

Child Health Service



Group programs for parents

The Child Health Service offers a variety of free programs and support groups to help parents and carers adjust to parenthood, learn about baby as he/she grows and to share ideas with other parents.

Child health nurses and early intervention clinicians (psychologists or social workers) provide:

- **New parent groups**
An opportunity to meet other new parents and carers while learning about infant health and development needs in the first three months. Four sessions are held over four weeks.
- **Child Health and Parenting Seminars**
A further two seminars available at key ages (4–6mths and 10–12mths). Topics include parent-infant relationships, development, feeding and nutrition, child safety and wellbeing.
- **Group Triple P** (for parents of children 2-8 years)
A structured group providing support for general parenting issues, and common behavioural issues and concerns.
- **Postnatal Wellbeing** group is for parents of children under 12 months who have had difficulties adjusting to parenting or have mild-to-moderate postnatal depression and/or anxiety. Eight two-hour daytime sessions are provided. Referral required.
- **Circle of Security** group focuses on improved attachment and relationship between parent and infant/child and is designed for parents/carers with children from birth to eight years. Referral required.

Contact our clinics

For more information about Child Health services in your area or to book an appointment call:

Acacia Ridge 3412 3182	Deception Bay 1300 366 039	Mt Ommaney 3275 5460
Alderley 1300 366 039	Fitzgibbon 1300 366 039	North Lakes 1300 366 039
Beaudesert 3412 3182	Hillcrest 3412 3182	Nundah 1300 366 039
Beenleigh 3827 9833	Inala 3275 5460	Paddington 1300 366 039
Bribie Island 1300 366 039	Indooroopilly 3275 5460	Redcliffe 1300 366 039
Burpengary 1300 366 039	Jimboomba 3412 3182	Springwood 3827 9833
Caboolture 1300 366 039	Keperra 1300 366 039	Strathpine 1300 366 039
Chermside 1300 366 039	Logan Central 3387 5393	Wynnum 3396 1823
Cleveland 3488 4222	Morayfield 1300 366 039	
Coorparoo 3847 0902	Mt Gravatt 3847 0902	

Telephone lines are open 8.30am to 4.30pm, Monday to Friday (excluding public holidays).

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Contact us

W www.childrens.health.qld.gov.au/community-health/child-health-service

For further support

Call 13 HEALTH (13 43 25 84) 24 hours, 7 days and ask to speak to a Child Health Nurse
Parentline 1300 301 300 | www.parentline.com.au
Breastfeeding helpline 1800 686 268

