

# The Nest Child and Family Learning Centre

The Nest supports families with children 0-5 yrs from the **Sorell and Tasman** local government areas.



The Nest



At The Nest, you can enjoy a variety of activities with your child, and meet with other families.

The indoor and outdoor play spaces are open:

- Monday, Tuesday and Friday 8:30 am to 3:00 pm
- Wednesday and Thursday 8:30 am to 1:30 pm

## Programmes at The Nest include:

- Story and song time
- Morning tea every morning
- Just for Bubs
- Look Who's Talking
- Rock and Rhyme
- Oral Health pop-up
- Mini Movers
- Courses for parents and care-givers



## Other support services include:

- Child Health and Parenting Service (CHaPS)
- Speech and Languages Pathologist
- Psychologist
- Social worker
- Legal advice - Just Healthy Families
- Midwifery - MGP/RHH antenatal clinic
- Indigenous Services - Centrelink
- NDIS- Mission Australia
- Parent Pathways
- And more!

**It's all FREE**

## Contact us:

Phone: 6100 9000

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The Nest Child and Family Learning Centre



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