

# Maternal and Child Health Centres

as at 19 Nov 2024

## Boori MCH Centre

Boori Childrens Services  
21 Winchester Avenue,  
Epping

## Hazel Glen MCH Centre

Hazel Glen Child and Family Centre  
65 Eminence Boulevard,  
Doreen

## 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

## Jindi MCH Centre

Jindi Family and Community Centre  
48 Breadalbane Avenue,  
Mernda

## Mill Park Drive MCH Centre

7a Mill Park Drive,  
Mill Park

## Centenary Drive MCH Centre

2/68 Centenary Drive,  
Mill Park

## Kalkallo MCH Centre

Kalkallo Community Centre  
33 Toyon Road,  
Kalkallo

## 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

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

## Ganbu Gulinj MCH Centre

Ganbu Gulinj Community Centre  
55 Macedon Parade,  
Wollert

## 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

*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



## 2025 Term 2

# 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.

[whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

[whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

## 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



© Deakin University\*

# Getting Started With Food

## Suitable for children aged 3 to 6 months

### 2025 Term 2 Sessions

<b>Monday 14 April</b> <b>10.30am - 12pm</b>	<b>Bundoora Maternal and Child Health Centre</b> Bundoora Square Shopping Centre Shop 7/5 Nickson Street, <b>Bundoora</b>
<b>Monday 5 May</b> <b>10.30am - 12pm</b>	<b>Online Session</b> You will be sent a link allowing you to connect from home.
<b>Monday 26 May</b> <b>10.30am - 12pm</b>	<b>Hazel Glen Maternal and Child Health Centre</b> Hazel Glen Child and Family Centre 65 Eminence Boulevard, <b>Doreen</b>
<b>Monday 16 June</b> <b>10.30am - 12pm</b>	<b>Online Session</b> You will be sent a link allowing you to connect from home.
<b>Monday 30 June</b> <b>10.30am - 12pm</b>	<b>Galada Maternal and Child Health Centre</b> Galada Community Centre 10c Forum Way, <b>Epping</b>

## 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)