

Term 1, 2012

MyTime Echuca

What is MyTime?

MyTime provides facilitated peer support for parents, grandparents or anyone caring for a child with a disability, developmental delay or chronic medical condition. MyTime is not a playgroup, instead promoting 'respite' time for carers, with play helpers on hand to provide activities for children and siblings if required.

Dates Term 1 2012 (& Topics / Activities)	<ul style="list-style-type: none"> • Tuesday 7th February - Welcome back morning tea • Tuesday 14th February - My Story (from a parent) • Tuesday 21st February - Celebrating what's great about your child and family • Tuesday 28th February - Coffee & Chat • Tuesday 6th March - Parent Seminar by CLRS • Tuesday 13th March - Relaxation / Looking after yourself • Tuesday 20th March
Venue	Alexander House, 242 High St Echuca
Time	9.30am - 11.30am
What to Bring	Bring a snack and a drink for children
What is provided	<ul style="list-style-type: none"> • Refreshments for adults • Childcare for children (with playhelpers)

For more information, please contact Echuca MyTime facilitator, Elissa Plumridge, at Community Living & Respite Services on 5480 2388 or via email eplumridge@clrs.org.au

