



# MYTIME MEETS HERE

MyTime is a FREE peer support program for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Wednesdays during the school term



10.00 am - 11.15 am



Glendenning  
48 Golding Drive Glendenning,  
NSW, 2761



RSVP to Amanda Howard  
[ahoward@playgroupnsw.org.au](mailto:ahoward@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME GLENDENNING, TERM 3 2025

**Held weekly on Wednesdays 10am - 11.15 am**  
**Glendenning, 48 Golding Drive Glendenning, NSW, 2761**

**30**

**July**

## **Members connecting**

Coffee and Chat

**6**

**Aug**

## **Self-care activity**

Stretch and Relax

**13**

**Aug**

## **Craft activity**

Thera Putty Making

**20**

**Aug**

## **Self-care activity**

Stretch and Relax

**27**

**Aug**

## **Self-care activity**

Stretch and Relax

**3**

**Sep**

## **Members connecting**

Special Self Care Event

**10**

**Sep**

## **Members connecting**

Adult Puzzles and Colouring

**17**

**Sep**

## **Members connecting**

Coffee and Chat with End of term check in

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Tuesdays during the school term



9.30 pm - 11.30 pm



Tamworth  
134 Marius Street Tamworth,  
AU-NSW, 2340



RSVP to Gaylene Barry  
[gaylene.barry@aruma.com.au](mailto:gaylene.barry@aruma.com.au)

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# MYTIME TAMWORTH, TERM 3 2025

**Held weekly on Tuesdays 9.30 pm - 11.30 pm**  
**Tamworth, 134 Marius Street Tamworth, AU-NSW, 2340**

22

July

## **Members connecting**

First session for the term. Welcome & get up to date on recent achievements.

29

July

## **Craft activity**

Winter craft

5

Aug

## **Information sharing**

Information sharing based on previous discussions & needs.

12

Aug

## **Members connecting**

Gross motor, sensory, fine motor & fun play.

19

Aug

## **Craft activity**

Father's Day Craft

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.









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**- Parent & MyTime Attendee**

-  Tuesdays during the school term
-  9.00 am - 10.30 am
-  Auburn  
Auburn Road & Beatrice Street,  
Auburn New South Wales 2144  
Sydney, NSW, 2144
-  RSVP to Firdos Dhunvavwala  
[firdos@adsi.org.au](mailto:firdos@adsi.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME AUBURN, TERM 3 2025

Held weekly on Wednesdays 9.00 am - 10.30 am  
Auburn, Auburn Road & Beatrice Street, Auburn,  
New South Wales 2144 Sydney, NSW, 2144

6

Aug

## Member support

Early Literacy program

13

Aug

## Self-care activity

Home Safety

3

Sep

## Special event

Father's Day

10

Sep

## Information sharing

Speech Development

17

Sep

## Other

Child Protection

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Saturdays during the school term



9.30 am - 11.30 am



Penrith  
1/57 Regentville Road  
Jamisontown, NSW, 2750



RSVP to Isabel Hahn  
[stmarysmt@playgroupnsw.org.au](mailto:stmarysmt@playgroupnsw.org.au)

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- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.



# MYTIME PENRITH, TERM 3 2025

**Held weekly on Saturdays 9.30 am - 11.30 am**  
**Penrith, 1/57 Regentville Road Jamisontown, NSW, 2750**

2

Aug

## **Craft activity**

Sensory bins and coffee/ chat for parents

9

Aug

## **Skill building activity (e.g. cooking, meditation)**

Collage monsters for children and mindful activities for parents

16

Aug

## **Self-care activity**

Self care for parents and craft for kids

23

Aug

## **Skill building activity (e.g. cooking, meditation)**

Parents choice and parachute games

30

Aug

## **Members connecting**

Coffee and chat for parents and bubbles for children

6

Sep

## **Self-care activity**

self care, relax and chat, group games and activities

13

Sep

## **Member support**

coffee and chat for parents and letters and numbers for children

20

Sep

## **Planning for future sessions**

Planning future sessions, create your own garden in a cup for children

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Fridays during the school term



12.30 pm - 2.30 pm



Coffs Harbour  
13 Kane Crescent COFFS  
HARBOUR, NSW, 2350



RSVP to Cathy JOURDANT  
[mytime@earlyconnections-coffscoast.org.au](mailto:mytime@earlyconnections-coffscoast.org.au)

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# MYTIME COFFS HARBOUR, TERM 3 2025

Held weekly on Fridays 12.30 pm - 2.30 pm  
Coffs Harbour, 13 Kane Crescent COFFS HARBOUR, NSW, 2350

1

Aug

## Information sharing

Information sharing & welcome back

7

Aug

## Special event

Celebrating 17 years of MyTime Coffs Harbour

22

Aug

## Special event

Local play centre incl lunch & entry

29

Aug

## Members connecting

Members connecting & sharing information

30

Aug

## Members connecting

Coffee and chat for parents and bubbles for children

5

Sep

## Craft activity

Fathers day craft

12

Sep

## Member support

Members supporting each other & sharing information

18

Sep

## Special event

Dinner or movie night

19

Sep

## Members connecting

last session for term - light lunch & parents connecting

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**

 Fridays during the school term

 9.30 am - 11.30 am

 Baulkham Hills  
Gooden Drive Reserve  
BAULKHAM HILLS, NSW, 2153

 RSVP to Jodie Toohey  
[jodie@star.org.au](mailto:jodie@star.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME BAULKHAM HILLS, TERM 3 2025

Held weekly on Fridays 9.30 am - 11.30 am

Baulkham Hills, Gooden Drive Reserve BAULKHAM HILLS, NSW, 2153

1

Aug

## Members connecting

Members Connecting: We will welcome back members and welcome any new members joining us.

8

Aug

## Craft activity

Craft Activity: Creating Together Members (and children in attendance) will participate in a craft activity to promote and increase the parents' skills in joint participation activities with their children.

15

Aug

## Information sharing

OT in Everyday Routines: Tracey Pope, an occupational therapist from STaR, will join us in providing information to members about using OT in everyday life.

22

Aug

## Information sharing

Speech Therapist from ASPECT: Speech Therapist Cass from ASPECT will be visiting.

