

# Maternal and Child Health Centres

## **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

## **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



2024 Term 2

## Newborn Sleep and Settling

Suitable for families with children aged 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



## 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.  
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: 9217 2170

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

## 2024 Term 2

### Newborn Sleep and Settling

Suitable for children aged from birth to 6 months

Thursday 11 April 10.30am – 12pm	<b>Online Session</b> You will be sent a link allowing you to connect from home.
Wednesday 24 April 10.30am – 12pm	<b>Ganbu Gulinj Maternal and Child Health Centre</b> Ganbu Gulinj Community Centre 55 Macedon Parade, <b>Wollert</b>
Friday 3 May 10.30am – 12pm	<b>Laurimar Maternal and Child Health Centre</b> Laurimar Community Activity Centre 110 Hazel Glen Drive, <b>Doreen</b>
Thursday 9 May 10.30am – 12pm	<b>Online Session</b> You will be sent a link allowing you to connect from home.
Tuesday 21 May 10.30am – 12pm	<b>Mill Park Drive Maternal and Child Health Centre</b> 7a Mill Park Drive, <b>Mill Park</b>
Wednesday 5 June 2.30 – 4pm	<b>Epping Views Maternal and Child Health Centre</b> Epping Views Family and Community Centre 15a Lyndarum Drive, <b>Epping</b>
Friday 21 June 10.30am – 12pm	<b>Online Session</b> You will be sent a link allowing you to connect from home.
Thursday 27 June 2.30 – 4pm	<b>Whittlesea Maternal and Child Health Centre</b> Whittlesea Community Centre 57-61 Laurel Street, <b>Whittlesea</b>