



MyTime Woody Point

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:

Redcliffe Volunteer Hub
395 Oxley Avenue, Redcliffe
Fridays, Fortnightly 9.30am - 11.30am

CONTACT:

Kristi Sarno – Facilitator
Ph: 0403 989 983
Email: kristi@mytimeqld.org.au

Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime

term plan

mytime.net.au

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9.30am – 11.30am

DATES	GROUP ACTIVITY
24th July 2026	Morning Tea + Chat
7th August 2026	Morning Tea + Soap Making Craft
21 August 2026	Morning Tea + Chat
4th September 2026	Morning Tea + Guest Speaker – Backward Chaining Therapy Concept
18th September	Morning Tea + Chat

*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