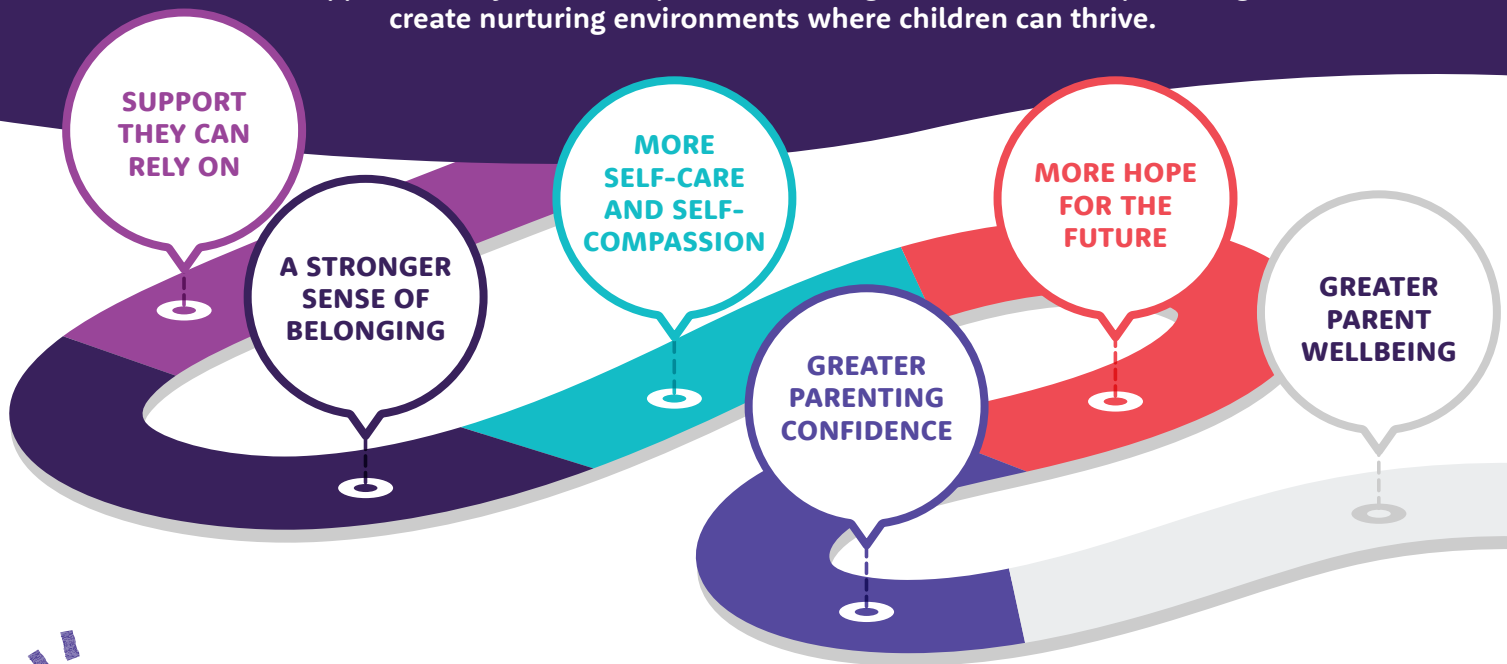


THE MYTIME JOURNEY

The benefits of MyTime build over time. When parents feel confident, connected and supported, they are better placed to manage the demands of parenting and create nurturing environments where children can thrive.



Feeling supported and understood

Early in their MyTime journey, parents report feeling a stronger sense of belonging, feeling understood, and becoming more confident in knowing where to find information, services and support for their child and family.

Building self-care and self-compassion

Over time, participation in MyTime supports parents to develop a stronger sense of self-care and self-compassion. Parents are more likely to take time to relax, re-energise and be kind to themselves when things are difficult.

Growing confidence and connection

With ongoing participation, parents feel more positive and optimistic, with long-term gains in parenting confidence, wellbeing and connection to community.

Understanding MyTime through member's voices



Capturing the impact

MyTime is more than a group. It is a trusted peer-support community that strengthens parents, families and children over time.



Member surveys

We listened to our community through repeated (2024/2025) surveys to track progress and identify meaningful trends.



Photovoice methodology

We captured the unique perspectives of members who used photography to describe their MyTime experience.

94%

feel listened to and understood

94%

say the information and support help them care for their child

92%

are satisfied with the support they receive

"MyTime is like a warm group hug...I feel loved, understood and respected from this group. The group supports my overall wellbeing and is a coping mechanism for me."

MyTime member

MyTime
Supporting parents of children with disabilities