



Tresillian® 2U
MID NORTH COAST

The Early Years Parenting Service

Mobile Early Parenting Support



Tresillian 2U

The Early Years Parenting Service

1300 272 722



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 2U Mobile 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 2U can help.

Your first 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 Mobile Vans are family friendly with a private consultation room, cot, and change-table.

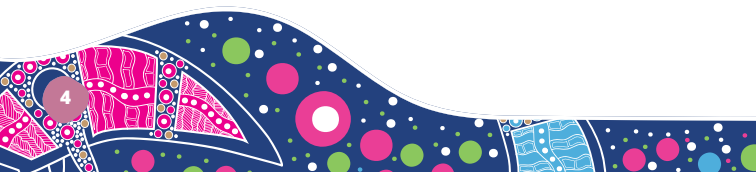
Our specialist Tresillian Nurses and Aboriginal Health Worker, work alongside your Child and Family Health Service. They can help make sense of your child's crying and sleep, advise on breastfeeding, bottle-feeding, nutrition and toddler behaviour and your own emotional well-being, giving you confidence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

The Tresillian 2U Mobile Van 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. Follow up telephone support is also offered.

Virtual Consultations



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



Our vision is to
give every child
the best possible
start in life.



Find out More!

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
- **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 consultations, is covered by Medicare.

Tresillian Service Hours

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

Tresillian on the NSW Mid North Coast Supporting Families



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 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 Macksville

100 Darruya Road, North Macksville NSW 2447

Enquiries: 02 6598 3395

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

Follow us on Facebook 



A PARTNERSHIP BETWEEN TRESILLIAN &
MID NORTH COAST LOCAL HEALTH DISTRICT



Health
Mid North Coast
Local Health District

**Our friendly team at
Tresillian 2U Mid North Coast
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.