

## Maternal and Child Health Centres

Boori MCH Centre  
Boori Children's Services  
21a Winchester Avenue,  
Epping

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

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

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

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

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

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

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

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

Dalton Road MCH Centre  
145b Dalton Road,  
Thomastown

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

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

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

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

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

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

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

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

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

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



## Babies Sleep and Settling

Term 1 2023

Suitable for families with children from  
6 to 12 months

An evidenced-informed model of care to support parents  
and caregivers

*The City of Whittlesea recognises the rich Aboriginal heritage of this country and  
acknowledges the Wurundjeri Willum Clan as the Traditional Owners of this place.*

Free telephone interpreter service  
 131 450

# Baby Sleep and Settling Term 1 2023

Suitable babies from 6 to 12 months of age

## Purpose

To provide parents and caregivers the opportunity to gain knowledge and support in a group environment, around their child's sleep.

## Topics include

- Tips and strategies to promote positive sleep patterns.
- Recognising baby cues.
- Explore where your baby sleeps.
- Find out what a sleep routine could look like.
- Discuss how sleep associations can influence your child's sleep.
- Looking after yourself.
- What other support is available.

## Who can attend?

Parents or caregivers of children aged from 6 to 12 months of age.  
Babies in arms are welcome.  
Please be mindful that due to limited space, prams, toddlers, and older children cannot be accommodated.

## Bookings and Enquiries

Talk to your Maternal and Child Health nurse at your next visit  
or alternatively,  
Telephone **9404 8888** or email  
[mchprograms@whittlesea.vic.gov.au](mailto:mchprograms@whittlesea.vic.gov.au) and ask to be booked in.

<b>Tuesday 17 January 10.30am- 12pm</b>	<b>Dalton Road Maternal and Child Health Centre</b> 145b Dalton Road <b>Thomastown</b>
<b>Friday 10 February 10.30am -12pm</b>	<b>Mernda Village MCH Centre</b> Mernda Village Community Activity Centre 70 Mernda Village Drive <b>Mernda</b>
<b>Thursday 16 February 10.30am -12pm</b>	<b>Ganbu Gulinj MCH Centre</b> Ganbu Gulinj Community Centre 55 Macedon Parade <b>Wollert</b>
<b>Thursday 9 March 2.30-4pm</b>	<b>Main Street MCH Centre</b> (inside Thomastown Library) 52 Main Street <b>Thomastown</b>
<b>Friday 24 March 2.30-4pm</b>	<b>Laurimar MCH Centre</b> Laurimar Community Activity Centre 110 Hazel Glen Drive <b>Doreen</b>