



Healthy living programs and services for children, youth and families

Community programs



Free nutrition and feeding workshops and information for parents and carers.

picnic_nsw
The Picnic Project



Free program to support children and families to become fitter, healthier and happier. Aboriginal programs and multicultural translators available.



PodSquad is a free Queensland Health, play-based wellbeing app which supports children aged 5-12 years and their families to build healthy habits together.

Get Healthy Service

Free phone coaching to support you with nutrition, exercise, alcohol reduction and healthy pregnancy. Aboriginal coaches and multicultural translators available.

Health support services

Child and Family Health Nursing Service

Child and family health nurses support families sleep, growth, development, nutrition, wellbeing, breastfeeding, safety and immunisation. Contact your local Community Health Centre.

Oral Health Service

Child dental services are provided to all eligible children under the age of 18. Call the oral health contact centre on 1800 679 336

Allied Health Service

Various Allied Health Services available to support the health and wellbeing of children and families. Contact your local Community Health Centre.

Youth Vaping Information Hub

Online information hub to support young people to quit vaping. Access via the link or QR code below.

For more information about programs, scan the QR code



Mid North Coast
Local Health District

