



Tresillian®

It's in our nature to nurture

Early Parenting Support



How Tresillian helps

Tresillian can help Aboriginal and Torres Strait Islander people navigate the challenges that parents often have in the early years of their child's life.

Our Nurses provide care and support for families:

- Practical guidance and support on baby's sleep and settling.
- Breastfeeding or bottle-feeding, introducing solids.
- Toddler behaviour.
- Parental emotional health and wellbeing
- We work in partnership with you to provide a culturally safe and welcoming service.

Tresillian services are FREE!

- The cost of Tresillian Services is covered by Medicare.
- Residential Stays are covered by Medicare or the family's private health fund.



Tresillian offers specialist support to families with:



**Baby's
Sleep & Settling**



**Breastfeeding &
Bottle-feeding**



**Multiple
Babies**



**Caring for
baby**



**Your Child's
Nutrition**



**Toddler
Behaviour**



**Postnatal Depression
& Anxiety**



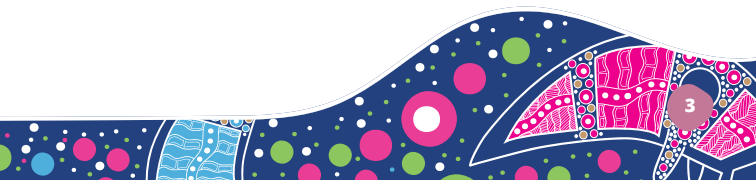
**Adjustment to
Parenting**



**Cultural
Support**



**Parent Education
Groups**



Visit a Tresillian Centre



FREE two-hour consultations for Medicare card holders with a Tresillian Nurse!

Tresillian 2U Mobile Van



FREE two-hour consultation with a Tresillian Nurse on site at a Tresillian 2U van. We have six Mobile Vans that travel to regional areas around Bathurst, Inverell, Eurobodalla, the Mid North Coast, Queanbeyan, and the Tweed Region.

Residential Stay



4-night/5-day stay at a Tresillian Centre (Covered by Medicare or your Health Fund).

Telehealth



FREE two-hour online consultation with a Tresillian Nurse.

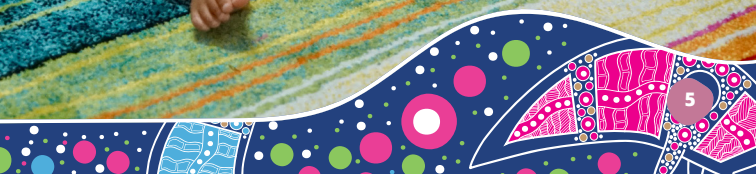
Parent Groups



FREE parent education groups are held virtually, at Tresillian Centres and in the Community.



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



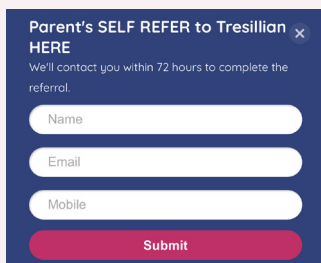
How do I book an appointment?

Step 1

To arrange an appointment with a Tresillian Nurse either at one of Centres, online or the Tresillian 2U Mobile Van, visit the Tresillian website at tresillian.org.au

Step 2

Complete the short online form.



Parent's SELF REFER to Tresillian ×
HERE
We'll contact you within 72 hours to complete the referral.

Name

Email

Mobile

Submit

Step 3

Our Nurses will call you back within 72 hours to arrange a time to suit you to visit your nearest Tresillian Family Care Centre.

OR

**Call Tresillian's Parent's Help Line
on FREECALL 1300 272 736**



Checkout our locations



Previously parents had to travel hundreds of kilometres to access specialist parenting help but the opening of Tresillian's services in many regional areas across NSW, and the ACT means families are now able to receive support much closer to home.

Visit our website at tresillian.org.au to find out where our services are located.

Culturally safe service



We acknowledge the diverse communities we serve across NSW, the ACT and Albury Wodonga, Victoria. We are committed to providing a culturally safe and welcoming service that provides practical support to families from the very beginning of their baby's life journey!

We promote:

- Cultural safety and awareness - many Tresillian Centres and Tresillian 2U Mobile Vans have an Aboriginal Health Worker on staff.
- Strong connections with local Aboriginal communities.
- Tresillian staff participate in many Aboriginal Promotional Days and including NAIDOC week

Our team includes Child and Family Health Nurses, GP's, Psychologists and Social Workers and in some cases, Aboriginal Health Workers. They can support you with advice to give you more confidence and so helping your child to grow and thrive.





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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.