



## Why MyTime exists

Parenting a child with additional needs can bring unique joys and challenges. Evidence suggests peer support programs benefit these parents by increasing hope and optimism, knowledge and social support. Over time, these benefits can improve parents' confidence and wellbeing. MyTime was created to respond to this need — recognising that when parents are supported, children benefit too.

A short history lesson: MyTime began in 2007, when the Australian Government's Department of Social Services committed to strengthening supports for people with disability and their families. At the time, the Parenting Research Centre identified a gap: parents of children with additional needs often faced higher levels of stress than other parents, affecting their wellbeing and quality of life. With federal funding, the first MyTime peer-support groups were launched to fill this gap, creating spaces where parents could connect, share experiences, and feel supported.