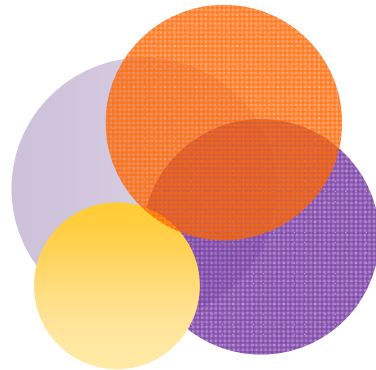


## Make time for MyTime



### Welcome!

**MyTime** groups operate in your area. The groups provide facilitated peer support for mums, dads, grandparents and anyone caring for children with a disability, developmental delay or chronic medical condition.

Each group has a play helper who leads children and siblings in activities, so parents and carers can spend time focusing on socialising and catching up with others.

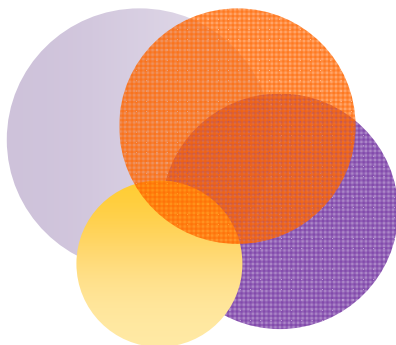
### Come Along!

And share ideas and information with others who understand the rewards and intensity of caring for a child with special needs. You may find them helpful and fun too!

Join it's **free!**

### Register!

To attend, simply email the MyTime team ([mytime@parentingrc.org.au](mailto:mytime@parentingrc.org.au)) or give us a call on 1800 889 997 (toll free). You can also find more information about MyTime and location of groups on the website at: [www.mytime.net.au](http://www.mytime.net.au)



**We look forward to seeing you soon!**