



*A chance to  
meet and  
exchange  
experiences and  
information.*

## Support at Down Syndrome Victoria

### Family Network Groups

Down Syndrome Victoria provides support, encouragement, information and resources to families who have a member with Down syndrome. Volunteers from the association operate local support and networking groups, offering families in the area who have a family member with Down syndrome the chance to meet and exchange experiences and information, in an informal and supportive environment.

One of the functions of the family network groups (FNG's) is the spread of information to families. The gatherings facilitate the sharing of information about local services and facilities, and those available in the wider Melbourne area.

Family network groups also provide a very valuable support resource to the families and in many cases act as the hub of their support network over the growing up of their family and beyond.

We currently have FNGs in:

- Box Hill
- Packenham
- Eltham
- Geelong
- Ballarat
- Bendigo
- Bairnsdale
- Horsham
- Warrnambool
- Mildura
- Langwarrin
- Hampton
- Fitzroy

### MyTime Peer Support Groups

The MyTime program is an initiative funded by the Australian Government Department of Families, Community Services and Indigenous Affairs (FaCSIA) and is designed to complement the suite of services funded by FaCSIA including Supported Playgroups and Intensive Supported Playgroups. The Down Syndrome Association Victoria is a MyTime provider and we are funded to provide 10 MyTime groups around Victoria.

MyTime is about time for parents – It's an opportunity for them to put themselves first while their pre-school aged child with a disability and their siblings are being cared for by a qualified helper in a playgroup setting

It's designed to provide local support for parents of children with a disability or chronic illness. It's about bringing parents together to socialise and share ideas while finding out about local community support from a facilitator and each other

information provided by  
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MyTime groups are led by a facilitator who runs parent discussions on various topics throughout the term. The child care runs concurrently so that parents can participate in the discussions without distraction.

*DSAV MyTime Groups are currently situated in:*

- Braybrook
- Lalor
- Rowville
- Vermont

For information about Family Network Groups or MyTime Groups please contact:

The Family Network Coordinator or  
The Family Support Coordinator  
Down Syndrome Victoria  
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MyTime Website: [www.mytime.net.au](http://www.mytime.net.au)