

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 Family Centre 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 Family Centre 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!



For a referral to the Tresillian QEI Family Centre:

- **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/midwives 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.**

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?

Tresillian QEII Day Service fees are covered by Medicare.

Tresillian QEII 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

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

To self refer: 1300 272 736

<https://www.tresillian.org.au/locations/tresillian-qeii-in-act/>

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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
QEI Family Centre are here
to support your family!**

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



Self Refer by visiting the Tresillian website.
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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 land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.



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