



MyTime

*supporting parents of
children with disabilities*

Does your child have a disability?

Make time for you at MyTime.

Find real support from friends
who understand at MyTime.


Share your experiences with
others who 'get it', learn about
services and support available to
you, and gain access to trusted
and reliable information.

Take time for you, and while you
relax, your pre-school aged child
is engaged in play with a trained
professional.

Best of all, it's free.

Learn more and find groups in your area at

www.mytime.net.au

 /mytimeaustralia



1800 420 420
Australian Government
Department of Social Services



Parenting Research Centre
raising children well