

Maternal and Child Health Nurses are registered nurses and midwives with additional qualifications in Maternal and Child Health.

The Service is confidential and available, free of charge, to families with children between the ages of 0-6 years.

Families can attend their MCH Centre of choice as often as they want by appointment only.

Maternal and Child Health Services

- Assessment of child growth, development and behaviour at 10 Key Ages and Stages.
- Breastfeeding support
- Information and support on safety, nutrition and play ideas.
- Women's well-being.
- Parenting support
- Help and support for postnatal depression.
- Linking families to services and referral to relevant agencies.
- Sleep and Settling information sessions

Parent Groups

Providing an opportunity to meet other new families, share experiences, gain information and develop meaningful networks - Enquiries to your Maternal Child Health Nurse.

- First Time New Parent Group
- Multiple Birth Group
- Seed Garden Playgroup



Central Gippsland Breastfeeding Support Service Ph or Text 0428391436

E. - breastfeeding.support.service@cghs.com.au

Australian Breastfeeding Association
Breastfeeding Helpline 1800 686 268
www.breastfeeding.asn.au;

For Information regarding Playgroups and Kindergartens in the Wellington Shire-
<http://www.wellington.vic.gov.au/Living-in-Wellington/Family-and-Child-Services/Childcare-Kindergartens-and-Schools>

Wellington Shire IMMUNISATIONS
Book appointments online at
www.wellington.vic.gov.au/Immunisation
or call 1300 366 244
Take Medicare Card and
Green Book with you

<p>SALE 2ND & 4TH Wednesday Port of Sale Hub 70 Foster St, Sale Level 2 Carang Carang Room 9.30 - 10.30am</p>	<p>MAFFRA 2nd Tuesday of month Maffra Library 150 Johnson Street Maffra 11.30am-12.15pm</p>
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HEYFIELD
2nd Tuesday of month
Heyfield Library
42 MacFarlane Street
9.30am-10.15 am



Wellington Shire Immunisation

Central Gippsland Health reserves the right to ask people to leave, or if staff feel threatened, to arrange for the removal of persons concerned from any of our sites. Where services are delivered in the home, staff reserve the right to withdraw that service if the environment is felt to be unsafe.



Maternal & Child Health

Timetable

For messages and Appointments

Sale Maffra
Stratford
Heyfield Rosedale

Ph: 5143 8944 then option 2



Wellington Maternal & Child Health



Maternal and Child Health Centres					
SALE		CGH, Waratah Wing, 44 Palmerston Street			Fax 51438699
MCH 1 51438697 0408 319 827	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Alternate APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00pm	APPOINTMENTS 9.00-4.00	
MCH 2 51438814 0428 372 779	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	
MCH 3 51438609 0447 816 590	Alternate Mondays APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00- 4.00	APPOINTMENTS 9.00-4.00	Alternate Thursdays APPOINTMENTS 9.00-4.00	Alternate Fridays APPOINTMENTS 9.00-4.00
MCH 4 51438487 0428 391 436		APPOINTMENTS 9.00 - 4.00	APPOINTMENTS 9.00 - 4.00	APPOINTMENTS 9.00- 4.00	Alternate Fridays APPOINTMENTS 9.00- 4.00
MAFFRA		Maffra Hospital, 51 Kent Street			Fax 51470152
51470115 0417 370 801 Wednesdays 0477641693	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	APPOINTMENTS 9.00-4.00	BRIAGOLONG every 3 rd week 9.30-12.30 Please contact MCHN directly APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00	APPOINTMENTS 9.00-4.00
STRATFORD		Stratford Library Building, Tyers Street			No Fax
0439 067 412 Wednesdays 0417 370 801	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		APPOINTMENTS 9.00- 4.00		APPOINTMENTS 9.00- 4.00	
			APPOINTMENTS 9.00- 4.00		
HEYFIELD		Heyfield Hub 42 MacFarlane St			No Fax
0447 442 479	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				APPOINTMENTS 9.00 -4.00	Alternate Fridays APPOINTMENTS 1.00-4.00
ROSEDALE		Community Health Centre, Cansick Street			Fax 51992980
51992333 0447 442 479	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		APPOINTMENTS 9.00-4.00			Alternate Fridays APPOINTMENTS 9.00-11.00
Australian Breastfeeding Association 24/7 Phone 1800 686 268					
Victorian Maternal and Child Health HELP LINE 13 22 29 24hrs / 7days a week					