



**Dates:**

- Monday 4th June
- Monday 18th June
- Monday 23rd July
- Monday 6th August
- Monday 20th August
- Monday 3rd September
- Monday 17th September

**Times:**

12.00pm to 3.00pm

**Venue:**

Cobram Community House,  
43 Punt Road Cobram

**Enquiries:**

5831 7157

[manager@inspiredcarers.org.au](mailto:manager@inspiredcarers.org.au)

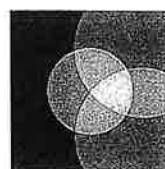
Time for you with people who understand

**Mytime is for parents and carers of children with a disability,  
developmental delay or chronic medical condition**

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy.

It's support for you. And while you attend your group led by a trained facilitator, a play helper minds your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free
- Light lunch supplied



**MyTime**  
**PROVIDER**  
*supporting parents of children with disabilities*