Bright Futures is a collaborative project between Olmsted County Public Health Services, Olmsted County Community Services, Olmsted County Financial Services, Olmsted Medical Center, Rochester Public Schools, Rochester Area Family Y and Mayo Clinic.

For more information call:
(507) 328-7500
or
529-4960

Olmsted County
Public Health Services
2100 Campus Drive S.E.
Rochester, MN  55904

Olmsted County
Community Services
Family Support Team
2116 Campus Drive S.E.
Rochester, MN  55904
What is Bright Futures?

Bright Futures is a teen pregnancy and parenting support program. It promotes a healthy pregnancy and parent-child relationship, focusing on the healthy social-emotional and physical development of the child.

Families receive ongoing support and information regarding:

- healthy pregnancy
- child development
- housing
- adoption options
- finances/budgeting
- health care
- child care
- education or work goals
- parenting
- goal setting
- decision making
- community resources
- resources for fathers

What is a Bright Futures Parent Group Activity?

- Parent-child activities
- opportunities to develop friendships while learning about yourself and your child
- food and fun!

Bright Futures offers:

- visits by a Public Health Nurse and a Social Worker
- parent group activities
- connections to community resources, including financial services and assistance
- videotaping

Videotaping of the family is used as a teaching tool. The videotape is a gift to the family upon completion of the program.

How do I get more information?

Bright Futures offers a team meeting to answer questions about:

- finance
- school
- health care
- paternity, child support
- other concerns of teen or their family