

# Maternal and Child Health Centres

as at 19 Nov 2024



**Boori MCH Centre**  
Boori Childrens Services  
21 Winchester Avenue,  
Epping

**Bundoora MCH Centre**  
Bundoora Square Shopping Centre  
Shop 7/5 Nickson Street,  
Bundoora

**Centenary Drive MCH Centre**  
2/68 Centenary Drive,  
Mill Park

**Dalton Road MCH Centre**  
145b Dalton Road,  
Thomastown

**Epping Views MCH Centre**  
Epping Views Family and  
Community Centre  
15a Lyndarum Drive,  
Epping

**Galada MCH Centre**  
Galada Community Centre  
10c Forum Way,  
Epping

**Ganbu Gulinj MCH Centre**  
Ganbu Gulinj Community Centre  
55 Macedon Parade,  
Wollert

**Hazel Glen MCH Centre**  
Hazel Glen Child and Family Centre  
65 Eminence Boulevard,  
Doreen

**Jindi MCH Centre**  
Jindi Family and Community Centre  
48 Breadalbane Avenue,  
Mernda

**Kalkallo MCH Centre**  
Kalkallo Community Centre  
33 Toyon Road,  
Kalkallo

**Kirrip MCH Centre**  
Kirrip Community Centre  
135 De Rossi Boulevard,  
Wollert

**Laurimar MCH Centre**  
Laurimar Community Activity Centre  
110 Hazel Glen Drive,  
Doreen

**Main Street MCH Centre**  
inside Thomastown Library  
52 Main Street,  
Thomastown

**Mernda South MCH Centre**  
Mernda South Early Learning Centre  
2 Goulburn Street,  
Mernda

**Mernda Village MCH Centre**  
Mernda Village Community  
Activity Centre  
70 Mernda Village Drive,  
Mernda

**Mill Park Drive MCH Centre**  
7a Mill Park Drive,  
Mill Park

**Mill Park Lakes MCH Centre**  
280b Gordons Road,  
South Morang

**Olivine MCH Centre**  
995 Donnybrook Road  
(enter via Olivine Blvd),  
Donnybrook

**Orchard Road MCH Centre**  
Community and Early Learning  
Centre  
121 Orchard Road,  
Doreen

**Pacific Epping MCH Centre**  
Pacific Epping Shopping Centre  
Shop 111, 571-583 High Street,  
Epping

**Whittlesea MCH Centre**  
Whittlesea Community Activity  
Centre  
57-61 Laurel Street,  
Whittlesea



**2026 Term 1**

## Getting Started With Food

Suitable for families with children aged from  
3 to 6 months

An evidenced-informed model of care to support parents  
and caregivers with starting their child on solid foods.

Free telephone interpreter service  
 131 450



## Purpose

Getting Started With Food supports parents and carers with children aged between **3 to 6 months of age** looking to commence foods.

The program will discuss when to commence on solid foods and the importance of healthy eating habits right from the start.

## Topics include

- When and how to introduce solids.
- How much to feed your baby.
- Learn more about food allergies.
- Baby led weaning- what is it?
- Active play with your baby and the importance of self care.

## Who can attend?

- Parents or caregivers of children aged from 3 to 6 months.
- Babies in arms are welcome.
- Due to limited space, please be mindful that prams, toddlers and older children cannot be accommodated.

## Acknowledgements

City of Whittlesea, Maternal and Child Health Team will deliver evidence based research and information related to the INFANT (INFant Feeding, Active play and NuTrition) Program\*. The INFANT Program\* was developed by Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN).

The Team will be delivering a modified program to suit local needs.

## My Baby Now App

The My Baby Now app is full of practical advice, tips and tools to help feed your baby. Scan the QR code for more details and to access the app.

Download the INFANT app My Baby Now for free using



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# Getting Started With Food

Suitable for children aged 3 to 6 months

## 2026 Term 1 Sessions

**Monday 2 February**

**10.30am - 12pm**

**Hazel Glen Maternal and Child Health Centre**

Hazel Glen Child and Family Centre  
65 Eminence Boulevard, **Doreen**

**Monday 2 March**

**10.30am - 12pm**

**Galada Maternal and Child Health Centre**

Galada Community Centre  
10c Forum Way, **Epping**

**Monday 30 March**

**10.30am - 12pm**

**Hazel Glen Maternal and Child Health Centre**

Hazel Glen Child and Family Centre  
65 Eminence Boulevard, **Doreen**

## Bookings and Enquiries

**Speak with your Maternal and Child Health nurse or alternatively,**

**Telephone: 9217 2170**

**Email: [mchprograms@whittlesea.vic.gov.au](mailto:mchprograms@whittlesea.vic.gov.au)**