

About us

Building Healthy Families is dedicated to supporting parents as they give their children the brightest start possible. We are people from diverse backgrounds who want to help you help your child reach their full potential.

BrightStart™ is for mothers and fathers (and grandparents, too!), of young children who want to have fun with their children as they create memories and bonds and to learn about each other in new ways. It's an experience for anyone who wants to see their child succeed in life.



What parents have said about BrightStart™

"This truly has been a great program, it gives us time to be together. Also it is free, you honestly don't find programs or fun things like this at no cost. My family and I would like to thank everyone for this great experience."

"It's fun and informative for the whole family. Everyone is so friendly."

"My kids love it and want to go more often."

"The staff was warm and welcoming."

"BrightStart helped me understand my child better."

Our non-discrimination policy

Building Healthy Families, Inc. is dedicated to serving the needs of a culturally diverse community. It is the policy of Building Healthy Families, Inc. to maintain an environment free of all forms of unlawful discrimination.

Our services are offered to all persons without regard to race, gender, religion, creed, marital status, ethnic origin, socio-economic status, sexual orientation, disability or other criteria protected by law.

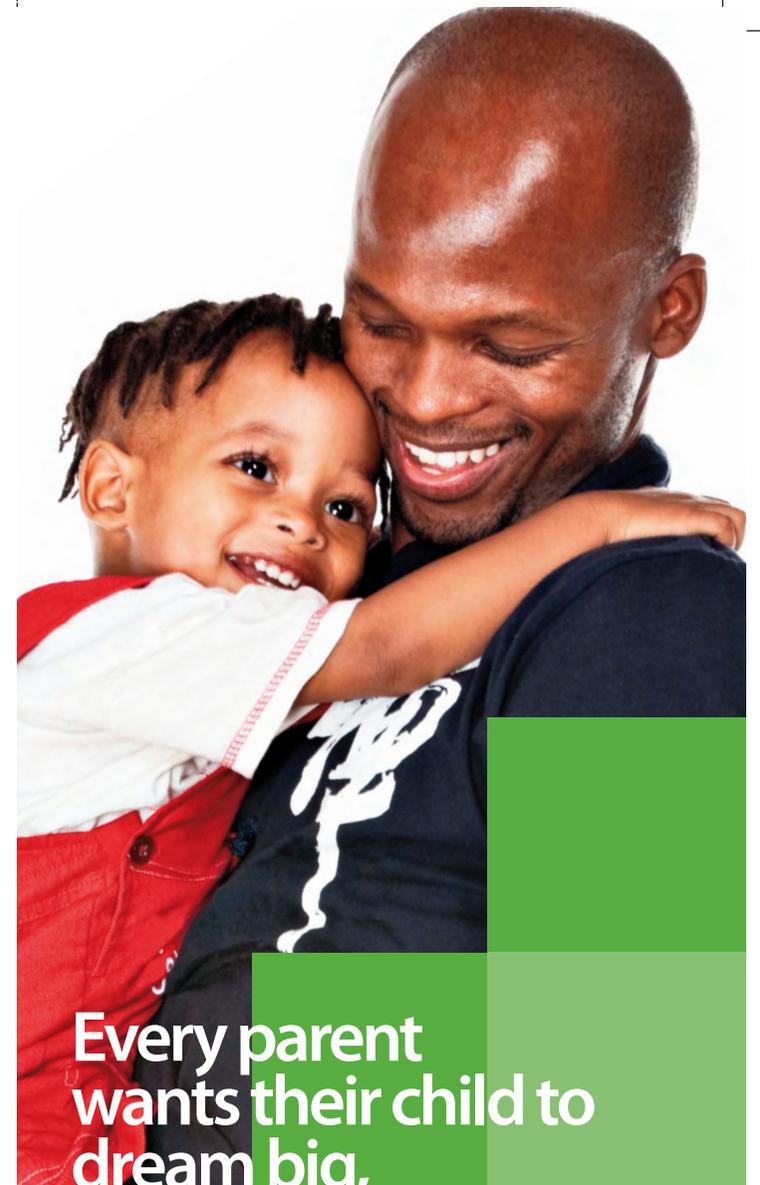
For more information, contact us

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Every baby can have a bright start!



**Every parent
wants their child to
dream big,
reach high,
and succeed.**



Bright Start™

We believe every child can have a bright start.

About BrightStart™

BrightStart™ is **Free**. This eight-week family experience is for parents and other caregivers with young children who want a fun, shared time with their kids and other families.

It happens on Saturday mornings for families with children 4 years old and under plus older siblings up to 8. Each week, families go home with new ways to understand what children need for success. Plus, families receive **Free** books, toys and diapers, as supplies allow.

Breakfast and lunch are included.



BrightStart™



BrightStart™ Topics

Everything about BrightStart™ is geared to *empower you to help your baby* reach their full potential so they can enter school ready to learn, read and succeed. We believe parents are their child's first and best teacher!

BrightStart™ will help you understand your child's behavior and what they need from you. You'll learn why play and talking and reading is so important and get tips on health, nutrition and building your child's ability to focus their attention. And much more...

Learn & Grow for kids

Children 3-8 enjoy stories, crafts and educational play using the **Imagination Playground™**.

Infants through 2 years are cared for by our carefully screened, trained, and supervised staff of volunteers.



Are you expecting a baby or raising a child up through age 4? You're invited!

Our next BrightStart™

Time:

Saturdays, 9:30am to 12:30pm

Apply online at bhfct.org

For more info call or text: 860.375.0121

e-mail: info@bhfct.org

