MyTime

Supporting parents and carers of children with disability

MyTime is for all parents and carers of children under the age of 18 who need a higher level of care than other children. MyTime organises supported groups where parents and carers of children with disability or other additional needs can feel understood, share ideas and access quality information and resources.

It's support for you

Meet other parents and carers of children with disabilities or other additional needs. It's a place for you to unwind and talk about your experiences.

It's free

MyTime groups are free to join, and being a part of MyTime does not affect your NDIS funding. Check your eligibility.

Professional support

A trained facilitator helps group members get to know each other and learn more about local resources and support services.

Children are welcome

Preschool-age children are welcome at MyTime sessions. While you unwind, your child is kept engaged nearby by MyTime play leaders.

Learn something new

In some sessions the facilitator or a guest speaker might lead discussion on a topic of interest.

Take care of yourself

Sometimes, the group might just have fun with an activity aimed at helping members relax and look after their wellbeing.

Find a MyTime support group near you

https://www.mytime.net.au/groups/

or check the listing of over 180 locations in this booklet

https://www.mytime.net.au/
mytime@parentingrc.org.au

MyTime support group locations

Location	Venue Address	Email or phone contact
Dickson ACT	Dickson Library, Antill St	(02) 9684 9500
Nicholls ACT	Nicholls Community House, 30 Kelleway Ave	(02) 9684 9500
Tuggeranong ACT	Tuggeranong Community Centre, 245 Cowlishaw St	(02) 9684 9500
Albion Park Rail NSW	Albion Park Rail Public School, 18-20 Tongarra Rd	1800 171 882
Anna Bay NSW	Gan Gan Family Centre, 191 Gan Gan Rd	1800 171 882
Auburn NSW	Auburn Diversity Services, 17 Macquarie Rd	1800 171 882
Batemans Bay NSW	Muddy Puddles, 1A Melaleuca Cr	1800 171 882
Bathurst NSW	Bathurst Early Childhood Intervention Service, 1439 Charles Sturt University Panorama Ave	1800 171 882
Baulkham Hills NSW	Gooden Drive Reserve Meeting Room, Gooden Dr	1800 171 882
Mount Riverview NSW	178 Rusden Rd	1800 171 882
Blue Haven NSW	Dolphin Cottage SaCC, Blue Haven Public School, 37 Colorado Dr	1800 171 882
Botany NSW	Botany Family & Childrens Centre, Banksia St	1800 171 882
Bowral NSW	Bridges for Learning, 25 Thompson St	1800 171 882
Bungarribee NSW	Bungarribee Community Resource Hub, 20 Sir Hercules Pde	1800 171 882
Cardiff NSW	Macquarie Life Church, Corner or Macquarie Rd & Wentworth Rd	1800 171 882
Coffs Harbour NSW	Early Connections, 13 Kane Cr	1800 171 882
Cooma	Monaro Early Intervention Service Inc., 6 Hill St	1800 171 882
Dubbo NSW	Orana Early Childhood Intervention, 74 Baird Dr	1800 171 882
Erina NSW	Community Trust Hall, 27 Karalta Rd	1800 171 882
Glebe NSW	Glebe TreeHouse, Inside Glebe Public School (access via the black gates on Derby Place), 9/25 Derwent St	1800 171 882

Location	Venue Address	Email or phone contact
Glen Innes NSW	PoolHouse, 185 West Ave	1800 171 882
Glendenning NSW	Glendenning Neighbourhood Centre, 48 Golding Dr	1800 171 882
Gunnedah NSW	Gunnedah Early Childhood Intervention, Corner of Hunter St and Marquis St	1800 171 882
Gymea Bay NSW	Gymea Bay Community Resource Centre, 276 Gymea Bay Rd	1800 171 882
Kellyville NSW	Wrights Road Community Centre, Corner of Harrington Ave & Wrights Rd	1800 171 882
Leppington NSW	Scribbles and Giggles, 44 Emerald Hills Bvd	1800 171 882
Lismore NSW	Aruma: Lismore, 61 Rifle Range Rd	1800 171 882
Marrickville NSW	Jarvie Park, Malakoff St	1800 171 882
Minto NSW	Macarthur District Temporary Family Care, Lots 2 & 3 Surrey St	1800 171 882
North Sydney	EarlyEd (Subsidised care parking, Ride street carpark), 3 Cunningham St	1800 171 882
Nowra NSW	Building 303, University Of Wollongong, Shoalhaven Campus, 69 George Evans Rd	1800 171 882
Oran Park NSW	Gregory Hills Community Centre, 66 Kavanagh St	1800 171 882
Orange NSW	Orange District Early Education, 2-4 Yarrawong Pl	1800 171 882
Penrith NSW	Share My Ability, 57 Regentville Rd	1800 171 882
Sydney NSW	Contact them	1800 171 882
Raymond Terrace NSW	Thou-Walla Family Centre, 21 Geer St	1800 171 882
Sanctuary Point NSW	Noah's Sanctuary Point, 48-52 Paradise Beach Rd	1800 171 882
St Ives NSW	Contact them	1800 171 882
St Marys NSW	St Marys Public School, 2 Princess Mary St	1800 171 882
Tamworth NSW	Rainbow Cottage Child Care Centre, 134 Marius St	1800 171 882
Cundletown NSW	Cundletown Uniting Church, Corner of Manning River Dr & Edwards St	1800 171 882

