



Tresillian[®]






It's in our nature to nurture

Need Advice & Support with your baby?





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

TRESILLIAN NEPEAN

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 Nepean 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 Nepean, call:

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

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

 **Visit us at Tresillian Canterbury**



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