



my  
time

Connect, Recharge  
and Grow.



**MyTime** is a space for you to  
**connect, recharge and grow together.**

Life moves fast, and your needs often come last. Whether you are starting your pregnancy journey or you are already a parent, **MyTime** is a free program where you can pause, connect and easily focus on yourself—without guilt, without pressure. Over ten weeks, you'll meet with other women to discuss topics such as substance use, stress, coping mechanisms, challenging relationships and more. Together, you'll build skills that support a healthy lifestyle.