Location	Venue Address	Email or phone contact
The Entrance NSW	The Entrance Community Centre, Battley Ave	1800 171 882
Tweed Heads NSW	Shaping Outcomes, Florence St	1800 171 882
Ulladulla NSW	Noah's Inclusion Services Building, 158 Green St	1800 171 882
Villawood NSW	TBA	1800 171 882
Tatton NSW	Kurrajong Therapy, 2 Grampien Pl	1800 171 882
Wahroonga NSW	Holy Name Church, 35 Billyard Ave	1800 171 882
North Wollongong NSW	Wollongong TAFE, Foleys La	1800 171 882
Woodberry NSW	Woodberry Public School, Lawson Ave	1800 171 882
Darwin NT	Contact them	(08) 8159 9400
Online	Online	03 9880 7000
Online	Online	info@kindred.org.au
Online	Online	(08) 6164 9806
Beaudesert QLD	Contact them	1800 007 529
Beenleigh QLD	Contact them	1800 007 529
Bellara QLD	Lions Club Hall, 28 Sunderland Dr	(07) 3356 6655
Ayr QLD	Contact them	1800 007 529
Caboolture QLD	Contact them	(07) 3356 6655
Cairns QLD	Contact them	1800 007 529
Cannonvale QLD	Contact them	1800 007 529
Cashmere QLD	Field of Dreams Early Intervention and Support, 3 Ron Bischof Cl	(07) 3356 6655
Coomera QLD	Contact them	1800 007 529
Crestmead QLD	Contact them	1800 007 529
Currumbin QLD	Contact them	1800 007 529
Gatton QLD	Contact them	1800 007 529
Geebung QLD	Contact them	(07) 3356 6655
Gladstone QLD	Contact them	(07) 3356 6655
Gympie QLD	Contact them	(07) 3356 6655
Kuraby QLD	Contact them	1800 007 529
Lawnton QLD	Contact them	(07) 3356 6655
Leichhardt QLD	Contact them	1800 007 529
Mackay QLD	Contact them	1800 007 529

Location	Venue Address	Email or phone contact
Mitchelton QLD	Mitchelton Special School, Kedron Ave	(07) 3356 6655
Mons QLD	Play Matters Sunshine Coast, 1 Mons School Rd	(07) 3356 6655
Mossman QLD	Contact them	1800 007 529
Mount Ommaney QLD	Contact them	1800 007 529
Mudgeeraba QLD	Contact them	1800 007 529
Nambour QLD	Breaking thru, 155 Maud St (corner Currie St)	(07) 3356 6655
North Lakes QLD	TBA	(07) 3356 6655
Brisbane QLD	TBA	0458 074 014
Redbank QLD	Contact them	1800 007 529
Richlands QLD	Contact them	1800 007 529
Tarragindi QLD	Contact them	1800 007 529
Torquay QLD	Contact them	(07) 3356 6655
Aitkenvale QLD	Contact them	1800 007 529
Redcliffe QLD	Contact them	(07) 3356 6655
Wynnum QLD	Contact them	1800 007 529
Yarrabilba QLD	Contact them	1800 007 529
Aldgate SA	The Hut Community Centre, 1 Euston Rd	08 8159 9400
Aldinga Beach SA	Aldinga Beach Children's Centre, Evans St	08 8159 9400
Berri SA	Berri Primary School, 11 Sultana St	08 8159 9400
Elizabeth SA	St Mary Magdalene's School, 85 Fairfield Rd	(08) 8159 9400
Enfield SA	C.a.F.E. Enfield Children's Centre, 17a Wilkins St	(08) 8159 9400
Hewett SA	Elsie Ey Children's Centre, Kingfisher Dr	(08) 8159 9400
Hillcrest SA	GP Plus Super Clinic Gilles Plains, 1 Gilles Cr	(08) 8159 9400
Kadina SA	Kadina Uniting Church Hall, 59 Taylor St	(08) 8159 9400
Lockleys SA	Lockleys Children's Centre, 57 Malurus Ave	(08) 8159 9400
Mount Barker SA	Willow Children's Centre, Charles St	(08) 8159 9400
Mount Gambier SA	Melaleuca Park Primary School (The Hub), Boandik Tce	(08) 8159 9400

