



My Time

Time out for parents

What MyTime has to offer

MyTime aims to create a time for parents and carers to build supportive relationships with each other and the community.

MyTime is for parents, carers and grandparents of children with developmental delay, a disability or a chronic medical condition (0-16 yrs).

MyTime provides information and support to other parents.

MyTime helps parents support each other during stressful times.

MyTime provides information on child development needs.

MyTime provides an opportunity for parents to celebrate milestones and day-to-day achievements.

MyTime helps parent to learn about services and programs in the local area.

MyTime helps families link to their community through groups and informal friendships.

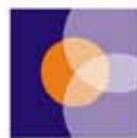
MyTime helps families to link to services and programs locally.

MyTime raises awareness of the unique benefits of peer support.

MyTime reduces the level of isolation.

MyTime is flexible and responsive to the needs of families.

Contact the **MyTime Facilitator** in Townsville on **07 4759 2037**
or e-mail Jane.Grant@cootharinga.org.au



MyTime

supporting parents of
children with disabilities



Cootharinga
North Queensland
Ability First!

MyTime is a commitment by Cootharinga North Queensland, Playgroup Queensland, the Parenting Research Centre and Department of Families, Housing Community Services and Indigenous Affairs (FaHCSIA).

Our vision:
Building a better world
with people of all abilities