






Need Advice & Support with your baby?





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

TRESILLIAN IN WESTERN - COWRA

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 Cowra 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 Western - Cowra, 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-in-Western-Cowra](https://www.facebook.com/Tresillian-in-Western-Cowra)**

 **Visit us at Tresillian in Western - Cowra**



For useful parenting tips
tresillian.org.au