

WA MyTime Online

MyTime is a free peer support group for parents and carers of a child with a disability, chronic medical condition, developmental delay or other additional needs.

New members are welcome!



Date: Commencing weekly from Monday 28 April to 30 June 2025
Time: 7pm - 8.30pm

About My Time:



IT'S SUPPORT FOR YOU

MyTime lets you connect with others who understand, have some time for yourself, and to build your support network.



MEMBER-LED ACTIVITIES

Our online group provides a safe, supportive space where you can engage as much or as little as you like, choosing the topics and sessions that fit your needs.



MY TIME ONLINE

Our online group provides a safe space where you can learn about local services and supports and gain access to quality information.

*To find out more see our website and contact facilitator Claire
email - parentingservice2@mundaring.wa.gov.au or phone 0407 288 981*

To express interest



WA MyTime Online Planner

We have lots of exciting activities and information sessions on offer

Sessions are delivered from 7pm to 8:30pm, you can stay the whole session or just pop in for a short visit.

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Date	Activity
Week 1 Monday 28 April	Connect and chat
Week 2 Monday 5 May	Connect and chat - Building a support network
Week 3 Monday 12 May	Connect and chat
Week 4 Monday 19 May	Connect and chat
Week 5 Monday 26 May	Guest speaker
Week 6 Monday 9 June	Connect and chat
Week 7 Monday 16 June	Connect and chat - Nurturing yourself while parenting
Week 8 Monday 23 June	Guest speaker - Q&A on ADHD
Week 9 Monday 30 June	Acknowledging strengths and challenges

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