29

Aug

## Special event

Picnic in the park - join us for a picnic and play in the park.

5

Sep

## Information sharing

What is Shared Book Reading?: Megan Cooper from STaR will visit us and share information about Shared Book Reading with members.

12

Sep

## Information sharing

NDIS Early Childhood Approach: Northcott is visiting to support NDIS questions.

19

Sep

## Self-care activity

Self Care Week - Feel Good Friday Games: We will wind down the term with fun and laughs as we share in games and activities.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.






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**- Parent & MyTime Attendee**

-  Thursdays during the school term
-  9.30 am - 11.30 am
-  Wollongong  
Lysaght Street WOLLONGONG, NSW, 2500
-  RSVP to Kylie White  
[kylie@interchangeillawarra.org](mailto:kylie@interchangeillawarra.org)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME WOLLONGONG, TERM 3 2025

**Held weekly on Thursdays 9.30 am - 11.30 am**  
**Wollongong, Lysaght Street WOLLONGONG, NSW, 2500**

17

July

## **Planning for future sessions**

Planning for Term 3

24

July

## **Members connecting**

Session will be dependent on ideas/requests from planning session in week

31

July

## **Information sharing**

Session will be dependent on ideas/requests from planning session in week 1.

7

Aug

## **Members connecting**

Session will be dependent on ideas/requests from planning session in week 1.

14

Aug

## **Information sharing**

Session will be dependent on ideas/requests from planning session in week 1.

21

Aug

## **Members connecting**

Session will be dependent on ideas/requests from planning session in week 1.

28

Aug

## **Information sharing**

Session will be dependent on ideas/requests from planning session in week 1.

4

Sep

## **Special event**

End of Term.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**

 Thursdays during the school term

 10.00 am - 11.30 am

 Nowra  
Noah's Inclusion Services,  
George Evans Road, Shoalhaven  
Campus UOW, Mundamia (West  
Nowra), NSW, 2540

 RSVP to Debra Jefferis  
[djefferis@noahsark.nsw.edu.au](mailto:djefferis@noahsark.nsw.edu.au)

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# MYTIME NOWRA, TERM 3 2025

**Held weekly on Thursdays 10.00 am - 11.30 am**  
**Noah's Inclusion Services, George Evans Road, Shoalhaven**  
**Campus UOW, Mundamia (West Nowra), NSW, 2540**

14

Aug

## **Members connecting**

Tea and chat. Catching up after school hols. Sharing information

21

Aug

## **Self-care activity**

Shoalhaven Women's Health Centre and Drumming workshop

28

Aug

## **Craft activity**

Art & Craft Fun

4

Sep

## **Information sharing**

Guest speaker - hoping for ADACAS Disability Futures Program but waiting for speaker to confirm

11

Sep

## **Members connecting**

Tea and Chat. Sharing information and celebrating wins

18

Sep

## **Self-care activity**

Mindfulness. Simple ways to recharge

25

Sep

## **Craft activity**

Art and Craft activities

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**

 Fridays during the school term

 10.00 am - 12.00 am

 Dubbo  
74 Baird Drive Dubbo, NSW,  
2830

 RSVP to Jo-Anna Efoti  
[jo.efoti@oeci.org.au](mailto:jo.efoti@oeci.org.au)

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# MYTIME DUBBO, TERM 3 2025

**Held weekly on Fridays 10.00 am - 12.00 am**  
**Dubbo, 74 Baird Drive Dubbo, NSW, 2830**

25

July

## **Planning for future sessions**

Planning with members

1

Aug

## **Self-care activity**

Relaxation and hand care

8

Aug

## **Information sharing**

Topical information relevant to group interest

15

Aug

## **Information sharing**

Topical information relevant to group

22

Aug

## **Self-care activity**

As chosen by group

29

Aug

## **Skill building activity (e.g. cooking, meditation)**

Skill building activity

5

Sep

## **Information sharing**

As identified by group

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.




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**- Parent & MyTime Attendee**

 Wednesdays during the school term

 9.30 am - 11.30 am

 Lismore  
Aruma East Lismore, NSW,  
2480

 RSVP to Janine Frangos  
[Janine.Frangos@aruma.com.au](mailto:Janine.Frangos@aruma.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME LISMORE, TERM 3 2025

**Held weekly on Wednesdays 9.30 am - 11.30 am**  
**Lismore, Aruma East Lismore, NSW, 2480**

23

July

## **Members connecting**

Bubble play for the children

30

July

## **Information sharing**

Carers NSW representative is coming to share information about Carers NSW Plus craft activity making a mindfulness jar

6

Aug

## **Craft activity**

Celebrating NAIDOC week - complete joint artwork with children and families

13

Aug

## **Other**

Parents choice of topic to be decided in previous groups

20

Aug

## **Special event**

Celebrate daffodil day - flowers for families and craft for children

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Tuesdays during the school term



10.00 am - 12.00 pm



Cooma  
6 Hill Street Cooma, NSW, 2630



RSVP to Kinza Newman  
[k.newman@mfss.org.au](mailto:k.newman@mfss.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME COOMA, TERM 3 2025

Held weekly on Tuesdays 10.00 am - 12.00 pm  
Cooma, 6 Hill Street Cooma, NSW, 2630

22  
July

## Special event

First session

29  
July

## Special event

Session 2

12  
Aug

## Special event

Session 3

26  
Aug

## Self-care activity

Fitness group

9  
Sep

## Self-care activity

Fitness group

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.




