



CENTERSTONE



These services are provided FREE and available in the home. Please contact us if you live in one of the counties shown and meet any of these criteria:

- Pregnant or trying to conceive
- OR
- Have a child younger than 2
- OR
- A female, 15-44 years of age (pre-pregnancy)

Our dedicated professionals provide support and help strengthen families physically, mentally and emotionally.

About Centerstone

Centerstone is a national, private, not-for-profit 501(c)(3) healthcare organization. We provide a comprehensive scope of behavioral health services to the people and communities we serve in Florida, Illinois, Indiana, Kentucky and Tennessee. Additionally, we offer specialized life skills development, employment and housing services for adults in southern Illinois with intellectual and developmental disabilities. Our organization offers a range of services and supports nationwide to service members, veterans and their loved ones, helping them to lead healthy and fulfilling lives beyond military service.

Centerstone also operates the Centerstone Foundation, Centerstone Research Institute, Advantage Behavioral Health, Centerstone Military Services and Centerstone Health Partners.

Centerstone Early Childhood Services

(Prenatal through the Preschool Years)

Care Coordination and Specialized Services (■ on map below)

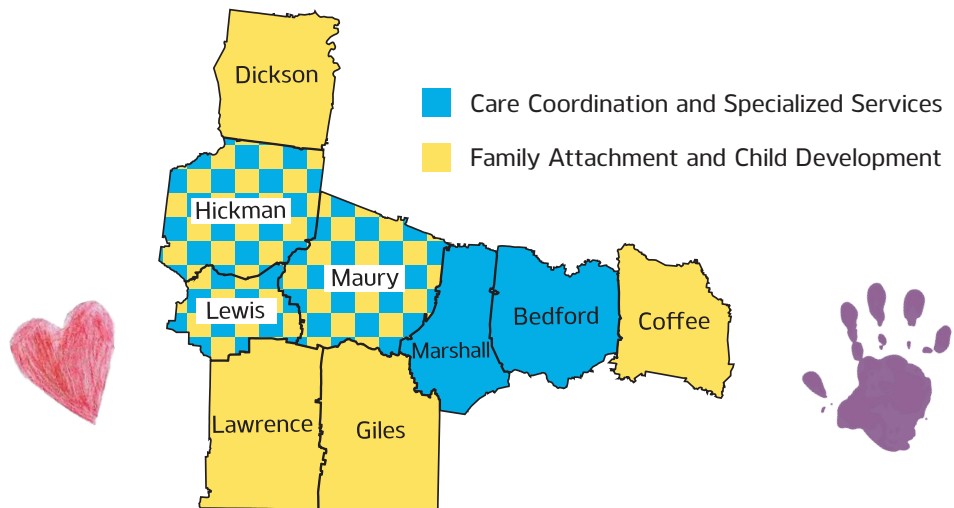
- **Care Coordination**
 - Receive help managing your family’s health and wellness needs
- **Fatherhood Engagement**
 - Dads learn how to build stronger connections with their children
 - Services for dads in jail and in substance abuse treatment programs to help them when they return home
- **Tobacco Free Program**
 - Support for prenatal moms to stop smoking and earn free diapers!
- **Postpartum Depression Therapy**
 - “Baby Blues” screening and therapy for mom and family
- **Preconception Care**
 - Be as healthy as you can be before pregnancy (for women ages 15-44)

Family Attachment and Child Development (■ on map below)

- **Parent Coaching (*Growing Great Kids*)**
 - Learn activities that boost baby’s brain development and strengthen the child/parent relationship to help children succeed in school and improve social skills
- **Stress Management**
 - Receive support plus activities for healthy coping in times of stress

Education, Linkage and Support (available in all counties below)

- Connecting with community resources
- Linkage to substance abuse services
- Infant Massage training
- Family education and health promotion
- Developmental screenings
- Insurance application assistance
- Parent support groups
- Breastfeeding support



To sign up or make a referral call 931.490.1580, go to centerstone.org/referral or email us at EarlyChildhood@centerstone.org