



A community based service providing support to pregnant women in the Shire of Yarra Ranges.

Healthy Mothers, Healthy Babies

The Healthy Mothers, Healthy Babies (HMHB) program is run by a team of dedicated health professionals to support women who need additional help during pregnancy and up to 6 weeks after birth.

Our HMHB team can help:

- Connect you to before and after birth services, including services such as Maternal and Child Health Services, housing, food and clothing, emotional support and advice.
- Connect you to playgroups, parenting support and breastfeeding advice.
- provide health education for your needs, which could include smoking, nutrition, drug and alcohol use and general healthy living for you and your baby.

Who is eligible? Pregnant women living in the Shire of Yarra Ranges who need additional support.

Participants can refer themselves or be referred by an agency.

Contact Inspiro on 9738 8801 or 0408 883 680 and ask for a referral form. Once this form has been returned to us, we will be in touch within one week.

This is not an antenatal or emergency service.

For more information call Inspiro on 9738 8801.



HMHB is funded by the Vic Government under the SPPI program.

