



Australian Government

Department of Families,  
Housing, Community Services  
and Indigenous Affairs

# MyTime Peer Support Groups for Parents of Young Children with Disability Program

## About this program

This program provides peer support groups for parents and carers of young children with disability or a chronic medical condition. By 2009–2010 the program is expected to benefit around 2500 families, participating in a national network of MyTime Peer Support Groups.

Parents of young children with disability are at significant risk of isolation and are often socially disconnected from family and friends due to the intensity of their caring role.

MyTime Peer Support Groups give parents the chance to socialise and share ideas with others who understand the rewards and challenges of the caring role. The groups also provide an opportunity for parents to find out about available community support services and research-based parenting information.

MyTime Peer Support Groups are supported by two workers—a facilitator for parents and a play helper for children. The play helper organises play activities and provides support for the children while parents participate in activities and discussions.

## Who will benefit from this program

Parents and carers of young children under school age with disability or a chronic medical condition will benefit from this program.

## How the program is implemented

This program commenced in February 2007.

MyTime Peer Support Groups are provided in the community by local organisations. The program is coordinated nationally by the Parenting Research Centre.

In 2008-09 additional funding has been provided by the Australian Government to pilot four MyTime Groups for parents of school age children with a disability.

## More information

For more information visit the [MyTime Peer Support Group website](#) or phone 1800 889 997.

Improving the lives of Australians