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**- Parent & MyTime Attendee**

 Thursdays during the school term

 12.00 am - 2.00 pm

 Anna Bay  
191 GAN GAN ROAD, ANNA  
BAY NSW ANNA BAY, NSW,  
2316

 RSVP to Sandra Cuya  
[sandra.cuyamanco1@det.nsw.edu.au](mailto:sandra.cuyamanco1@det.nsw.edu.au)

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# MYTIME ANNA BAY, TERM 3 2025

**Held weekly on Thursdays 12.00 am - 2.00 pm**  
**Anna Bay, 191 GAN GAN ROAD, ANNA BAY NSW**  
**ANNA BAY, NSW, 2316**

31

July

## Information sharing

Welcome parents to term 3 and planning goal sessions for the term

7

Aug

## Self-care activity

Calming Breathing exercise and yoga relaxation

14

Aug

## Member support

Emotional support parent session

21

Aug

## Skill building activity (e.g. cooking, meditation)

This activity will be decided on session 1 by the members

28

Aug

## Member support

Support, referrals and will provide resources for this session. Possible a guest speaker too

4

Sep

## Self-care activity

Self care activity will be choose by members on the first session

11

Sep

## Information sharing

R u ok? day  
the session will be focus in this event (information, conversation and awareness)

18

Sep

## Members connecting

Members connecting and planning for next term sessions

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Thursdays during the school term



9.00 am - 11.00 am



Tweed Heads  
Unit 3 6-8 Amber Road Tweed Heads South, NSW, 2486



RSVP to Kym Georgeson  
[kgeorgeson@shapingoutcomes.com.au](mailto:kgeorgeson@shapingoutcomes.com.au)

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- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME TWEED HEADS, TERM 3 2025

Held weekly on Thursdays 9.00 am - 11.00 am

Tweed Heads, Unit 3 6-8 Amber Road Tweed Heads South, NSW, 2486

31

July

## Planning for future sessions

Reconnect after the holiday break

7

Aug

## Group agreement design or revision

Discuss what parents want to achieve over the next term, how we work together and respect the group dynamic

14

Aug

## Members connecting

Coffee and Cake morning and invitation to new families to meet

21

Aug

## Member support

A time to reflect and share on the successes, the challenges and how to best support each other

28

Aug

## Information sharing

Support, referrals and will provide resources for this session. Possible a guest speaker too

4

Sep

## Self-care activity

Discussion and activities around the importance of self care and reflection on practices that support wellness

11

Sep

## Members connecting

Celebration morning- Coffee and cake

18

Sep

## Information sharing

Preparation for upcoming holiday period, activities for families and sharing contact details for supports during this period

25

Sep

## Planning for future sessions

Wrap up of the Term and planning for families would like for the following term

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Mondays during the school term



9.00 pm - 11.30 pm



Orange  
2-4 Yarrawong Place Orange,  
NSW, 2800



RSVP to Sharlene Visman  
[sharlenevisman@odeep.com.au](mailto:sharlenevisman@odeep.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.



# MYTIME ORANGE, TERM 3 2025

**Held weekly on Mondays 9.00 pm - 11.30 pm**  
**Orange, 2-4 Yarrowong Place Orange, NSW, 2800**

**28  
July**

## **Planning for future sessions**

Discussion with members about what they would like to do for our MyTime groups in Term 3

**11  
Aug**

## **Group agreement design or revision**

Hopefully we will have a good role up of members to undertake/commence working on a group agreement.

**25  
Aug**

## **Craft activity**

To be decided

**8  
Sep**

## **Special event**

To be decided - possibly Bunnings?

**22  
Sep**

## **Members connecting**

Support, referrals and will provide resources for this session. Possible a guest speaker too

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Thursdays during the school term



10.00 am - 12.00 pm



Marrickville Vietnamese  
19 Yabsley Avenue, Marrickville,  
NSW, 2204



RSVP to Vy Pham  
[mana@plumtree.org.au](mailto:mana@plumtree.org.au)

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- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME MARRICKVILLE VIETNAMESE, TERM 3 2025

Held weekly on Thursdays 10.00 am - 12.00 pm

Marrickville Vietnamese, 19 Yabsley Avenue, Marrickville, NSW, 2204

24

July

## Members connecting

Connect and chat

17

Aug

## Information sharing

Connect and chat

21

Aug

## Members connecting

Connect and chat

4

Sep

## Information sharing

Connect and chat

18

Sep

## Information sharing

Support, referrals and will provide resources for this session. Possible a guest speaker too

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Wednesdays during the school term



10.00 pm - 12.00 pm



Blaxland

176 Rusden Road Mt Riverview,  
NSW, 2774



RSVP to Kathryn Minogue

[kminogue@aanddinhomework.com.au](mailto:kminogue@aanddinhomework.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME BLAXLAND, TERM 3 2025

**Held weekly on Wednesdays 10.00 pm - 12.00 pm**  
**Blaxland, 176 Rusden Road Mt Riverview, NSW, 2774**

30  
July

## Special event

Specialist guest - Gi Gi  
Targeted sensory motor training

6  
Aug

## Members connecting

World breast feeding week  
Scrapbooking day and discussion on feeding options.

13  
Aug

## Self-care activity

International NO Bullying week  
Sharing circle  
Self care - mindfulness day

Children - Painting rocks  
Kindness nature hunt

20  
Aug

## Craft activity

Coffee and chat  
World clean up day

Eco friendly out day  
Making art with recycle items

27  
Aug

## Self-care activity

Support, referrals and will provide resources for this session. Possible a guest speaker too

3  
Sep

## Members connecting

Asthma Week is Asthma Australia's annual awareness-raising activity held on 1 - 7 September each year, for the more than 2.8 million people with asthma in Australia.

The aim of Asthma Week is to 'put asthma on the kitchen table of all Australians' which means to get people talking about asthma with family and friends and to improve awareness of the impact this chronic health condition has on so many lives.  
Bubbles

Children yoga and dance to wiggles

10  
Sep

## Self-care activity

R U OK DAY  
Self care  
Morning tea and support day

Children - Building blanket fort and story time

17  
Sep

## Members connecting

Coffee and chat  
Finger painting  
Mirroring games  
Tactile fun  
Movement to music

24  
Sep

## Members connecting

International sign language awareness day.  
Dancing with Emma Memma songs

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Tuesdays during the school term



9.30 pm - 11.30 pm



Woodberry

Woodberry Public School  
Lawson Avenue, NSW,  
Woodberry



RSVP to Danielle McLaughlin  
[danielle.mclaughlin5@det.nsw.edu.au](mailto:danielle.mclaughlin5@det.nsw.edu.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.



