



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:

Gympie West State School
Learning Hub, 9am - 11am (even
weeks of the school term) unless
at a specified external venue.

CONTACT:

MyTime Gympie

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Unwind and
share experiences
with others who
understand



mytime.net.au

MyTime

term plan

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DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
15/10/25	Salt Therapy at Salty Kisses: meet at 9:15am to reward our wonderful parents for carer's week. RSVP is essential. Child minding available at GWSS.	Children will engage in a range of hands on-activities under the supervision of the child-minder at the Gympie West State School ECDP, as they join in with other children in the KindyLinQ program. Activities include:
29/10/25	Art Gallery: Tour the local Gympie Regional Art Gallery & participate in a fun, simple art activity.	- Sensory and water play - Art and craft activities - Outdoor activities - Blocks, Lego, cars - Dolls and kitchen play
12/11/25	Guest Speaker: Alyson Horne is coming from the Gold Coast to run an interactive Somatic workshop. She'll talk about brain and gut health and inflammation, nervous system regulation and easy exercises to bring you back into state of calm.	Alternative activities will be provided for older children.
26/11/25	Pit Stop Café: we'll meet there at 9:15am for our Christmas break-up. RSVP essential. Childminding provided at GWSS.	
10/12/25	Mindfulness and relaxation: strategies and activities to prepare for the Christmas rush!	



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome