DPV Health® | Your Healthcare Your Way

Healthy Mothers Healthy Babies (HMHB)

DPV Health's Healthy Mothers Healthy Babies program supports pregnant women in Hume and Whittlesea and is managed by an experienced team of social workers and midwives.

The program supports pregnant women who have complex needs or greater health risks in pregnancy, such as disability, mental health issues, family violence, drug or alcohol issues. Those who are Aboriginal or Torres Strait Islander or are from a culturally and linguistically diverse background.

We offer home visits as well as clinic-based and telehealth appointments and help you to create a tailored plan and work alongside you to meet your needs and goals. We deliver health promotion messages to support healthy behaviors and also assist you to access other health and community services during and after pregnancy.

You may wish to use this service if you are pregnant and experiencing:

- Isolation and lack of support
- Pre/ postnatal depression or anxiety
- Family violence
- Drug or alcohol issues
- Other mental health issues

Or if you are pregnant and:

- Have a disability
- Are a young woman
- Are Aboriginal or Torres Strait islander
- Are a migrant, refugee, or asylum seeker
- Are struggling to access ante-natal care

Circle of Security Parenting Program

Circle of Security INTERNATIONAL
Early Intervention Program for Parents & Children

Circle of Security at DPV Health is a FREE 8-week parenting program developed from attachment theory for mothers who want to strengthen their relationship with their children aged 4 months to 6 years. The program is delivered by Healthy Mothers Healthy Babies social workers and midwives who are certified facilitators.

Circle of Security Parenting Program we will help you to

- Recognise and respond to your child's needs.
- Understand your child's behaviour.
- Recognise that all parents struggle at times and there is no such thing as a 'perfect parent'.
- Begin to understand your own reactions to your child.

Who can use this service

The service is available to pregnant women.

Referrals or self-referrals should be made prior to 34 weeks gestation.

It is available to women who live in the Cities of Hume and Whittlesea.

Fees

This service is FREE. No Medicare Card or Health Care Card is required.

Access to Interpreter Services

We offer FREE interpreter access to all clients who need it.

If you require an interpreter, please let our staff know at the time of making an appointment.

How to make an appointment

For more information about our Healthy Mothers Healthy Babies service or our parenting groups, and to refer, call **1300 234 263** and select **Option 6** (All Other Health Services), or email hmhb.team@dpvhealth.org.au

Or you can ask any care provider to make a referral for you.

Service locations

Epping
230 Cooper Street
Epping VIC 3076

Meadow Heights
21-27 Hudson Circuit
Meadow Heights VIC 3048

1300 234 263 | dpvhealth.org.au | info@dpvhealth.org.au

DPV Health acknowledges the traditional Custodians, Elders and Lands of the Wurundjeri people. DPV Health is committed to the Victorian Child Safe Standards in policy and in practice, to promote and protect the best interests of all children involved in our services.

Healthy Mothers Healthy Babies version 2 updated on 23/06/2023