# MYTIME WOODBERRY, TERM 3 2025

Held weekly on Tuesdays 9.30 pm - 11.30 pm  
Woodberry, Woodberry Public School Lawson Avenue,  
NSW, Woodberry

22  
July

## Information sharing

GUEST SPEAKER  
Darren from Carers Gateway

29  
July

## Information sharing

GUEST SPEAKER  
Chloe from Carries Place

12  
Aug

## Self-care activity

Self Care Plan

19  
Aug

## Information sharing

GUEST SPEAKER  
Janet from Northern Star Support services

26  
Aug

## Craft activity

Support, referrals and will provide  
resources for this session. Possible a  
guest speaker too

2  
Sep

## Information sharing

GUEST SPEAKER  
Rob from UNITING to discuss NDIS

9  
Sep

## Planning for future sessions

Revisit self care plan.  
Planning for term 4

16  
Sep

## Skill building activity (e.g. cooking, meditation)

GUEST SPEAKER  
Jo from One Door Mental Health Carer Advocacy doing a Breathwork  
session

23  
Sep

## Self-care activity

Neurographic Art session or Vision Board activity

Play Leaders will be  
onsite for indoor  
and outdoor play  
for all sessions  
including bikes,  
sensory play, water  
activities and  
sensory bins.



# MYTIME MEETS HERE

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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Wednesdays during the school term



11.00 am - 1.00 pm



Marrickville  
19 Yabsley Avenue, Marrickville,  
NSW, 2204



RSVP to Kate Burns  
[mana@plumtree.org.au](mailto:mana@plumtree.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
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# MYTIME MARRICKVILLE, TERM 3 2025

Held weekly on Wednesdays 11.00 am - 1.00 pm  
Marrickville, 19 Yabsley Avenue, Marrickville, NSW, 2204

30  
July

## Special event

Family Advocacy - Let's Get started: Getting Ready for School and Life

13  
Aug

## Information sharing

Family Well-being

27  
Aug

## Information sharing

Supportive Spaces in the Community

10  
Sep

## Information sharing

Emotional regulation for families

24  
Sep

## Information sharing

Support, referrals and will provide resources for this session. Possible a guest speaker too

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Mondays during the school term



10.00 pm - 12.00 pm



Holt  
Kippax Kids Cnr Luke &  
Hardwick Street, Holt, 2615



RSVP to JANE BROWNBILL  
[jbrownbill@playgroupnsw.org.au](mailto:jbrownbill@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME HOLT, TERM 3 2025

**Held weekly on Mondays 10.00 pm - 12.00 pm**  
**Holt, Kippax Kids Cnr Luke & Hardwick Street, Holt, 2615**

28  
July

## Members connecting

Back from holidays and ready for cake, coffee, chill and chat.

4  
Aug

## Information sharing

Life transitions from preschool to work - let's talk.  
Group discussion about life transitions and the fears and hopes for your child.

11  
Aug

## Information sharing

Our own Nic will delve into the Circle of Security model and how this can be used to develop strategies for you and your child attachment and security.

18  
Aug

## Skill building activity (e.g. cooking, meditation)

The group will share their own self and emotional regulation tactics and how this helps in challenging moments.

25  
Aug

## Special event

Support, referrals and will provide resources for this session. Possible a guest speaker too

1  
Sep

## Special event

Personal Safety Tips and Strategies.  
Mel Greenhalgh from Collective Wisdom.  
Prioritising your own safety is key to being strong for others.  
Join us for guidance on the best strategies to achieve this.

8  
Sep

## Members connecting

Topic to be decided by group

15  
Sep

## Special event

Behaviour management  
Sarah McClusky from Billy Cart  
Sarah will talk about all things behaviour management and how this can help you better connect with your child.

22  
Sep

## Members connecting

End of term celebration!  
Brunch and chat - don't forget to bring a snack to share!

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Mondays during the school term



11.00am - 1.00pm



Batemans Bay  
1a Melaleuca Crescent,  
Batemans Bay, NSW, 2536



RSVP to Emma Harvey  
[eharvey@noahsark.nsw.edu.au](mailto:eharvey@noahsark.nsw.edu.au)

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# MYTIME BATEMANS BAY, TERM 3 2025

**Held on Mondays 11.00 am - 1.00 pm**  
**Batemans Bay, 1a Melaleuca Crescent, Batemans Bay,**  
**NSW, 2536**

28  
July

## **Members connecting**

Coffee and introductions as everyone will be new members it seems.

11  
Aug

## **Group agreement design or revision**

Coffee, catch up, new members, info about MyTime, Group agreement, chats about what they would like other sessions to look like.

25  
Aug

## **Member support**

Support around topics that have been chosen previously. Also choosing and planning our special event following week. Coffee and catch up too.

8  
Sep

## **Special event**

Special 3 hour long session at venue tbc once group has started.

22  
Sep

## **Planning for future sessions**

We are only having 4 sessions as starting midway through the term.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Mondays during the school term



10.00 am - 12.00 pm



Glebe

9-25 Derwent Street Glebe  
Sydney, NSW, 2037



RSVP to Tina Zamanos  
[glebemt@playgroupnsw.org.au](mailto:glebemt@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME GLEBE, TERM 3 2025

Held weekly on Mondays 10.00 am - 12.00 pm  
Glebe, 9-25 Derwent Street Glebe Sydney, NSW, 2037

28  
July

## Members connecting

Catch up and check in

4  
Aug

## Skill building activity (e.g. cooking, meditation)

Sharing easy cheap cooking recipes.

11  
Aug

## Member support

Looking at what is changing with NDIS

18  
Aug

## Member support

Helping members navigate changes to NDIS plans

25  
Aug

## Special event

Support, referrals and will provide resources for this session. Possible a guest speaker too

1  
Sep

## Craft activity

Card making session

8  
Sep

## Special event

Group going out for Morning tea/Coffee shop

15  
Sep

## Planning for future sessions

Planning Term 4

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Fridays during the school term



9.30 am - 12.30 pm



Taree

Uniting Church Hall - 5  
Edwards Street Cundletown,  
nsw, 2430



RSVP to Katie Wright  
[tareemt@playgroupnsw.org.au](mailto:tareemt@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME TAREE, TERM 3 2025

**Held weekly on Fridays 9.30 am - 12.30 pm**  
**Taree, Uniting Church Hall - 5 Edwards Street Cundletown,**  
**NSW, 2430**

1  
Aug

## Planning for future sessions

Welcome back for term 3.

