



**The Family & Child Hub
is located at:
41 Pine Avenue, Mildura**

General enquiries/referrals:

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This program is funded by:



The Family and Child Hub acknowledges the Latji Latji, The First Peoples of the Millewa-Mallee and their neighbours the Barkindji as Traditional Custodians of the land on which we work and live.



SCHS is proudly inclusive

Healthy Mothers Healthy Babies



Help in your language



We have access to interpreters to ensure all families are fully informed about their care. Please let our team know if an interpreter is required.

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We take a nurturing approach to caring and supporting pregnant women in the community

Feedback

Was this brochure helpful? Your feedback is important. The feedback you provide helps us improve the information we hand out to you.





Pregnancy Support

The Healthy Mothers Healthy Babies (HMHB) program provides friendly and caring support for pregnant women.

We understand there are a number of challenges women can face during pregnancy. These challenges can impact on the social and emotional wellbeing of themselves, their unborn child and family members.

Our service will help to make sure you and your baby stay happy and healthy.

Our Service

Healthy Mothers Healthy Babies supports pregnant women and their babies to live a healthier and happier life.

We can meet you in a place you feel most comfortable such as your home, out in the community or attend your appointments with you. We can support you with:

- Social and emotional wellbeing.
- Accessing pregnancy care.
- Getting ready for the baby to come and support with getting what the baby needs.
- Provide health education for you and your baby, which may include smoking, nutrition, drug and alcohol use, exercise.
- Understanding Centrelink payments
- What to expect with a newborn and your first few weeks at home.
- Helping you link in with other community groups and services you may need.

Healthy Mothers Healthy Babies is not a clinical antenatal (pregnancy) care service.



Who can use this service?

Pregnant women can refer themselves during their pregnancy.

Health professionals or family service providers can refer pregnant women needing help to access antenatal care or other support services.

Other services at the Hub

Midwife-led Antenatal Clinic

Pregnancy & Parent Support Service

Parent Education & Parent Groups

Drop In to Feed and Change Your Baby