



Expecting a baby *or have a new one at home?*

Help Me Grow Brighter Futures offers **free**
one-on-one support for pregnancies
& families in the comfort of your home.

Serving pregnant mothers & children
up to 3 years of age in the Greater Dayton Area.



Call **937.208.GROW** (4769)
to speak with an intake specialist today.




or

Apply Online

Choose **Help Me Grow Brighter Futures** as your
provider when contacted about your application.



Help Me Grow Brighter Futures can help you:

-  **Get answers**
to pregnancy, parenting, & baby health questions
-  **Learn**
fun ways to support your baby's growth
-  **Support goals**
you set for your baby & your family's future
-  **Connect to resources**
like diapers, food, & more

What is Help Me Grow Brighter Futures?

Help Me Grow Brighter Futures is a voluntary home visiting and family support program for pregnant individuals and new parents. **Offered at no cost to families**, home visiting services are delivered by highly trained professionals to promote healthy growth and development for babies and young children.



What Should I Expect During a Home Visit?

During a home visit, parents may ask questions, share their thoughts, and receive reliable information regarding parenting and child development.



Building a brighter future
for you & your child.

Learn more at gdaha.org/hmgbf