

What is MyTime?

MyTime is a facilitated peer support program for parents and carers of children with a disability, developmental delay or chronic medical condition.

MyTime groups are for parents and carers who want to connect with others and share their experiences. They provide unique support from other parents and carers who have "been there" or are "there right now". This support is different from that provided by professionals because MyTime members have first-hand knowledge of the challenges and joys that come with parenting a child with a disability, developmental delay or chronic medical condition.

MyTime

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free

Parents and carers of young children can experience disconnection from family, friends and the broader community because of the intensity of their caring role. Access to parent and play groups in the broader community can be severely restricted for many parents and carers of children with disabilities. The MyTime program was designed to address this social disconnectedness.

By establishing the MyTime facilitated peer support program, we hope to improve outcomes for parents and carers by giving them an opportunity to meet, socialize and learn from other people in similar situations.

Program objectives

- To develop relationships with other parents and carers
- To feel supported in their caring role
- To gain an increased knowledge of caring for a child
- To develop strong links with the broader community

Eligibility

MyTime parents and carers must be eligible for the Carers Allowance (Child).

Anyone eligible for this allowance - that is, parents and carers of children up to age of 18 - can join a MyTime group. Crèche is restricted to children of under school age.

How MyTime Works

Each group is supported by two workers – a Facilitator for parents and a Play Helper for children. The Facilitator works with parent groups, helping them get to know each other and decide on topics or activities for their group to discuss. Groups usually meet once a week for a couple of hours.

How do I join?

A list of groups can be found on our

Website: mytime.net.au

OR phone: 08 – 81599474.