An informal chat with members about how they are feeling and where they are hoping to be by the end of term 3. What they would like from us to assist them with this goal.

Colours - matching, sorting and collage

8  
Aug

## Information sharing

Dental Health Week

Hoping to have a guest speaker from a local Dental surgery to come and speak with the parents about helping their children to clean their teeth and oral health

Dental Health activities for the children

15  
Aug

## Self-care activity

Self care for the parents today- 5 minute emotional / physical check in led meditation

National Science Week activities with the children

19/8/2025 is Cupcake day- we may also have a special treat to celebrate this!

22  
Aug

## Special event

Book week  
"Book an adventure"

Talking with the parents about their favourite children's books when they were young.. and their favourite book they shared with their children.

Dress ups and special reading times for the children

29  
Aug

## Information sharing

Support, referrals and will provide resources for this session. Possible a guest speaker too

5  
Sep

## Craft activity

Child protection week-  
Craft activity for the parents today- DIY Macrame key chains  
Father's Day Craft for the children.

12  
Sep

## Self-care activity

11/9/25 Is 'R U Ok?' day- what better time to check in with our families and provide them with a simple and non triggering checklist that we can all use on a daily basis to self assess our emotional wellbeing, and where to go if we need assistance.

National 'Bilby' day 14/9/25 Australian animal activities for the children- talking about endangered species and how we can make our own backyards creature friendly.

19  
Sep

## Special event

Talk like a Pirate day!  
Coffee and a chat for the parents- reflecting on the journey of term 3  
Ending term 3 on a swashbuckling high seas adventure!  
Lots of Pirate themed activities for the children, including dress ups, craft and storytime.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Tuesdays during the school term



10.00 pm - 12.00 pm



Bathurst  
1439 Charles Sturt University  
Bathurst, NSW, 2795



RSVP to Bron Hatton  
[bhatton@csu.edu.au](mailto:bhatton@csu.edu.au)

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# MYTIME BATHURST, TERM 3 2025

Held weekly on Tuesdays 10.00 pm - 12.00 pm  
Bathurst, 1439 Charles Sturt University Bathurst, NSW, 2795

29  
July

## Planning for future sessions

Welcome back to term 3, catch up and discussion on further topics requested.

12  
Aug

## Other

TBC member led

26  
Aug

## Member support

TBC member led

9  
Sep

## Members connecting

TBC member led

23  
Sep

## Other

Support, referrals and will provide resources for this session. Possible a guest speaker too

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Thursdays during the school term



9.30 am - 11.00 am



The Entrance  
Battley road The Entrance,  
NSW, 2261



RSVP to Tiffany Frost  
[tfrost@ccfdc.com.au](mailto:tfrost@ccfdc.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME THE ENTRANCE, TERM 3 2025

Held weekly on Thursdays 9.30 am - 11.00 am  
The Entrance, Battley road The Entrance, NSW, 2261

31

July

## Members connecting

Welcome families back to MyTime.

7

Aug

## Craft activity

Have mindful colouring.

14

Aug

## Information sharing

Discuss early intervention and transition to school.

21

Aug

## Planning for future sessions

Discuss with parents what activities to do for the term.

28

Aug

## Skill building activity (e.g. cooking, meditation)

Support, referrals and will provide resources for this session. Possible a guest speaker too

4

Sep

## Self-care activity

Do sugar scrub hand care with parents.

11

Sep

## Craft activity

Paint pots and plant plants

18

Sep

## Craft activity

Paint pots and plant plants

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Mondays during the school term



9.30 am - 11.00 am



Erina

27 Karalta Road Erina, NSW, 2250



RSVP to Tiffany Frost  
[tfrost@ccfdc.com.au](mailto:tfrost@ccfdc.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME ERINA, TERM 3 2025

**Held weekly on Mondays 9.30 am - 11.00 am**  
**Erina, 27 Karalta Road Erina, NSW, 2250**

28

July

## **Members connecting**

Welcome back to MyTime, members connecting. We will provide a welcome back morning tea.

4

Aug

## **Craft activity**

Mindful colouring activity

11

Aug

## **Information sharing**

Discuss early intervention application

18

Aug

## **Planning for future sessions**

Talk to parents what activities they would like to do.

25

Aug

## **Skill building activity (e.g. cooking, meditation)**

Support, referrals and will provide resources for this session. Possible a guest speaker too

1

Sep

## **Self-care activity**

Sugar scrub hand pampering.

8

Sep

## **Craft activity**

Painting pots and plant a plant.

15

Sep

## **Craft activity**

Painting pots and plant a plant.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.




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**- Parent & MyTime Attendee**

 Tuesdays during the school term

 10.00 am - 12.00 pm

 Ulladulla  
158 Green Street Ulladulla, NSW, 2539

 RSVP to Laurece Keith  
[lkeith@noahsark.nsw.edu.au](mailto:lkeith@noahsark.nsw.edu.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME ULLADULLA, TERM 3 2025

Held weekly on Tuesdays 10.00 am - 12.00 pm  
Ulladulla, 158 Green Street Ulladulla, NSW, 2539

29

July

## Members connecting

Welcome back to term 3  
information share and connecting with members

5

Aug

## Special event

Guest speaker from Women's health  
Women's health screening will be available

12

Aug

## Special event

Guest speaker from then NDIS to  
discuss changes in the system and  
answer any questions families may  
have

19

Aug

## Craft activity

Craft activity for families

26

Aug

## Planning for future sessions

Support, referrals and will provide  
resources for this session. Possible a  
guest speaker too

Play Leaders will be  
onsite for indoor  
and outdoor play  
for all sessions  
including bikes,  
sensory play, water  
activities and  
sensory bins.



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**- Parent & MyTime Attendee**



Mondays during the school term



10.00 am - 11.30 am



St Ives  
1A Acron Rd St Ives, NSW, 2075



RSVP to Lisa Tindiglia  
[ltindiglia@earlyed.com.au](mailto:ltindiglia@earlyed.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME ST IVES, TERM 3 2025

Held weekly on Mondays 10.00 am - 11.30 am  
St Ives, 1A Acron Rd St Ives, NSW, 2075

28

July

## Information sharing

Discussions around the holiday break. What strategies did they use that worked. What didn't work.

