



Child and Parent Centre
East Waikiki



My Time Peer Support Group



**CHILDREN
0-5 years
WELCOME**

MyTime is Your Time to Connect & Unwind

MyTime offers a supportive environment where parents and carers of children with additional needs or disabilities can feel understood, share ideas, and connect with others who share similar experiences. A trained facilitator helps the group to get to know each other and coordinates planned weekly self-care activities. Guest speakers provide information about local resources and support services. While you unwind, your child is kept engaged by a MyTime play leader.

Mondays from 4 August to 22 September

12.00pm - 2.00pm

Child and Parent Centre - East Waikiki

Cnr Murchison Rd & Carnegie Loop, Cooloongup

For families with children from birth to 18 years of age.



For more information phone 9367 0967 or
email cpceastwaikiki@ngala.com.au

In partnership with

