

# Early Parenting Support

Western 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 the Western NSW District provide support to families with a child aged up to 3 years. Tresillian has Family Care Centres at Dubbo and Cowra where parents can visit for practical advice and support with their baby.

## Tresillian Dubbo, and Cowra 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 Van Bathurst



Our Tresillian 2U Mobile Van regularly visits towns and communities from the base at Bathurst 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 Consultation with a Tresillian Nurse, via video-link, using your mobile phone or other device.

## 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](https://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](https://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 in Western NSW Supporting Families

Visit the Web or Facebook page  
of your local service.



### **Tresillian in Western - Dubbo**

214 Darling Street, Dubbo NSW 2830

Enquiries: 02 6809 6050

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/locations/tresillian-in-western-dubbo/>

Follow us on Facebook 



### **Tresillian in Western - Cowra**

2 Ina Drive, Cowra, NSW 2794

Enquiries: 02 5319 7900

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/locations/tresillian-in-western-cowra/>

Follow us on Facebook 



### **Tresillian 2U Bathurst Mobile Van**

Enquiries: 02 5319 7900

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/locations/tresillian-2u-bathurst/>

Follow us on Facebook 



A PARTNERSHIP BETWEEN TRESILLIAN &  
WESTERN NSW LOCAL HEALTH DISTRICT



Western NSW  
Local Health District

**Our friendly team at Tresillian  
Dubbo, Cowra and Bathurst  
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](https://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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