



# MYTIME

**MyTime is for parents and carers of a child (aged 0-16 years) with a disability, chronic medical condition or other additional needs including developmental delay.**

**Unwind, meet new people and share experiences with others who understand.**



**Friendly supportive environment**



**Play session is provided for pre-school aged children**



**Trained facilitators**



**MyTime is free, includes coffee & morning tea for parents/carers**

MyTime is a funded Federal Government program. It is run by TAFE NSW, Big Fat Smile and Interchange Illawarra.

An experienced educator from Big Fat Smile and a TAFE teacher lead a group of Diploma of Early Childhood Education students to engage and care for the children, while a trained facilitator runs a group session with parents.

You are welcome to stay with your child or join the facilitator in another room and enjoy the company of other parents in a relaxing environment.





**MyTime**  
**9.30-11.30am Thursdays**  
**(during school term)**

**North Wollongong TAFE**  
**Foleys Lane,**  
**North Wollongong**  
**Ground Floor, G Block**

### Frequently Asked Questions

<b>Who is MyTime for?</b>	MyTime is specifically for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.
<b>What happens at MyTime?</b>	We provide a supported play session for children under school age so carers can have some time to chat, have some morning tea, relax or find out information from our experienced facilitators. If your child prefers, you can stay with them.
<b>What do I need to bring?</b>	Please bring a morning tea and a drink for your child/children. Morning tea, coffee is provided for the carers. There is no cost to attend MyTime.
<b>Do I need to book in?</b>	Please contact Kylie at Interchange Illawarra (details below) to let us know you are coming along the first time. There is no need to book in each week.
<b>Do I need to attend every week?</b>	The program runs during the school term. While we would love to see you each week we totally understand that other appointments or activities may need to take priority.



**For more information:**

Contact Kylie at Interchange Illawarra on [kylie@interchangeillawarra.org](mailto:kylie@interchangeillawarra.org) or call the office on 4227 1079.

