



What MyTime aims to achieve

MyTime groups are designed to:

- create a safe space for parents to share, learn and connect
- foster hope, belonging and self-compassion
- provide access to information and skills
- help parents build supportive networks
- strengthen parents' confidence and wellbeing
- support positive outcomes for children and young people.

These outcomes are captured in the MyTime Outcomes Chain, which maps how the program creates change for families.