

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



2025 Term 2

Toddler Sleep and Settling

Suitable for families with children aged from
1 to 2 years

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.
- Discussing how sleep associations can influence your toddler's sleep.
- The changing toddler world and how this impacts sleep.
- Exploring other challenges such as fussy eating and changing sleep needs.
- Where to sleep your toddler safely.
- Looking after yourself.
- What other support is available.

Who can attend?

Parents or caregivers of children aged from 1 to 2 years.

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

2025 Term 2 Toddler Sleep and Settling Suitable for children aged from 1 to 2 years

Tuesday 29 April
10.30am – 12pm

Dalton Road Maternal and Child Health Centre
145b Dalton Road, Thomastown

Thursday 29 May
2.30 – 4pm

Online Session
You will be sent a link allowing you to connect from home.

Wednesday 25 June
10.30am – 12pm

Hazel Glen Maternal and Child Health Centre
Hazel Glen Child and FamilyCentre
65 Eminence Boulevard, Doreen

Wednesday 16 July
2.30 – 4pm

Online Session
You will be sent a link allowing you to connect from home.