



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 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 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 baby, toddler or child aged up to 3 years. They include Family Care Centres at Dubbo and Cowra and a Tresillian 2U Mobile Van that visits towns from Bathurst across the Western NSW district.

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.

Make an Appointment!



To make an appointment with a Tresillian Nurse at one of our Centres in either Dubbo or Cowra, ask for a referral from your Child & Family Health Nurse, GP or parenting support service or self-refer by calling the **Tresillian Parent's Help Line on FREECALL 1300 272 736**.

Your first appointment usually takes around two hours where we work in partnership with you to develop a plan that will help towards meeting your goals. Follow-up appointments will be available from your local Tresillian service.

The Tresillian 2U Mobile Van Bathurst

Our Tresillian 2U Mobile Van visits families in towns and communities from Bathurst across the Western NSW district 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.

To make an appointment with a member of our Tresillian 2U team, ask your Child & Family Health Nurse, GP or parenting support service for a referral, or self-refer by calling the **Tresillian Parent's Help Line on FREECALL 1300 272 736**. Once you have a referral, we'll be in touch to work out the best place to meet up.



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.

To make an appointment, call the **Tresillian Parent's Help Line on FREECALL 1300 272 736** and ask about self-referral.

Parent Groups



To learn more about your baby and meet up with other parents, consider booking into one of our Parent Groups, held at either a Tresillian Centre, a venue in the community or virtually. To book visit 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: 1300 272 736

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

Follow us on Facebook 



Tresillian in Western - Cowra

2 Inda Drive, Cowra, NSW 2794

Enquiries: 02 5319 7900

To self refer: 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: 1300 272 736

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

Follow us on Facebook 



Tresillian®

It's in our nature to nurture

A PARTNERSHIP BETWEEN TRESILLIAN &
WESTERN NSW LOCAL HEALTH DISTRICT



Health
Western NSW
Local Health District

**Parenting support is
just a phone call away!**

**Call us for advice on your baby,
or to ask about self-referral to
a Tresillian service.**

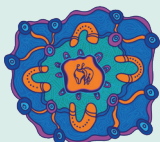
**Tresillian Parent's Help Line
FREECALL 1300 272 736
Open 7 Days, 7am - 11pm**



**SleepWellBaby App
Powered by Tresillian
www.sleepwellbaby.io**



**For useful parenting tips
tresillian.org.au**



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.

