



# MyTime Newport

## 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:

Newport Gardens Early Years Centre  
51 Maddox St Newport  
**Friday Mornings; 10am - 12pm**

### CONTACT:

Samia Hassoun: Facilitator

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Unwind and  
share experiences  
with others who  
understand



[mytime.net.au](http://mytime.net.au)

# MyTime

## term plan

mytime.net.au

### Fridays weekly 10am – 12pm

DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
17 July 2026	Term 3 welcome back catch up	Sensory play
24 July 2026	Guest speaker from Little Dreamers	Arts and craft
31 July 2026	Guest speaker from Continence Health Australia	Playdough fun
7 August 2026	Discussion; How do you manage 'Me Time'	Bean bag game
14 August 2026	Bunnings activity with Maria	Book week inspired book reading activity
21 August 2026	Reflection on term 3	Music and movement
28 August 2026	Goals we have for the remainder of 2026	Bubbles and colouring
4 September 2026	End of term celebration	Father's Day activity

\*Activities may vary depending on group interests and ability



It's support  
for you



It's free to  
join



Professional  
support



Pre-school aged  
children are welcome