



# MyTime Ashwood

## Why MyTime?

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

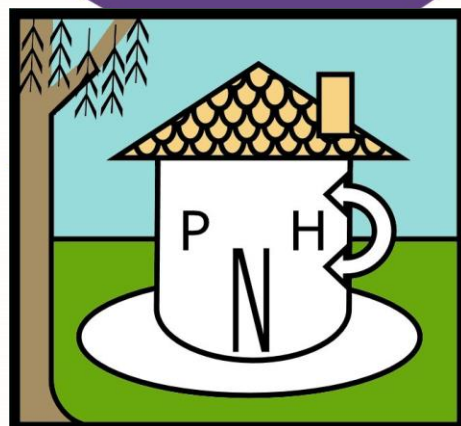
### FIND US AT:

Power Neighbourhood House  
54 Power Ave, Ashwood 3147

### CONTACT:

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Unwind and  
share experiences  
with others who  
understand



[mytime.net.au](http://mytime.net.au)

# MyTime term plan

mytime.net.au

Sessions are FREE

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
<b>11 February</b> 1:30pm - 3:30pm	Parents and Carers Chat	'Love' theme activities Art, LEGO, Games
<b>24 February</b> 10:30am - 12:30pm	Parents and Carers Chat Welcome back in 2023! General catch up, including how did you go over the holidays?	A Play Helper will lead children, aged 0-6 years old, in activities and music in another room, so parents and carers can spend time focusing on catching up with others.
<b>11 March</b> 1:30pm - 3:30pm	Parents and Carers Chat	'Happiness' theme activities Art, LEGO, Games
<b>31 March</b> 10:30am - 12:30pm	Parents and Carers Chat Join us for a picnic! Meet at the rotunda on Power Avenue, near Warrigal Road. Bring a picnic rug and a smile :) Food and drinks supplied; please contact Caren with dietary requirements.  Wet weather alternative: Meeting will be held at Power Neighbourhood House.	A Play Helper will support children, aged 0-6 years old, with play equipment in the park, ball games and music, so parents and carers can spend time focusing on catching up with others.
<b>8 April</b> 1:30pm - 3:30pm	Parents and Carers Chat	'Easter' theme activities Art, LEGO, Games



It's support  
for you



It's free to  
join



Professional  
support



Pre-school aged  
children are welcome