



An initiative of the Parenting Research Centre



MyTime groups are free to join, and being a part of MyTime does not affect your NDIS funding.

Time for you with friends who understand



For parents, carers and grandparents of children with developmental delay, a disability or a chronic medical condition (0-18 yrs).

You receive skilled guidance from facilitators to help you adjust to your child's diagnosis and information about local services and resources.

MyTime is a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

For more information or details on MyTime group sessions in Glen Innes, phone Angela Sisson on 0417 603 840 or if you prefer, email cafs@gisc.nsw.gov.au