

Health Resources for American Indian/Alaska Native Women and Families

Bright Futures for Women's Health and Wellness (BFWHW) implements and evaluates culturally competent, evidence-based consumer, provider, and community tools for women across their lifespan. The materials help women of all ages achieve better physical, emotional, social, and spiritual health by encouraging healthy practices.

Emotional Wellness

- [Bright Futures: A Woman's Guide to Emotional Wellness](#)
- [Bright Futures: A Young Woman's Guide to Emotional Wellness](#)
- [Bright Futures: A Health Care Provider's Guide to Promoting Women's Emotional Wellness](#)
- [Bright Futures: A Community Organization's Guide to Promoting Emotional Wellness](#)

Maternal Wellness

- [Bright Futures: Taking Care of Mom - Nurturing Self as Well as Baby](#)
- [Bright Futures: Taking Care of Mom - Healthcare Provider's Guide](#)

Physical Activity and Healthy Eating

- [My Bright Future: Physical Activity and Healthy Eating Tool for Adult Women](#)
- [My Bright Future: Physical Activity and Healthy Eating for Adolescent Girls and Young Women](#)
- [Counseling Support Tool: BFWHW Guide for Adult Women](#)
- [Counseling Support Tool: BFWHW Guide for Adolescent Girls and Young Women](#)
- [My Bright Future: Wallet Card for Adolescent Girls and Young Women](#)

Other Available Resources

- [A Comprehensive Approach for Community Based Programs to Address Intimate Partner Violence and Perinatal Depression Toolkit](#)
 - [Depression During & After Pregnancy: A Guide for Women, Their Families & Friends](#)
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