

Monash Health Community

Helping you live your best life

Monash Health Community provides health services to people who live, work or go to school in the City of Greater Dandenong, City of Casey and Cardinia Shire.

We work to promote good health and wellbeing through preventative health care. This includes physical, emotional, and social wellbeing.



Interpreters are available.
Please tell us if you need an interpreter.
131 450

Locations

The Healthy Mothers Healthy Babies Program is located at;

Main Office - Springvale
55 Buckingham Avenue
Springvale 3171
8558 9000

Cranbourne
140-154 Sladen Street
5990 6789

Pakenham
Henty Way
5941 0500

To speak to HMHB team member please call 8558 9000

We accept referrals from pregnant women and health professionals

✉ HealthyMothersHealthyBabiesProgram@monashhealth.org

☎ To make a referral phone:
1300 342 273 then Option 4

This document is to provide information only. It does not replace the advice that your healthcare team gives you.

Healthy Mothers Healthy Babies Program



This information is for pregnant women, their families and their carers.

About this program

The Healthy Mothers Healthy Babies (HMHB) program is for women who live in the City of Greater Dandenong, City of Casey or Cardinia Shire.

We accept referrals at any stage of pregnancy for women who need support to engage in antenatal care (pregnancy care) or access other support services as required.

We support women experiencing issues that may impact the health, social and emotional wellbeing of themselves, their unborn babies, or families.

The program supports women while they are pregnant and until their baby is six to eight weeks old.



Our Services

HMHB provides outreach support to vulnerable pregnant women to improve health outcomes for themselves and their babies.

We provide support and advocacy for:

- accessing pregnancy care
- access and referral to other relevant services that mother or baby may need
- breastfeeding and lactation support
- birth education
- early parenting education and support
- Centrelink payments
- preparing for baby's arrival and support accessing baby items

HMHB workers can come to visit you in your home, in the community or support you at your appointments.

"The most positive things about my experience with HMHB was the friendship, guidance and caring. Everything would have been challenging without them."

Our Team

The Healthy Mothers Healthy Babies team have been providing exceptional care to mothers and babies in this program for more than 10 years. They are highly experienced, skilled and aim to help you "live your best life."

The people who might work with you on the program include:

- Midwife/Nurse
- Social Worker
- Community Development Worker



How much does it cost?

There is no charge for this service.