



Outreach

Information for Parents



**Needing help with your
baby right now?**

**Call
Tresillian Family Care Centres
24 hour Parents Help Line
on (02) 9787 0855**

Tresillian Outreach
25 Shirley Road
Wollstonecraft 2065
Tel: (02) 9436 4086
Fax: (02) 9437 5852

Hours: 8.30am - 5.00pm

**Tresillian Wollstonecraft
Family Care Centre**

Tel: (02) 9436 4086



Who is able to attend Outreach?

Families with children under five years with identified problems associated with parenting.



The Outreach Service

The Child & Family Health Professionals at Tresillian Outreach can visit you at home. Outreach is a service for parents with children aged under 5 years. The service provides advice, education or just someone to talk to about issues such as:

- breastfeeding
- bottlefeeding
- infant nutrition
- sleep difficulties
- settling your baby
- infant and child behaviour
- depression or anxiety
- relationship issues
- toddler management

The Outreach Team

Tresillian Outreach's skilled team includes Child & Family Health Nurses and a Social Worker or Psychologist who can help sort out any difficulties you might be experiencing with your baby and adjusting to parenthood.

The Cost

Outreach is a free health service to the community.

The Boundaries

The Outreach Service covers the lower north shore from the Harbour Bridge to the Spit Bridge and as far west as Mona Vale Road.

To arrange for Outreach to visit you

To arrange for our Outreach team to visit you, simply ask your Child & Family Health Centre, GP or any other health professional, for a referral.