

MyTime – for Carers



Koorana Child & Family Services provides learning opportunities for all children and their families across the Inner West and South West areas of Sydney.



MyTime - for Carers

MyTime is a national support program for anyone who has the care of a child with a disability, developmental delay or chronic medical condition. MyTime groups provide you with opportunities to meet, share ideas and learn from other carers, and provides access to up-to-date information, resources and local community support services.

Who is it for?

Koorana's MyTime groups are for parents, grandparents and anyone else who has the care of a child with a disability, developmental delay or chronic medical condition.



What happens and how will it help us?

Koorana's MyTime groups provide a relaxed and supportive environment where you can get together with other carers in similar circumstances who understand what it means to have a child with a disability, and to share ideas and experiences.

Facilitators with experience in disability and family support run the group. As well as facilitating activities like workshops and guest speakers, they can suggest useful resources and give you information about services available in the local area.

Free childcare is provided for each session so you can have a break, and participate fully, with peace of mind knowing your child is being looked after by experienced childcare staff.

Koorana has different MyTime groups and activities to support the whole family, including:

- Parent/carer groups and workshops
- Dad's Time – a group specifically for dads and male carers
- Family Day – a school holiday family event.

All children, All abilities, All possibilities

Where does it happen?

MyTime groups are held once a fortnight during school terms in Punchbowl, with special family events during the school holidays.

How long does it go for?

Groups go for two and a half hours.

What if I do not speak English?

Your worker can arrange for an interpreter if you need.

Can I bring my other children?

Yes, you're welcome to bring your other children along to the sessions.

What does it cost?

MyTime sessions are free, including childcare, as disability-specific government funding covers all costs.

How do I access the service?

Contact us by phone on (02) 9750-4100 or email enquiries@koorana.org.au. You can also find out more at our website www.koorana.org.au