

# MYTIME HOLIDAY PLAYGROUPS

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

***Monday 22 to Thursday 25 January  
& Monday 29 to Friday 2 February***

**Cook Community Hub, 41 Templeton St, Cook**

**9.30am – 12pm**

**FREE**

**Please choose 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, 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 or to register please contact  
Matthew or Debra at ACT Playgroups on 1800 171 882  
or email [play@playgroupact.org.au](mailto: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.

