



# MyTime Carrum Downs

## Free Support for Parents and Carers

MyTime is a peer support program for parents and carers of children (0-18 years) with a disability, chronic health condition, or other additional needs including developmental delay.

Relax and unwind with others who understand  
Play Leader present - preschool aged children welcome  
Guest speakers and activities to support you in your caring journey  
Welcoming atmosphere with **MORNING TEA PROVIDED**

**MONDAYS, WEEKLY**

**DURING SCHOOL TERMS**

**10AM - 12PM**

**LYREBIRD COMMUNITY CENTRE**

**KINGFISHER HALL, 203 LYREBIRD DRIVE**

**For further information, contact:**

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