How will they do things differently

Revise group agreement

Supported Storytime

4

Aug

## Skill building activity (e.g. cooking, meditation)

EarlyEd THERAPIST Follow up on How to use visuals Mia EarlyEd Speech Therapist

Supported Storytime

11

Aug

## Skill building activity (e.g. cooking, meditation)

Introducing a calming down corner in your home.

Provide resources such as sensory box

What can you put in it

putty

books

fidget

slime

breathing exercises

soft toy

Supported Storytime

18

Aug

## Special event

Positive Parenting strategies

Supported Storytime

25

Aug

## Planning for future sessions

Support, referrals and will provide resources for this session.

Possible a guest speaker too

1

Sep

## Skill building activity (e.g. cooking, meditation)

Creating lunchboxes for children are trick eaters or find using a lunchbox

tricky (Lisa's point of when to eat what eg protein in the morning)

Families to sit and share morning tea together and discuss favourite healthy

snacks

Supported storytime

8

Sep

## Self-care activity

EarlyEd THERAPIST Jane W physio

"Lift Smart stay strong strategies" Supporting parents in looking after themselves

Supported playgroup

15

Sep

## Information sharing

GUEST SPEAKER

How to reduce screen time for your child/family. Real life successful parent experience to share with our families. Strategies will be discussed and shared.

Supported Storytime

22

Sep

## Information sharing

MyTime facilitator to discuss NDIS extra curricular activities that cater for children with disabilities

Supported Storytime

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Tuesdays during the school term



12.00 pm - 1.15 pm  
8.00 pm - 9.15 pm



Online Online, Online, Online



RSVP to Kristy Cartan  
[kristy@belongsidefamilies.org.au](mailto:kristy@belongsidefamilies.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME BELONGSIDE FAMILIES ONLINE 1, TERM 3 2025

Held weekly on Tuesdays 12.00 pm - 1.15 pm and  
8.00 pm - 9.15 pm

Online Online, Online, Online

29

July

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

5

Aug

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

12

Aug

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

19

Aug

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

26

Aug

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

2

Sep

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

9

Sep

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information

16

Aug

## Members connecting

Topic based discussions: Facilitated guided discussions for members to connect and share information



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**- Parent & MyTime Attendee**

 Fridays during the school term

 7.30 pm - 9.30 pm

 Online Online, Online, Online

 RSVP to Pamela Rogers  
[pamela@belongsidefamilies.org.au](mailto:pamela@belongsidefamilies.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME BELONGSIDE FAMILIES ONLINE 2, TERM 3 2025

Held weekly on Fridays 7.30 pm - 9.30 pm  
Online Online, Online, Online

25

July

## Members connecting

Connect & Chat: Facilitated group discussions

8

Aug

## Members connecting

Connect & Chat: Facilitated group discussions

22

Aug

## Members connecting

Connect & Chat: Facilitated group discussions

5

Sep

## Members connecting

Connect & Chat: Facilitated group discussions

19

Sep

## Members connecting

Connect & Chat: Facilitated group discussions



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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Fridays during the school term



11.00 pm - 1.00 pm



Glen Innes  
185 West Ave GLEN INNES,  
NSW, 2370



RSVP to Kerry Bowman  
[kbowman@gisc.nsw.gov.au](mailto:kbowman@gisc.nsw.gov.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME GLEN INNES, TERM 3 2025

Held weekly on Fridays 11.00 pm - 1.00 pm  
Glen Innes, 185 West Ave GLEN INNES, NSW, 2370

25

July

## Members connecting

Catchup and light lunch at center.

8

Aug

## Craft activity

Painting Lavendar flowers.

22

Aug

## Other

NDIS service provider to provide information.

5

Sep

## Skill building activity (e.g. cooking, meditation)

Mindfulness activity - colouring in.

19

Sep

## Special event

Luncheon out.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Wednesdays during the school term



10.00 am - 12.00 pm



Minto  
4-6 Surrey St Minto, NSW, 2566



RSVP to Emma Sayer  
[e.sayer@disabilitymacarthur.org.au](mailto:e.sayer@disabilitymacarthur.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME MINTO, TERM 3 2025

Held weekly on Wednesdays 10.00 am - 12.00 pm  
Minto, 4-6 Surrey St Minto, NSW, 2566

30  
July

## Members connecting

Welcome back to my time- Coffee and chat

6  
Aug

## Craft activity

Guest: Daniela Art therapist- Creative Solutions. Art therapy session as a group.

13  
Aug

## Special event

Guest Speaker: Jenny Services NSW.  
Available rebates and support to families.

20  
Aug

## Skill building activity (e.g. cooking, meditation)

Share Recipes/ Mealtime tips

27  
Aug

## Special event

Guest Speaker: Allied Health to be confirmed.

3  
Sep

## Self-care activity

Guided meditation and relaxation

10  
Sep

## Information sharing

Topic: Creating family rituals

17  
Oct

## Special event

End of term cafe outing

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Tuesdays during the school term



10.00 am - 12.00 pm



Gregory Hills  
66 Kavanagh Street Gregory Hills, NSW, 2557



RSVP to Alison Kay  
[a.kay@disabilitymacarthur.org.au](mailto:a.kay@disabilitymacarthur.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
- ✓ **Build your village** of support with likeminded families that understand.
- ✓ **Develop confidence** in your parenting or carer journey.



# MYTIME GREGORY HILLS, TERM 3 2025

Held weekly on Tuesdays 10.00 am - 12.00 pm  
Gregory Hills , 66 Kavanagh Street Gregory Hills, NSW, 2557

29

July

## Craft activity

Welcome back to MyTime. Colouring, coffee & chat

5

Aug

## Self-care activity

Mindfulness Matters. Discussion and information sessions about how mindfulness practices and help with self regulation and stress management.

12

Aug

## Information sharing

Supporting children managing anxious feelings. Discussion and information sharing about how to support children when they experience feelings of anxiety.

19

Aug

## Special event

Guest Speaker - TBC

26

Aug

## Information sharing

Share recipes / meal time tips. Advice, information and discussion of healthy meals, strategies for getting picky eaters to eat meals. Group members encouraged to share their own recipes and tips.

