

North West Early Start Therapeutic Support (NESTS).

Our service is **voluntary, confidential and free**



1800 243 232
anglicare-tas.org.au

About NESTS

NESTS is a free, voluntary program for 0-5 year olds, (including unborn children) and their family.

It focuses on building a strong emotional connection, sometimes called an attachment, between child and primary caregiver.

Sometimes in life things can get in the way of us being the caregivers we want to be - NESTS helps to strengthen our relationships with our children. Research tells us that this relationship is vital to our child's ongoing social and emotional wellbeing.

The NESTS process





NESTS support

Your NESTS worker will meet with you on a regular basis, including anyone else you choose to be part of this process:

- Home visits
- Support to reach your parenting goals
- Provide resources and information
- Parenting education
- Recognise your strengths
- Discuss helpful groups and courses and help you to connect with these

There is no such thing as the perfect parent -we are here to help with small and big issues, without judgement and with respect.

What next?

Call Strong Families, Safe Kids Advice and Referral Line to get support that is right for your family.

1800 000 123

NESTS is funded by the Department of Communities Tasmania.

My NESTS worker is:

Contact number:

Office address:



AnglicareTAS
Choice, support and hope

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