



It's in our nature to nurture

Early Parenting Support

Far West NSW



What is Tresillian?

Tresillian Family Care Centres is Australia's largest early parenting support organisation with services for parents with a newborn, baby or 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 living in Far West NSW 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.

Tresillian in Far West provides individual consultations within your home (within a 30 minute drive of Broken Hill) or Virtual Consultations via video-link using your mobile phone or other device as well as follow-up telephone support.

Our specialist team of Tresillian Child and Family Health Nurses 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.

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
- **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.**

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



Virtual Consultations

We can arrange a Virtual Consultation with a Tresillian Nurse, via video-link, using your mobile phone or other device.

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

Cost?

The cost of Tresillian Day Services is covered by Medicare.

Tresillian Service Hours

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

Tresillian in Far West NSW Supporting Families

Visit the Web or Facebook page
of your local service.



Tresillian in Far West - Broken Hill
Ph: 1300 272 736

[https://www.tresillian.org.au/locations/
tresillian-in-far-west-broken-hill/](https://www.tresillian.org.au/locations/tresillian-in-far-west-broken-hill/)

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A PARTNERSHIP BETWEEN TRESILLIAN &
FAR WEST NSW LOCAL HEALTH DISTRICT



Health
Far West
Local Health District

**Our friendly team at Tresillian
Broken Hill 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.
Fill in a short online contact form and
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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 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.