2

Sep

## Information sharing

Keeping kids safe online. Information sharing and discussion of strategies for managing children's social media engagement and online gaming.

9

Sep

## Special event

Guest Speaker - TBC

16

Sep

## Special event

End of term cafe outing

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



# MYTIME MEETS HERE

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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Wednesdays during the school term



10.00 am - 12.00 pm



Gymea  
13 Banksia St Gymea Bay, NSW,  
2227



RSVP to Toni Sheppard  
[tsheppard@playgroupnsw.org.au](mailto:tsheppard@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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- ✓ **Develop confidence** in your parenting or carer journey.

# MYTIME GYMEA, TERM 3 2025

Held weekly on Wednesdays 10.00 am - 12.00 pm  
Gymea, 13 Banksia St Gymea Bay, NSW, 2227

23  
July

## Members connecting

New parents meeting families in group.

30  
July

## Information sharing

Parents sharing about their childrens progress.

6  
Aug

## Members connecting

Coffee and chat

13  
Aug

## Self-care activity

12 ways to practice mindfulness

20  
Aug

## Self-care activity

Discuss where the parents would like to go for end of term self care outing

27  
Aug

## Members connecting

Coffee and chat

3  
Sep

## Members connecting

Coffee and chat

10  
Sep

## Special event

End of term outing

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.






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**- Parent & MyTime Attendee**

 Tuesdays during the school term

 11.00 pm - 1.00 pm

 Botany  
13 Banksia St Botany, NSW, 1455

 RSVP to Toni Sheppard  
[tsheppard@playgroupnsw.org.au](mailto:tsheppard@playgroupnsw.org.au)

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# MYTIME BOTANY, TERM 3 2025

**Held weekly on Tuesdays 11.00 pm - 1.00 pm**

**Botany, 13 Banksia St Botany, NSW, 1455**

22

July

## **Members connecting**

New parents getting to know everyone. Catching up with what everyone's been doing.

29

July

## **Information sharing**

Parents sharing how its been going with their children. Parent led discussion.

5

Aug

## **Members connecting**

Coffee and chat

12

Aug

## **Self-care activity**

12 ways to practice mindfulness

19

Aug

## **Planning for future sessions**

Discuss with parents what self care activity they want to do this term.

26

Aug

## **Members connecting**

Coffee and chat

9

Sep

## **Planning for future sessions**

Coffee and chat

9

Sep

## **Special event**

Term Outing

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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**- Parent & MyTime Attendee**



Wednesdays during the school term



10.00 am - 12.00 pm



Albion Park Rail SaCC  
18-20 Tongarra Road Albion  
Park Rail, NSW, 2527



RSVP to Claire JONES  
[claire.jones42@det.nsw.edu.au](mailto:claire.jones42@det.nsw.edu.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME ALBION PARK RAIL SACC, TERM 3 2025

Held weekly on Wednesdays 10.00 am - 12.00 pm

Albion Park Rail SaCC, 18-20 Tongarra Road Albion Park Rail, NSW, 2527

23

July

## Other

Uniting will be onsite to provide an NDIS information session and offer one on one support for individuals aged between 9 to 65 years who are looking to access the NDIS

Children's activities: Free play, market place and creative play, Playdough and painting

30

July

## Skill building activity (e.g. cooking, meditation)

First Aid Course presented in partnership with Kiama Community College. Children's activities: Sensory play, rainbow rice

6

Aug

## Skill building activity (e.g. cooking, meditation)

Coffee and First Aid Course presented in partnership with Kiama Community College

Children's activities: Sensory play, rainbow rice

13

Aug

## Skill building activity (e.g. cooking, meditation)

First Aid Course presented in partnership with Kiama Community College

Children's activities: Free play, market place and creative play, Playdough and painting

20

Aug

## Information sharing

Lunch and catch up

Children's activities: Sensory play, light blocks

27

Aug

## Members connecting

Lunch and catch up

Children's activities: Free play, market place and creative play, Playdough and painting

3

Sep

## Self-care activity

Lunch and catch up

Children's activities: Sensory play, sand

10

Sep

## Member support

Lunch and catch up

Children's activities: Free play, market place and creative play, Playdough and painting

17

Sep

## Self-care activity

Lunch and catch up

Children's activities: Sensory play, sensory emotional bottles

24

Sep

## Planning for future sessions

Lunch and catch up

Children's activities: Free play, market place and creative play, Playdough and painting

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**

 Fridays during the school term

 9.00 am - 10.30 am

 St Marys  
2 Princess Mary St ST MARYS,  
NSW, 2760

 RSVP to Irene Cocking  
[Irene.cocking@det.nsw.edu.au](mailto:Irene.cocking@det.nsw.edu.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME ST MARYS, TERM 3 2025

**Held weekly on Fridays 9.00 am - 10.30 am**  
**St Marys, 2 Princess Mary St ST MARYS, NSW, 2760**

25

July

## **Planning for future sessions**

Parents connecting, having an overview of the term to come and planning .

1

Aug

## **Skill building activity (e.g. cooking, meditation)**

Parent request - cooking session

8

Aug

## **Information sharing**

Parent choice info session

15

Aug

## **Information sharing**

Mission Australia - self care session

22

Aug

## **Skill building activity (e.g. cooking, meditation)**

Sensory bags - continuation of group quilt

29

Aug

## **Members connecting**

TBA

5

Sep

## **Members connecting**

Fathers Day morning tea ?

12

Sep

## **Member support**

Parent Café

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Fridays during the school term



10.00 am - 12.00 pm



Cardiff

127 Macquarie Road Macquarie Hills, NSW, 2282



RSVP to Melanie Schlaeger  
[mytimecardiff@playgroupnsw.org.au](mailto:mytimecardiff@playgroupnsw.org.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME CARDIFF, TERM 3 2025

**Held weekly on Fridays 10.00 am - 12.00 pm**  
**Cardiff, 127 Macquarie Road Macquarie Hills, NSW, 2282**

15  
Aug

## Members connecting

Welcome Back!

22  
Aug

## Group agreement design or revision

Group agreement design and revision.

29  
Aug

## Other

Facilitator led discussion - Your topic of choice.

