

# MyTime Lakemba

MyTime is for parents and carers of children aged 0-18 years who have a disability, developmental delay or chronic medical condition. It's a place for you to unwind and talk about your experiences. MyTime groups are **free** to join and child minding is provided.

At MyTime, you will find other parents who really understand what it's like to have a child with a disability, as well as a supportive environment and facilitator to help you access information and services in your area.

## **COME AND TRY THIS GROUP!**

When: Tuesdays: 12:30 – 2:30

Where: **Lakemba School Community Centre (in the grounds of Lakemba PS, Alice St, Wiley Park)**

Starts: Tuesday 4<sup>th</sup> August

Bookings Essential for COVID19 protocols

Enquiries: Wendi or Madeleine on  
9759 4061

## **What happens at a MyTime Session?**

### **Chat over coffee**



In some sessions, members just relax over a coffee, talk about their week and share advice and information

### **Learn something new**



In some sessions the facilitator or a guest speaker might lead discussion on a topic of interest

### **Take care of yourself**



Sometimes, the group might just have fun with an activity aimed at helping members relax and look after their wellbeing.



MyTime is operated nationally by the Parenting Research Centre and funded by the Australian Government. Learning Links is a coordinating partner for MyTime in NSW.