

Early Parenting Support

NSW Mid North Coast



Tresillian's Early Parenting Services

The arrival of a new baby and every stage of your child's development is an exciting time, but it can be overwhelming. That's where Tresillian can help.

Our services on the Mid North Coast provide support to families with a child aged up to 3 years. They include a Family Care Centre at Coffs Harbour for day appointments and the Tresillian 2U Mobile Van visiting Wauchope, Kempsey, Macksville, Nambucca Heads and Bowraville. Our services also include a 4-night/5-day residential unit based at Macksville.



Tresillian offers specialist support to parents with:



**Baby's
Sleep & Settling**



**Breastfeeding &
Bottle-feeding**



**Multiple
Babies**



**Caring for
baby**



**Your Child's
Nutrition**



**Toddler
Behaviour**



**Postnatal Depression
& Anxiety**



**Adjustment to
Parenting**



**Cultural
Support**



**Parent Education
Groups**



Tresillian Coffs Harbour Day Services

Your first Day Services appointment usually takes around two hours where we work in partnership with you to develop a plan that will help towards meeting your goals.

Our specialist Tresillian Nurses work alongside your Child and Family Health Service. They can help make sense of your child's crying, sleep, advise on breastfeeding, bottle-feeding, nutrition and toddler behaviour and your own emotional well-being, giving you confidence and reassurance.

The Tresillian 2U Mobile Van Mid North Coast

The Tresillian 2U Mobile Van visits families living in towns across the Mid North Coast district including Kempsey, Nambucca Heads, Macksville, Bowraville, and Wauchope on a rotational basis.

You will be advised on the location of the van at your booking. Our team includes a Tresillian Nurse and an Aboriginal Health Worker. Our mobile vans are family friendly with a private consultation room, cot, and change-table.

Tresillian Macksville Residential Services

For families needing an extra level of support and advice with their child, we recommend a referral to Tresillian Macksville Residential Services. The residential program operates over 4 nights/5-days with all meals and accommodation provided. Tresillian Macksville offers a comfortable and friendly environment with a program tailored to your needs.

Our multi-disciplinary team includes experienced Nurses, Social Workers, Psychiatrists, and GP's who work in partnership with you. The aim is to increase your confidence by providing guidance, education, and practical advice. A program is individually tailored based on your goals and to address your concerns. Partners are actively encouraged to participate.



Virtual Consultations



If you find it's difficult to visit your local Centre due to distance or other challenges, we can arrange a Virtual Consultation with a Tresillian Nurse, via video-link, using your mobile phone or other device.

Parent Groups



To learn more about your child and meet up with other parents, consider booking into one of our Parent Groups. Topics range from 'Supporting Sleep in Young Babies' to 'Circle of Security' and 'Getting to know You'. Groups are held regularly at either a Tresillian Centre, in the community or virtually. To book visit the Courses page of Tresillian's website at tresillian.org.au

Cost?



The cost of **Tresillian Day Services** including **Tresillian 2U consultations**, is covered by Medicare.

Tresillian Residential Service fees are covered by Medicare and/or Private Health Insurance for parent and child. For partners, a boarding fee applies to cover meals and accommodation.

Tresillian Service Hours



Coffs Harbour and Tresillian 2U Services
Monday to Friday, 8.00am-4.30pm
Closed on Public Holidays.

Macksville Residential Service
Monday to Friday. Closed on Public Holidays.



Tresillian on the NSW Mid North Coast Supporting Families



Visit the Web or Facebook page
of your local service.



Tresillian Coffs Harbour

27 Park Avenue, Coffs Harbour NSW 2450

Enquiries: 02 6691 1912

<https://www.tresillian.org.au/locations/tresillian-coffs-harbour/>

Follow us on Facebook



Tresillian 2U Mid North Coast Mobile Van

Enquiries: 02 6691 1912

<https://www.tresillian.org.au/locations/tresillian-2u-nsw-mid-north-coast>

Follow us on Facebook



Tresillian Macksville

100 Darruya Road, North Macksville NSW 2447

Enquiries: 02 6598 3395

<https://www.tresillian.org.au/locations/tresillian-macksville/>

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Tresillian®

It's in our nature to nurture

A PARTNERSHIP BETWEEN TRESILLIAN &
MID NORTH COAST LOCAL HEALTH DISTRICT



Health
Mid North Coast
Local Health District

**Our friendly team at Tresillian
Macksville and Coffs Harbour
are here to support your family!**

For a referral to Tresillian:

Ask your local Health Professional,
Child & Family Health Nurse, GP
or early parenting support service
to refer you and your child.

Self Refer by visiting the Tresillian website.
Fill in a short online contact form and
one of our Nurses will call you back.
Visit **tresillian.org.au**

For advice on your child or the
best service for your family, call the
Tresillian Parent's Help Line
FREECALL 1300 272 736



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.

