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**MyTime @ Tweddle Child & Family Health Service**

**Web:** [**http://www.tweddle.org.au/our-work/our-programs/mytime/**](http://www.tweddle.org.au/our-work/our-programs/mytime/)

MyTime provides support for mothers, fathers, grandparents and anyone caring for a child aged 0-18 with a disability or chronic medical condition. MyTime provides a place to socialise, to discuss, to get information, and to support and be supported by other carers. MyTime is funded by the Department of Social Services and coordinated by The Parenting Research Centre.

Facilitators work with group members, helping them get to know each other and learn more about the services and supports in their area. Members choose what they would like to discuss in their groups, with help from the facilitator. Depending on what the group wants to do, the facilitator might guide group activities or provide resources.

Facilitators are workers from local organisations. They have qualifications and experience in disability, parenting or family support and bring to the MyTime group a good understanding of local resources and support services.

Discussion topics cover behaviour management and strategies around dealing with the challenges of public displays of frustration, schooling options and the enrolment criteria, success in toilet timing, eating new foods and when a child uses PECS to communicate.

The MyTime groups provide a relaxed environment to make friends and to explore and discuss helpful resources over a cup of tea or coffee while your child plays with the support of a play helper.

Locations: Point Cook – Featherbrook Community Centre, 33-35 Windorah Dve, Point Cook

Werribee – Wyndham Park Community Centre, 57 Kookaburra Ave, Werribee

Wyndham Vale – Manor Lakes College, 2-50 Minindee Road, Wyndham Vale

For more information – contact LeAnn Williams on 8387 0649