

# Early Parenting Support



Tresillian QEII  
Family Centre, ACT



# 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.

The Tresillian QEII Family Centre in Curtin, ACT, provides services for families with a child aged up to 3 years. Programs include Residential Services where families live in for 4-nights/5-days, and Day Services.

## Tresillian QEII 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 specialists 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.



# Tresillian QEI Residential Services



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

As well as Tresillian Nurses and Midwives, our multi-disciplinary team includes specialist Social Workers 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 welcome and encouraged to participate. Accommodation at the Centre includes queen-size beds with ensuites.

## Find out More!



Book a visit to Tresillian:

- Visit [tresillian.org.au](https://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

# 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**

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



## Cost?

**Day Service** fees at Tresillian Northern are covered by Medicare.

**Residential Service** fees are covered by Medicare and/or private health insurance for both parent and child. For partners, a boarding fee applies to cover meals and accommodation.

## Tresillian Service Hours

### **Tresillian QEII Day Services**

Monday to Friday, 8.00am-4.30pm

### **Tresillian QEII Residential Services**

24 hours, 7 days a week. Programs operate on a rotational basis of 4-night/5-day stays

## Tresillian QEII Family Centre Supporting Families



### **Tresillian QEII Family Centre**

129 Carruthers Street,

Curtin ACT 2605

Enquiries: 02 6205 2333

[tresillian.org.au](https://tresillian.org.au)

Follow us on Facebook



‘Thank you Tresillian for  
supporting me to gain  
my confidence, it has  
helped me so much.’







# Tresillian®

QUEEN ELIZABETH II IN ACT

*It's in our nature to nurture*

A PARTNERSHIP BETWEEN  
TRESILLIAN & ACT HEALTH DIRECTORATE



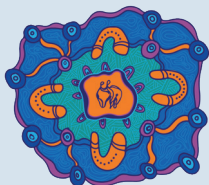
**ACT**  
Government

**Our friendly team at  
Tresillian QEII Family Centre  
are here to support your  
family!**

**[tresillian.org.au](https://tresillian.org.au)**

For parenting resources, videos, online  
tours of Tresillian services, parent  
education group courses and more.

**Parent's Help Line**  
**FREECALL 1300 827 282**



#### Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia, the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Tasmania. 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.

