



MyTime Seymour

Mondays (fortnightly)
11am to 1pm

Unwind and
share experiences
with others who
understand

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:

Seymour Family & Children's Centre
29 Stewart Street, Seymour

CONTACT:

Trish Edgar – MyTime Facilitator
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mytime.net.au



MyTime

term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
Mondays – fortnightly		*activities may vary depending on group interests & abilities
2nd Oct 2023	BYO Lunch - Coffee & Chat	Sensory water play & shells
16th Oct 2023	Guest – Inspired Carers Topic: Reasonable adjustments in education	Puzzle play
30th Oct 2023	Coffee & Chat Topic: Summer recipes for picky eaters	Fun with bubbles
13th Nov 2023	Coffee & Chat	Water animals & drawing
27th Nov 2023	Lunch out – Café 96 96 station St, Seymour	Bring your favourite toy



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome