



MyTime

Supporting parents of
children with disabilities

You're invited to MyTime Albany

MyTime is for all parents and carers 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.

When is MyTime?

All Meetings are held on a Tuesday afternoon from 12:30-2:30 pm

- Term 1 6th February—19th March
- Term 2 23rd April—18th June
- Term 3 23rd July—10th September
- Term 4 17th October—5th December

Where?



Child and Parent Centre
Mount Lockyer

Humphreys street, Mount Lockyer, 6330

Want to know more?

Want a program or to chat with us? Please get in touch! via greatsouthern@wanslea.org.au
or call 08 9843 0077



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