

## What members are saying about...

# MyTime Groups



“Through these sessions, I have made some wonderful friends. We have laughed, cried, listened and ranted together but have always known that we were in our safe circle and we were supported enough to let some difficult truths out. This isn’t something I can easily do with family and other friends. These wonderful people are patient, listen without judgement, offer advice when it is needed or are simply a shoulder to lean on and gain strength from.”

**PGNSW MyTime Nowra member**

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“Prior to attending MyTime sessions, I felt isolated, alone & I felt I was lacking as a parent. MyTime has really shown me that I’m not alone. I have learnt that there are many parents facing similar challenges & collectively we were able to share our struggles without judgement. MyTime has been a constant place of support. It has taught me about self-care & why that is important when caring for a child with special needs. I would recommend this group to any parents/carers of a child with a disability. This program really has had a positive impact on my life. I look forward to continuing to participate in these sessions well into the future.”

**PGNSW MyTime Glendenning member**

“The support gained from this amazing group is immeasurable. I felt like I belonged, that I wasn’t alone, that I had a whole group in my corner! They thought my son was awesome and I felt the same way about their children.

I lost my beautiful son in 2020 and my MyTime friends were there with me through the highs and the lows of his little life. 2 years later and I still catch up with these beautiful ladies. I’m so grateful for MyTime and the support and friendship I gained.”

**PGNSW MyTime Nowra member**

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“My self-care is coming to MyTime each week where I feel nurtured by the group through nice coffee and conversation.”

**PGNSW MyTime Cowra member**

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“We truly appreciate and value the time the facilitator puts into the MyTime sessions. It is so nice to feel like we belong to such a beautiful community.”

**PGNSW MyTime Westmead member**

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“You don’t feel like an outsider, you feel like family.”

**PGNSW MyTime Orange member**

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“My Time means to me - unwavering support, guidance and a safe place.”

**PGNSW MyTime Nowra member**

**For more information, please visit:**  
[www.mytime.net.au](http://www.mytime.net.au)