



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.

FIND US AT:

TBC

Fortnightly

CONTACT:

Claire – Facilitator

Ph: 0403992650

Email: crobinson@dsidq.org.au

Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime

term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
29 July 2026 6;30pm – 09;00pm	Social event	Adults only session
12 August 2026 10;00am – 12;30pm	Craft activities	Adults only session
26 August 2026 10;00am – 12;30pm	Information session / activities	Adults only session
9 September 2026 10;00am – 12;30pm	Carer connection	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