






# Need Advice & Support with your baby?


Get in touch with us at  
Tresillian Coffs Harbour.  
Our Nurses can help!

## TRESILLIAN COFFS HARBOUR

We offer trusted advice on:

-  Sleep and settling
-  Breastfeeding & bottle-feeding support
-  Toddler behaviour
-  Multiple babies (twins, triplets)
-  Emotional well-being, anxiety and postnatal depression.


### Our Day Services:

-  Visit our Centre in Coffs Harbour to discuss your concerns with a Tresillian Nurse
-  Some Centres have an Aboriginal Health Worker available for cultural support
-  Virtual Consultations available
-  Book in for one of our Parent Group Programs

## Tresillian's Day Services are FREE!

For parenting advice or to self refer to  
Tresillian Coffs Harbour, call:

 **The Tresillian Parent's Help Line on**  
**1300 272 736**  
**7 days a week!**

 **Like us on Facebook at**  
**[https://www.facebook.com/Tresillian](https://www.facebook.com/Tresillian-Coffs-Harbour-104223578747775)**  
**-Coffs-Harbour-104223578747775**

 **Visit us at Tresillian Coffs Harbour**



For useful parenting tips  
**[tresillian.org.au](https://tresillian.org.au)**

A PARTNERSHIP BETWEEN TRESILLIAN  
& MID NORTH COAST LHD



Health  
Mid North Coast  
Local Health District