



# MyTime Corio

Wed mornings  
9am – 11am

## 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:

Korayn Birrale Community Centre  
Purnell Rd  
Corio 3214

### CONTACT:

Dianne Hickey – Facilitator  
dianneh@dsav.asn.au  
Mobile: 0466105394

Unwind and  
share experiences  
with others who  
understand



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

# MyTime

## term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
Wednesdays Weekly		<ul style="list-style-type: none"><li>Activities may vary depending on group interests and abilities</li></ul>
Jan 31 <sup>st</sup> 2024	Welcome back – Coffee and Chat plus 'How we support each other'	Bubbles and balloons
7 <sup>th</sup> Feb 2024	Mozart and Mocktails Fun painting session	Art and Craft activities
14 <sup>th</sup> Feb 2024	Guest Speaker – Jacinta Raimonda Exploring Trauma – taking control	Developmental and sensory play activities
21 <sup>st</sup> Feb 2024	Coffee and Chat	Finger Plays and Nursery Rhymes
28 <sup>th</sup> Feb 2024	Mid term Break	
6 <sup>th</sup> March 2024	Coffee and Chat	Music time – Finger Plays and Nursery Rhymes
13 <sup>th</sup> March 2024	Special Topic – Carer Burnout	Puzzles, Jigsaws and Board games
20 <sup>th</sup> March 2024	Hands on Learning Taking up the tools for Home Maintenance	Playing with wood
Final Session 27 <sup>th</sup> March 2024	End of Year Break Up – Venue TBC	BYO



It's support  
for you



It's free to  
join



Professional  
support



Pre-school aged  
children are welcome