5  
Sep

## Craft activity

Fathers Day - Craft activity.

12  
Sep

## Planning for future sessions

Have your say - What do you want to see at MyTime for Term 4?

19  
Sep

## Members connecting

Coffee & Chat - Share stories and build your network.

26  
Sep

## Special event

End of term party!

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.







# MYTIME MEETS HERE

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**- Parent & MyTime Attendee**

-  Tuesdays during the school term
-  9.15 am - 10.45 am
-  Kellyville  
Wrights community centre  
Wrights Rd Castle Hill, NSW, 2154
-  RSVP to Anu Andrade  
[aandrade@earlyed.com.au](mailto:aandrade@earlyed.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME KELLYVILLE, TERM 3 2025

Held weekly on Tuesdays 9.15 am - 10.45 am

Kellyville, Wrights community centre Wrights Rd Castle Hill, NSW, 2154

22

July

## Members connecting

Discussions around the holiday break. What strategies did they use that worked. What didn't work.

How will they do things differently

Revise group agreement

29

July

## Information sharing

Introducing a calming down corner in your home.

5

Aug

## Special event

Guest Speaker- Carers Gateway

12

Aug

## Information sharing

Positive Parenting strategies

19

Aug

## Planning for future sessions

Discussion with families about future planning for term 4

26

Aug

## Member support

1: 1 time with carers

2

Sep

## Self-care activity

EarlyEd THERAPIST Jane W physio

"Lift Smart stay strong strategies" Supporting parents in looking after themselves

9

Sep

## Information sharing

How to reduce screen time for your child/family. Real life successful parent experience to share with our families. Strategies will be discussed and shared.

16

Sep

## Information sharing

MyTime facilitator to discuss NDIS extra curricular activities that cater for children with disabilities

23

Sep

## Members connecting

Creating lunchboxes for children who are tricky eaters or find using a lunchbox tricky

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.



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*"As a first time parent I have found it beneficial to talk and to get ideas from other parents."*

**- Parent & MyTime Attendee**



Wednesdays during the school term



9.30 am - 10.30 am



Wagga Wagga  
2 Grampian Place,  
Tatton, NSW, 2650



RSVP to Haydee Richards  
[hrichards@kurrajong.com.au](mailto:hrichards@kurrajong.com.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME WAGGA WAGGA, TERM 3 2025

Held weekly on Wednesdays 9.30 am - 10.30 am  
Wagga Wagga, 2 Grampian Place, Tatton, NSW, 2650

23

July

## Members connecting

Members connecting and catching up after the school holidays.

30

July

## Planning for future sessions

Organize for members to assist with preparing morning tea for the children. Members to pick dates for the term to assist with preparing morning tea.

6

Aug

## Craft activity

Craft activity - painting pot plants.

13

Aug

## Self-care activity

Exploring self-care practices.

20

Aug

## Information sharing

Share information about service.

27

Aug

## Other

Informal session - colouring in and catch up.

3

Sep

## Special event

Guest speaker.

10

Sep

## Craft activity

Craft activity - painting pebbles/stones as fruits.

17

Sep

## Planning for future sessions

Exploring ideas for next session.

24

Sep

## Information sharing

Information sharing about activities happening in the local community during school holidays.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.





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**- Parent & MyTime Attendee**



Wednesdays during the school term



12.45pm - 2.30pm



Raymond Terrace  
wang Public School,  
21 Geer Street,  
Raymond Terrace, NSW, 2324



RSVP to Gina Ascott-Evans  
[gina.ascott-evans@det.nsw.edu.au](mailto:gina.ascott-evans@det.nsw.edu.au)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME RAYMOND TERRACE, TERM 3 2025

**Held weekly on Wednesdays 12.45pm - 2.30pm**  
**Raymond Terrace Irrawang Public School, 21 Geer Street,**  
**Raymond Terrace, NSW, 2324**

30  
July

## **Members connecting**

Re-connecting with members and planning for the term, according to their requests.  
Activities for children planned according to their needs.

6  
Aug

## **Skill building activity**

Cooking activity to be planned. Chosen by members. Activities for children chosen according to their needs.

13  
Aug

## **Information sharing**

Guest speaker. Learning Support staff member from local school. Activities chosen for children according to needs of the children.

20  
Aug

## **Self-care activity**

Coffee and chat. Focus on self care.  
Activities chosen according to the needs of the children.

27  
Aug

## **Skill building activity**

Sewing activity as chosen by members.  
Activities chosen for the children according to their needs.

3  
Sep

## **Skill building activity**

2nd session of sewing. As chosen by members.  
Activities chosen for children according to their needs.

10  
Sep

## **Information sharing**

Sharing of information as requested by members. Request guest speaker.  
Activities for children chosen according to their needs

17  
Sep

## **Group agreement design or revision**

Review of the term. Plans for the holidays. Plans for next term. Coffee and chat.  
Activities for children planned according to their needs.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.




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**- Parent & MyTime Attendee**

 Thursdays during the school term

 6.30 pm - 8.30 pm

 Wahroonga  
35 Billyard Ave, Wahroonga,  
NSW, 2076

 RSVP to Terry Williamson &  
Warren Hopley  
[mytimewahroonga@gmail.com](mailto:mytimewahroonga@gmail.com)

- ✓ **Gain access** to exclusive information and resources through your MyTime facilitator.
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# MYTIME WAHROONGA, TERM 3 2025

**Held weekly on Thursdays 6.30 pm - 8.30 pm**  
**Wahroonga, 35 Billyard Ave, Wahroonga, NSW, 2076**

7

Aug

## **Members connecting**

Please note this is a Thursday evening.  
Mens social evening. Group connection

8

Aug

## **Members connecting**

Member connection, Cafe morning tea. Please note this session is at 10:00am-12:00pm

22

Aug

## **Information sharing**

Please note this session is at 10:00am-12:00pm  
Member connection, Cafe morning tea.  
share information, support

4

Sep

## **Members connecting**

Men's evening. Sunroom

12

Sep

## **Special event**

Social evening - Magpies, Waitara.

Play Leaders will be onsite for indoor and outdoor play for all sessions including bikes, sensory play, water activities and sensory bins.