressure.

MyTime has given me lots of things – knowledge, power, laughter, experience, confidence, empathy and understanding, friendships – but most of all it has helped me think about life, what it is for, what is important and it has taught me that it is OK to be yourself and for your ideas to change.

*“Thank you MyTime.”*