

## Maternal and Child Health Centres

Boori MCH Centre  
Boori Children's Services  
21a 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

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  
Orchard Road 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



## Newborn Sleep and Settling

Term 1 2023

Suitable for families with children from  
birth to 6 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

# Newborn Sleep and Settling Term 1 2023

Suitable babies from birth to 6 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
- Exploring how your baby communicates
- Expectations around sleep
- Your baby's changing world
- How do I sleep my baby safely
- Looking after yourself
- What other support is available

## Who can attend?

Parents or caregivers of children aged from birth to 6 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>Friday 20 January 10.30am- 12pm</b>	<b>Laurimar MCH Centre</b> Laurimar Community Activity Centre 110 Hazel Glen Drive <b>Doreen</b>
<b>Thursday 2 February 2.30 – 4pm</b>	<b>Galada MCH Centre</b> Galada Community Centre 10c Forum Way <b>Epping</b>
<b>Thursday 23 February 2.30-4pm</b>	<b>Bundoora MCH Centre</b> Bundoora Square Shopping Centre Shop 7/5 Nickson Street <b>Bundoora</b>
<b>Thursday 2 March 10.30am- 12pm</b>	<b>Whittlesea MCH Centre</b> Whittlesea Community Activity Centre 57-61 Laurel Street <b>Whittlesea</b>
<b>Thursday 16 March 2.30 - 4pm</b>	<b>Online Session</b> You will be sent a link via Health Direct platform allowing you to connect from home
<b>Friday 31 March 10.30am -12pm</b>	<b>Mill Park Drive MCH Centre</b> 7a Mill Park Drive <b>Mill Park</b>