Location	Venue Address	Email or phone contact
Munno Para SA	Mark Oliphant College, 99 Douglas Dr	(08) 8159 9400
Murray Bridge SA	Tinyeri Children's Centre, 65 Jarvis Ave	(08) 8159 9400
O'Sullivan Beach SA	O'Sullivan Beach Children's Centre, 51 Galloway Rd	(08) 8159 9400
Osborne SA	Lefevre Community Stadium, 541 Victoria Rd	(08) 8159 9400
Port Augusta SA	Early Years Parenting Centre, 1 Stirling Rd	(08) 8159 9400
Port Pirie SA	Contact them	(08) 8159 9400
Renown Park SA	Renown Park Children's Centre, 11 Napier St	(08) 8159 9400
Salisbury SA	Salisbury Primary School – Family Hub, 2-16 Compuda St	(08) 8159 9400
Seacombe Gardens SA	Darlington Children's Centre, 12A Karrajong Pl	(08) 8159 9400
South Plympton SA	Forbes Children's Centre, 80 Thomas St	(08) 8159 9400
Tanunda SA	The Hub, 83 Murray St	(08) 8159 9400
Trinity Gardens SA	Trinity Gardens Children's Centre, 160 Portrush Rd	(08) 8159 9400
Whyalla SA	Bunyarra Play Group, 157 Nicolson Ave (Race Course Rd entry)	(08) 8159 9400
Wynn Vale SA	Keithcot Farm Children's Centre, 5 Keithcot Farm Dr	(08) 8159 9400
Devonport TAS	Contact them	(03) 6231 2466
Hobart TAS	Contact them	(03) 6231 2466
Howrah TAS	Contact them	(03) 6231 2466
Launceston TAS	Contact them	(03) 6231 2466
Newtown TAS	Contact them	(03) 6231 2466
Bairnsdale VIC	Contact them	(03) 9486 9600
Bendigo VIC	Contact them	(03) 9486 9600
Bentleigh East VIC	Contact them	(03) 9486 9600
Berwick VIC	Contact them	(03) 9486 9600
Blackburn VIC	Contact them	(03) 9486 9600
Cobram VIC	Contact them	(03) 9486 9600
Corio VIC	Contact them	(03) 9486 9600
Craigieburn VIC	Contact them	(03) 9486 9600

Location	Venue Address	Email or phone contact
Cranbourne VIC	Contact them	(03) 9486 9600
Deer Park VIC	Contact them	(03) 9486 9600
Melbourne VIC	Contact them	(03) 9486 9600
Endeavour Hills VIC	Contact them	(03) 9486 9600
Ferntree Gully VIC	Contact them	(03) 9486 9600
Forest Hill VIC	Contact them	(03) 9486 9600
Frankston VIC	Contact them	(03) 9486 9600
Geelong VIC	Contact them	(03) 9486 9600
Glenroy VIC	Contact them	(03) 9486 9600
Heidelberg Heights VIC	Contact them	(03) 9486 9600
Broadmeadows VIC	Contact them	(03) 9486 9600
Kyabram VIC	Contact them	(03) 9486 9600
Maidstone VIC	Contact them	(03) 9486 9600
Mildura VIC	Contact them	(03) 9486 9600
Mildura VIC	Contact them	(03) 9486 9600
Mill Park VIC	Contact them	(03) 9486 9600
Mt Evelyn VIC	Contact them	(03) 9486 9600
Narre Warren VIC	Contact them	(03) 9486 9600
Pakenham VIC	Contact them	(03) 9486 9600
Point Cook VIC	Contact them	(03) 9486 9600
Reservoir VIC	Contact them	(03) 9486 9600
Seymour VIC	Contact them	(03) 9486 9600
Shepparton VIC	Contact them	(03) 9486 9600
Spotswood VIC	Contact them	(03) 9486 9600
Springvale VIC	Contact them	(03) 9486 9600
Sunbury VIC	Contact them	(03) 9486 9600
Tarneit VIC	Contact them	(03) 9486 9600
Wangaratta VIC	Contact them	(03) 9486 9600
Warrandyte VIC	Contact them	(03) 9486 9600
Warrnambool VIC	Contact them	(03) 9486 9600
Wheelers Hill VIC	Contact them	(03) 9486 9600

Location	Venue Address	Email or phone contact
Albany WA	Contact them	0437 135 370
Ballajura WA	Contact them	0437 135 370
Broome WA	Contact them	0437 135 370
Cable Beach WA	Contact them	0437 135 370
Bunbury WA	Contact them	0437 135 370
Calista WA	Contact them	0437 135 370
Carey Park WA	Contact them	0437 135 370
Collie WA	Contact them	0437 135 370
Coolbellup WA	Contact them	0437 135 370
Cottesloe WA	Lady Lawley Cottage, 8 Gibney St	0437 135 370
East Waikiki WA	Contact them	0437 135 370
Ellenbrook WA	Contact them	0437 135 370
Esperance WA	Contact them	0437 135 370
Girrawheen WA	Contact them	0437 135 370
Joondalup WA	Contact them	0437 135 370
Karratha WA	Contact them	0437 135 370
Langford WA	Contact them	0437 135 370
Orelia WA	Contact them	0437 135 370
Shenton Park WA	Contact them	0437 135 370

Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org

Kinship Carers Victoria
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