

## Who do I talk to?

Talk to your Aboriginal Maternal and Infant Health Worker or your midwife at AMIHS – they can refer you to a Brighter Futures service.

## What happens then?

If you are eligible a worker will visit and talk to you about the help Brighter Futures can offer.

If you agree to participate the Brighter Futures service will work closely with you to make sure you get the help you need.

Brighter Futures is voluntary and it's free.



Your local AMIHS is:

**NSW HEALTH**

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SHPN: 100061

a  
brighter  
future  
for your  
baby



strong women strong babies



## All babies deserve the best start in life.

Brighter Futures is a Community Services funded program that gives you extra help when you need it.

It's for families with babies and children under 9 or mums who are pregnant – and it's free.

## How can Brighter Futures help me?

Are you a sole parent?

On a low income or unemployed?

Trouble with alcohol and drugs?

Problems with family and domestic violence?

Brighter Futures can help you give your kids a good start in life.

## How we help

- child care
- playgroups
- parent groups
- home visiting

### Referrals to:

- help manage your finances
- drug and alcohol counselling
- employment services

## How do I get involved?

The Aboriginal Maternal and Infant Health Service (AMIHS) can refer you to Brighter Futures.

Brighter Futures is voluntary – it's your decision. You decide how much help you want. You decide when to stop the program.

## How long can you help me?

Up to 2 years.

**"I'm a single mother and this is my first child. Brighter Futures has given me a lot of help."**

