



### Help in your language

We have access to interpreters to ensure all Healthy Mothers Healthy Babies clients are fully informed about their care.

Please let our team know if an interpreter is required.

### General Enquiries

PHONE (03) 5021 7621

FAX (03) 5022 5445

POSTAL PO Box 2803 MILDURA VIC 3502

EMAIL [familyhub@schs.com.au](mailto:familyhub@schs.com.au)

[www.schs.com.au](http://www.schs.com.au)

### This program is located at the Family and Child Hub

41 Pine Avenue, Mildura  
(Across the road from Kmart)

This program is funded by:



SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation.

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# HEALTHY MOTHERS HEALTHY BABIES



**SCHS**  
Sunraysia Community  
Health Services



## Our Service

The Healthy Mothers, Healthy Babies Program aims to improve the health and wellbeing of mothers and babies by supporting women during their pregnancy.

The program targets pregnant women who are unable access antenatal care services or who need extra support because they are at risk of poorer health outcomes.

Our team provides support to women while they are pregnant and up to six weeks after the birth of their baby.

## Service Information

To help improve the health and wellbeing of women and babies, our HMHB Team can:

- Connect you to services including Maternal and Child Health Services, dental, housing, food and clothing, emotional support and advice.
- Connect you to playgroups and early parenting education.
- Support you to get to and from your antenatal appointments.
- Provide health education for you and your baby, which may include smoking, nutrition, drug and alcohol use, exercise.

## Referrals

Women may self-refer by calling the Family & Child Hub on (03) 5021 7621.

Referrals are also welcome from other agencies, health professionals or family service providers.

**Healthy Mothers Healthy Babies supports pregnant mothers most in need in our local community.**



## Cost

This is a free service.

## Eligibility

This program is available to pregnant women who are in need of extra support and guidance.