

About us

Building Healthy Families, Inc.™ is a Manchester-based nonprofit organization dedicated to giving every child the brightest start possible. We are people from diverse backgrounds who want to help your child reach their full potential.

The earliest years of a baby's life set the stage for their future. Our goal is to see every child prepared physically, socially and emotionally to flourish in pre-school and beyond.

Through the BrightStart™ Workshop, mothers and fathers of young children develop skills and receive tools proven to help their children succeed in life.



What parents have said about the BrightStart™ Parenting Workshop

"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."

"Learning about brain development and the slide presentations are helpful."

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

"Wonderful, loving staff!"

"Walking distance from my house."

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

Building Healthy Families, Inc. Manchester, CT 06040

Phone: 860.375.0121
Web: bhfct.org
Email: info@bhfct.org



Every baby deserves a bright start!



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



Every child deserves a bright start.

About the workshop

Every parent wants their child to have big dreams, reach high, and succeed. It is as simple as ABCD's (Attention, Bonding, Communication and Diet) of Good Discipline and every parent can do it.

The **BrightStart™ Parenting Workshop** is a **FREE** eight-week experience, held on Saturday mornings. It is for families with children 4 years old and under plus older siblings up to 8. Each week every family goes home with new skills equipping parents to teach their children limits with love, which is the foundation of healthy discipline. Plus, families receive **FREE** books and toys. Breakfast and lunch are included.



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

Our next workshop:

Time:

9:30am to 12:00 noon

Register online:

Call for more information 860.375.0121, e-mail info@bhct.org or apply at bhct.org Register early since space is limited.

BrightStart™ Parenting Workshop topics:

Nutrition, bonding, communication, attention, reading, verbal discipline, health, brain development and play. As a parent, you will be empowered to improve your baby's brain development so they can enter school ready to learn, read and succeed. Parents are their child's first and best teacher!



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.

