

# Outreach

Tresillian Canterbury

Ph: (02) 9787 0828

Tresillian Wollstonecraft

Ph: (02) 9432 4000



## Your Visit from Tresillian Outreach

### What is Outreach?

Outreach is a service offered by Tresillian where our health professionals visit you at home to help work through any parenting concerns you might have. Tresillian Outreach operates in the inner west and lower north shore areas of Sydney, New South Wales. To find out if Tresillian Outreach operates in your suburb, check our website at [www.tresillian.net](http://www.tresillian.net) under Outreach

### Who Uses Outreach?

Families with children aged up to the age of three who are experiencing parenting difficulties associated with:

- ✦ Sleep and settling
- ✦ Feeding
- ✦ Toddler behaviour
- ✦ Sibling issues
- ✦ Multiple births
- ✦ Isolation
- ✦ Difficulties associated with birth such as prematurity, complicated delivery

- ✦ Difficulties associated with disabilities/ chronic illness
- ✦ Adjustment to parenting issues
- ✦ Mild to moderate anxiety/ depression
- ✦ Family stressors
- ✦ Family/ relationship difficulties

*You need to have a referral from your local Child and Family Health Centre or local doctor to access Outreach. They will work in partnership with you and your family to determine the length of Tresillian's involvement.*

### The Outreach Team

Tresillian's Outreach team includes a Social Worker or Psychologist and Child and Family Health Nurse.

### How it works

Our Outreach Team arranges a time to meet with you in your home and provide you with support and advice. Most visits usually take around two

hours and a follow up time is made on the first visit.

### What Do I Need to Have Ready?

Make sure you have your child's Personal Health Record (Blue Book) available. Our Tresillian Child and Family Health Nurse will contact you prior to your appointment to discuss availability of parking and access to your address.

### Operating Hours

The Outreach Service opens between 8:30am-4:30pm, Monday to Friday.

### Locations

Tresillian Outreach is based at:  
Tresillian Canterbury, McKenzie Street, Belmore  
Tresillian Wollstonecraft, 25 Shirley Road, Wollstonecraft

### Cost

Outreach is a free health service to the community.