

A FREE GROUP

For parents/carers of children aged 0-18 years who have a disability, global developmental delay or chronic medical condition.

-All Welcome-

No Cost

Pre-school aged children and their siblings will enjoy a free playgroup in a separate area. You can relax and enjoy some morning tea, the company of others and hear from guest speakers on topics of your choice.

A qualified Disability Worker will provide fun activities for children in a playgroup setting.

No children on the day?

That's OK! We would love for you...and a friend if you like...to come along.

FSG Australia has been walking alongside families who have children affected by disability for over 38 years on the Gold Coast.



MyTime

supporting parents of children with disabilities

A group for parents on the Southern Gold Coast – facilitated by FSG Australia and hosted by Currumbin Community Special School. This group is open to all parents/unpaid carers of children with disabilities/ global developmental delays/chronic medical conditions.

WHETHER FAMILIES ARE CONNECTED TO THE SCHOOL OR NOT – ALL ARE WELCOME!!

Thursday 1st March

9.30am-12.00pm

**Currumbin Community
Special School Hall**

5 Hammersford Dr, Currumbin Waters

Easy entry via the gate at the hall, look out for the balloon on the gate.

Topic: Mindfulness

Come and learn some fun and practical mindfulness activities that you can incorporate into your day to day life. Take the time to recharge and care for the most important person in your life – you!

As always, a yummy morning tea will be provided and the opportunity to connect with others.

If you are bringing along your children, bookings are essential:

**Enquiries and RSVP: Zoe or Julie
07 5676 3001 or 0437 390 712**

ABOUT MyTime

MyTime groups provide facilitated peer support for mums, dads, grandparents and anyone caring for children with a disability, developmental delay or chronic medical condition.

MyTime gives carers the chance to socialise and share ideas with others who understand the rewards and intensity of the caring role. Parents can meet with people in similar circumstances to unwind, have fun, hear from others and learn. Skilled and experienced facilitators are available at each session to assist carers to access information and services in their area. Research-based parenting information will also be available at group meetings. Attendance at My Time Groups is free of charge.

WHY IS MyTime IMPORTANT?

It can be hard for parents to find time to get support and find play opportunities for their children. Local MyTime groups bring parents together with other parent/carers who have similar experiences and challenges. My Time is Time for Carers: a time and space to celebrate achievements and to support each other during stressful times. Through talking and sharing experiences, parents can build relationships with other families. By looking after your own wellbeing, you are looking after your child. My Time is having a life-changing impact for families: it helps the healing process, networks are being built and parents are finding that by helping others through support or sharing knowledge, their self confidence and self awareness is being strengthened.

HOW MyTime WORKS

Each group is supported by two workers – a facilitator for parents and a qualified play helper for children. Children are provided with appropriate, meaningful and fun activities in an area separate to their parents. This enables parents to spend time focusing on catching up with others. If children are elsewhere (eg preschool, childcare, school) parents are welcome to come by themselves. Siblings under school age are welcome to come along with parents and join in the playgroup.

A facilitator works with the parent groups, helping them get to know each other and to decide on topics or activities relevant to their needs. Sessions could include guest speakers; relaxing and pampering for carers, discussions on topics such as NDIS, sleep, fussy eaters, advocacy, parenting issues and so many more. My Time generally meets fortnightly during school term.

HOW DO PARENTS JOIN?

Contact Zoe Kearney or Julie Cox at FSG Australia on 5676 3000 / 0404 855 260 or familyresourcing@fsg.org.au – Zoe and Julie will assist parents to check their eligibility and invite them to a session where necessary paperwork can be easily completed.

WHO CAN JOIN?

Parents and unpaid carers of children aged 0 to 18 years with a disability or chronic medical condition and who are eligible to receive the Carer Allowance (Child)
The program is coordinated nationally by the Parenting Research Centre. MyTime is a national initiative funded by the Australian Government Department of Social Services.

For more information about My Time: www.mytime.net.au

