






Need Advice & Support with your baby?





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

TRESILLIAN LISMORE

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 Lismore 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 Lismore, call:

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

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[https://www.facebook.com/
Tresillian-Lismore-101525435688732](https://www.facebook.com/Tresillian-Lismore-101525435688732)

 Visit us at Tresillian Lismore



For useful parenting tips
tresillian.org.au

A PARTNERSHIP BETWEEN TRESILLIAN
& NORTHERN NSW LHD



Health
Northern NSW
Local Health District