



MyTime








Supporting parents of children with disabilities

MyTime is for all parents and carer's of children under the age of 18 who need a higher level of care than other children.

Being a parent is an important job. It's easy to get caught up in looking after your child's needs, but looking after yourself is important too.

MyTime is a place where you can **unwind**, and share ideas and experiences with others who understand.

Term 1 2024 program ****new day and venue****

DATE	TOPIC DETAILS
Tues 6th February	 Coffee and Chat
Tues 13th February	 Visit from Happy Giraffe
Tues 20th February	 Coffee and Chat
Tues 27th February	 Walk-n-talk (BYO water bottle, walking shoes, mobility aid, pram) meet back at the CPC at 1:30 for refreshments **children welcome**
Tues 5th March	 Coffee and Chat
Tues 12th March	 Visit from Bronya from APM Albany, to chat about the new PACES system
Tues 19th march	 Coffee and Chat

****Non-school aged children are welcome, a play helper will be available to provide activities for any children who attend****
Due to term lengths Term 1 will run for 7 weeks and Term 2 for 8 weeks.



WHERE: Child and Parent Centre,
Humphreys St, Lockyer

TIME: 12:30-2:30 each Tuesday

ENQUIRIES: kharvey@wanslea.org.au or 9843 0077

