

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. Health and wellbeing 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 Community Hospital
6 Lehman Lane, Cranbourne East
Phone 03 7511 2888

Pakenham
Henty Way,
5941 0500

We accept referrals from pregnant women and health professionals.

To speak to a HMHB team member please call (03) 8558 9000 or email: HealthyMothersHealthyBabiesProgram@monashhealth.org

To make a referral:



(03) 8572 5631 OR



referrals.childandfamily@monashhealth.org

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

Reviewed December 2025

Consumer Reviewed

Healthy Mothers Healthy Babies Program



This information is for individuals, families and carers.



About this program

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

We accept referrals at any stage of pregnancy up to 36 weeks gestation 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 during their pregnancy until their baby is approximately 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 from the HMHB program include:

- Social Worker
- Community Development Worker



What does it cost?

HMHB is a voluntary service with no cost.