






# Need Advice & Support with your baby?





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

## TRESILLIAN IN MANNING - TAREE

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 Taree 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 in Manning - Taree, call:

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

 Like us on Facebook at  
[https://www.facebook.com/  
TresillianManningFamilyCareCentre](https://www.facebook.com/TresillianManningFamilyCareCentre)

 Visit us at Tresillian in Manning - Taree



For useful parenting tips  
**tresillian.org.au**