

www.mytime.net.au



**MyTime**

*supporting parents of  
children with disabilities*



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## *MyTime website*

The MyTime website [www.mytime.net.au](http://www.mytime.net.au) links parents around the country through online discussion groups, regular newsletters, group information and the latest research on parenting.

To register your interest or find out more:

- [www.mytime.net.au](http://www.mytime.net.au)
- 1800 889 997
- [mytime@parentingrc.org.au](mailto:mytime@parentingrc.org.au)

**www.mytime.net.au**

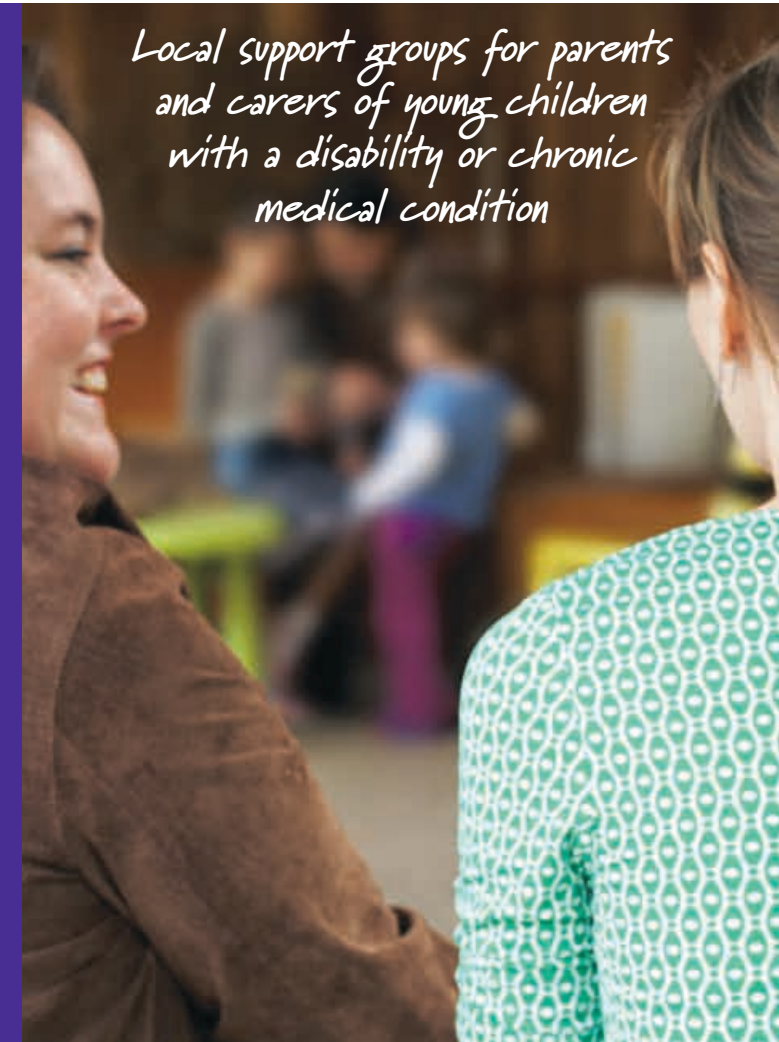
The Parenting Research Centre is the national coordinator of MyTime on behalf of the Australian Government Department of Families, Community Services and Indigenous Affairs.



**Parenting Research Centre**  
*raising children well*



**An Australian Government Initiative**



*Local support groups for parents  
and carers of young children  
with a disability or chronic  
medical condition*

## What is MyTime?

MyTime groups provide local support for mums, dads, grandparents and anyone caring for a child under school age with a disability or chronic medical condition.

Parents can socialise and share ideas with others who understand the rewards and intensity of the caring role.

## What will parents get out of MyTime?

Parents and carers can:

- meet others in similar circumstances
- have fun, hear from others and share experiences
- find out about available community support
- get extra parenting information and skills development
- make time for themselves while children play, supported by a play helper.



## How does MyTime work?

Groups can choose topics and activities to discuss and explore with their group facilitator, while a play helper keeps children busy and active.

Topics might include: taking care of yourself, getting the right support, your child's development and play ideas. Each group will have at least four parents and will usually meet once a week for a couple of hours.

## Who can join?

Parents and carers – including mums, dads, grandparents and the principal carer – who are eligible for the Carer Allowance (Child) for a child under school age with a disability or chronic medical condition.

For more information about eligibility, visit [www.centrelink.gov.au](http://www.centrelink.gov.au).