



# Early Parenting Support

Murrumbidgee District



## 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 Murrumbidgee District provide support to families with a child aged up to 3 years. Tresillian has Family Care Centres at Wagga Wagga and Griffith where parents can visit for practical advice and support with their baby.

## Tresillian Griffith and Wagga Wagga 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.

## Virtual Consultations



If you find it's difficult to visit Tresillian in Murrumbidgee due to distance or other challenges, we can arrange a Virtual Appointment 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!



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**.

## 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, Circle of Security, Getting to Know You, Postnatal Depression & Anxiety, Wellbeing for Busy Parents, Connecting with your Child, Parenting for Dads.

Parent 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?



**Day Service** fees at Tresillian in Murrumbidgee 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

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

## Tresillian in Murrumbidgee Supporting Families

Visit the Web or Facebook page  
of your local service.



### Tresillian in Murrumbidgee Wagga Wagga

48 Docker Street, Wagga Wagga NSW 2650

Enquiries: 02 5943 2713

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

Follow us on Facebook 



### Tresillian in Murrumbidgee Griffith

101 Binya Street, Griffith NSW 2680

Enquiries: 02 6909 1960

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

Follow us on Facebook 



*It's in our nature to nurture*

A PARTNERSHIP BETWEEN TRESILLIAN &  
FAR WEST NSW LOCAL HEALTH DISTRICT



Health  
Murrumbidgee  
Local Health District

**Our friendly team at  
Tresillian in Murrumbidgee,  
Griffith and Wagga Wagga  
are here to support your  
family!**

### **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.



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, the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. 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.



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