



Frankston
Monday Mornings
10am - Midday

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:

BAM Arts Inc
1 Rosella Street
Frankston

CONTACT:

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Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime term plan

mytime.net.au

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
Mondays 2/10/2023	Guest Speaker: Julie Fisher (Author/Disability Advocate) topic - General Discussion	Dancing  Craft activities 
9/10/2023	Guest Speaker: Kim Henderson, (NDIS Coordinator) topic - NDIS	Toys and blocks 
23/10/2023	Learn: Yoga Nidra	Stories and Singing 
30/10/2023	Coffee & Chat	
13/11/2023	Make: Fondant Cake Toppers	
20/11/2023	Guest Speaker: Kylie Watt (Alfred Health Carers Service) topic - Carers Gateway	
27/11/2023	Discussion: Surviving the Holidays. Sharing ideas about holiday activities & taking care of yourself	
Final Session 4/12/2023	Make: Yummy Bliss Balls	

BAM DETAILS

Bam Arts Inc are dedicated to providing arts programmes, events and opportunities for people with disabilities of all ages. MyTime at BAM Arts Inc will be a creative and fun time for children and adults. We will host a 30 minute weekly music and movement session for children where we will sing, dance and make new friends.

NOTE: No sessions 16/10/2023 & 6/11/2023



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome