

Early Parenting Support

Southern NSW



What is Tresillian?

Tresillian Family Care Centres is Australia's largest early parenting support organisation with services for parents with a child aged up to three years. Our Parent's Help Line can assist with queries relating to children aged up to five years.

Our tried and trusted programs have supported generations of families for over 100 years, helping their baby grow and thrive, laying the foundations for future learning and well-being.



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'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 across Southern NSW and the South Coast District provide support to families with a child aged up to 3 years. Tresillian has Family Care Centres at Queanbeyan, Moruya and Goulburn where parents can visit for practical advice and support with their baby.

Tresillian Queanbeyan, Moruya and Goulburn 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 and in some cases, an Aboriginal Health Worker, 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 Vans Queanbeyan & Eurobodalla



Our Tresillian 2U Mobile Vans visit towns and communities, reaching out from Queanbeyan and the Eurobodalla Region on a rotational basis. Checkout our Facebook page to find out when we're coming to a town near you!

Our team includes a Tresillian Nurse and in some cases an Aboriginal Health Worker. Our mobile vans are family friendly with a private consultation room, cot, and change-table.

Virtual Consultations

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

Find out More!

Book a visit to Tresillian:

- **Visit tresillian.org.au**, fill in a short online contact form and one of our Nurses will call you back
- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child
- **or for advice on your child** and more information on the best service to meet your needs, call the **Tresillian Parent's Help Line on FREECALL 1300 272 736**.





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 appointments, is covered by Medicare.

Tresillian Service Hours

Monday to Friday, 8.00am-4.30pm
Closed on Public Holidays.

Tresillian in Southern NSW

Supporting Families



Visit the Web or Facebook page
of your local service.



Tresillian in Southern - Queanbeyan

12 Southbar Road, Karabar NSW 2620

Enquiries: 02 6150 7720

tresillian.org.au

Follow us on Facebook



Tresillian 2U Queanbeyan Mobile Van

Enquiries: 02 6150 7720

tresillian.org.au



Tresillian in Southern - Moruya

5 River Street, Moruya NSW 2537

Enquiries: 02 4412 4940

tresillian.org.au

Follow us on Facebook



Tresillian 2U Eurobodalla Mobile Van

Enquiries: 02 4412 4940

tresillian.org.au



Tresillian in Southern - Goulburn

92 Bradley Street, Goulburn NSW 2580

Enquiries: 02 4826 9940

tresillian.org.au

Follow us on Facebook





A PARTNERSHIP BETWEEN TRESILLIAN &
SOUTHERN NSW LOCAL HEALTH DISTRICT



Health
Southern NSW
Local Health District

**Our friendly team at Tresillian
in Southern, Moruya, Goulburn,
and Queanbeyan are here to
support your family!**

Book a visit to Tresillian:

Visit **tresillian.org.au**, fill in a short
online contact form and one of our
Nurses will call you back



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



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.



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