



MyTime Rockhampton

Why MyTime?

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

Unwind and
share experiences
with others who
understand

FIND US AT:

Rockhampton Carer Hub
103 Bolsover Street
Rockhampton

Times / Dates vary

CONTACT:

Jess Conway – Facilitator

Ph: 0417 625 781

Email: jessie.conway@svidpqlld.org.au



mytime.net.au

MyTime

term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
22 July 2026 10;00am – 12;00pm	Carers Hub – Craft Morning	Adults only session
5 August 2026 7;00 – 9;00pm	Venue TBC – Craft evening	Adults only session
19 August 2026 10;00am – 12;00pm	Mental health support. Board games	Adults only session
28 August 2026 7;00pm – 9;00pm	Rockhampton South Side Cemetery Tour	Adults only session
2 September 2026 10;00am – 12;00pm	Carers HUB – NDIS information session	Adults only session

* Activities may vary depending on group interests and ability.



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome