






# Need Advice & Support with your baby?





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

## **TRESILLIAN IN SOUTHERN - QUEANBEYAN**

**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 Queanbeyan 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 Southern - Queanbeyan, 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-Southern-Queanbeyan-100609782449896](https://www.facebook.com/Tresillian-In-Southern-Queanbeyan-100609782449896)

 **Visit us at Tresillian in Southern -  
Queanbeyan**



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

A PARTNERSHIP BETWEEN TRESILLIAN  
& SOUTHERN NSW LHD



Health  
Southern NSW  
Local Health District