



Practice support for facilitators

Facilitating a MyTime group is rewarding, but it can also be challenging at times. You're not expected to do it alone — there are supports in place to help you grow in your role and look after yourself.

Resources

- **This manual:** a guided reference for planning, running, and sustaining your group.
- **Guiding Principles Handbook:** practical ideas for putting MyTime's values into action.
- **MyTime website:** downloadable templates, practice guides, and facilitator resources.

Support from the Parenting Research Centre

The Parenting Research Centre provides:

- resources and tools to strengthen your practice
- updates and guidance on program requirements
- support with the facilitator portal and member surveys.

Support from your coordinator

Your coordinator is your first point of contact for:

- day-to-day questions about your group
- advice on managing tricky situations
- help with operational requirements in your organisation.

Looking after yourself

Facilitators are central to the success of MyTime. Supporting others can take energy, so make time to reflect, debrief, and use the supports available to you. Staying connected with your coordinator and using the resources provided can help you feel confident and sustain your role over time.