




my
time

Connect, Recharge and Grow.



 **MyTime** is a free program for you to connect, recharge and grow alongside other women in their pregnancy or parenting journey.

Over 10-sessions you will:

- **Find a safe and fun space** with other women to focus on yourself without guilt or pressure.
- **Discuss topics** such as substance use, coping with stress, relationships and more.
- **Learn strategies** to overcome the challenges of substance use when raising a family.
- **Build skills** that support a healthy lifestyle.

Free childcare and meals are provided.

