

# OUR SERVICES

## WHAT IS MYTIME?

Our MyTime group provides support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition.

Parents can socialise and share ideas with others who understand the rewards and intensity of the caring role.

Caring for a child with a disability is often described as a journey. MyTime can introduce you to others on a similar journey, who can help you find your way.

## WHO CAN JOIN?

Our MyTime Group welcomes parents and carers - including mums, dads, grandparents and the principal carer - who are eligible for the Carer Allowance (Child) for a child with a disability or chronic medical condition.

## ABOUT US

The Early Connections Alliance is a collaborative network of five not for profit community based organisations on the Mid-North Coast servicing the Coffs Coast to Manning & Great Lakes. For the past 30 years, our organisation has built a dedicated team of professionals delivering quality Early Childhood Intervention Programs on the Coffs Coast.

## CONTACT US



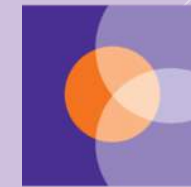
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## MyTime

*supporting parents of children with disabilities*

CELEBRATING OVER 30 YEARS OF SERVICE ON THE COFFS COAST

earlyconnections-coffscoast.org.au



## OUR MISSION

“ Life changing early childhood intervention through education, therapy and support.

**Facilitator: Cathy Jourdant**

**Venue: Early Connections  
13 Kane Crescent  
Coffs Harbour**

**Day: Every Friday during  
School Term**

**Time: 12.30pm to 2.30pm**

## WHAT CAN I EXPECT?

Parents and carers can:

- meet others in similar circumstances
- have fun, hear from others and share experiences
- find out about available community support
- get extra parenting information and skills development
- make time for themselves while children play, supported by a play helper.

Depending on what the group wants to do, our facilitator will guide group activities or provide resources.

## OUR VISION

“ We believe all children and families can learn, play and connect with the community.

In our MyTime Group, you can choose topics and activities to discuss and explore with our group facilitator, while a play helper keeps children busy and active.

Topics might include: taking care of yourself, getting the right support, your child's development and play ideas.



**ACCEPT  
DIFFERENCE  
SUPPORT  
CONNECTIONS**