### 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.

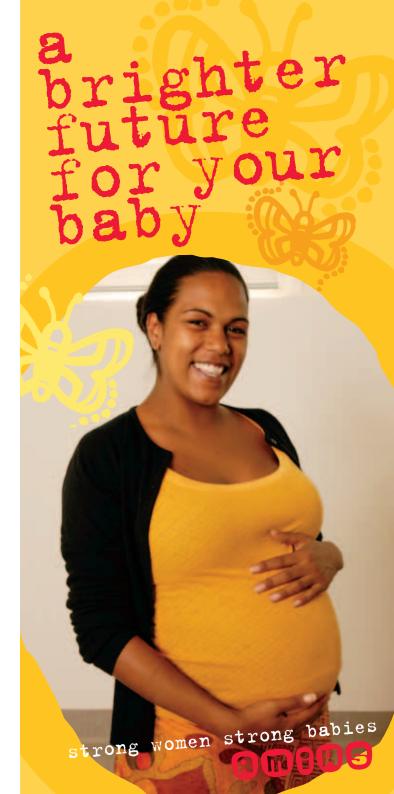
If you agree to participate the **Brighter Futures service will work** closely with you to make sure you get the help you need.

Brighter Futures is voluntary and



Your local AMIHS is:

it's free.





# 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."