

MYTIME HOLIDAY PLAYGROUPS

For children with a developmental delay, autism, disability or chronic medical condition and their parents and carers.

**Tuesday 3rd October
to Friday 6th October**

Tuggeranong Child and Family Health Centre

9.30am – 12pm

FREE

Please choose how many and which days you would like and book as soon as possible as places are limited.

These groups are for children aged 0 – 12, and their parents / carers including mums, dads, grandparents or the principal carer. Siblings (under 12) are very welcome.

A play leader will organise a routine of structured and free play activities for children and their families/carers to have fun together. These include sensory activities, music, gross and fine motor play activities.

MyTime also gives parents and carers the chance to socialise and share ideas with people in similar circumstances who can understand their children's achievements, help with the challenges, and find out about available community support.

**For more information please contact
Debra at ACT Playgroups at
play@playgroupact.org.au.**

This program will rotate between the Gungahlin, Belconnen and Tuggeranong Child and Family Centres and Cook Community Hub each school holidays.

