




CENTERSTONE

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# Building Compassionate Communities

## Strengthening Child and Family Resiliency Through a Trauma-Informed System of Care

If you are a parent, guardian or a member of a family with children, you know there is a lot that goes into making a family work. It is a juggling act with school, doctor appointments, sports, extracurricular activities, budgets, groceries, family events, and the list goes on and on. Building Compassionate Communities' counselors help families living in Franklin, Jackson, Perry and Williamson counties with everything that goes into being a family, while focusing on strengthening child and family resilience, improving access to healthcare, and enhancing the overall mental health service array.

Though telehealth or at-home, office or in-school visits, BCC counselors can help families, regardless of insurance source or diagnosis, with:

- Mental health screenings
- Mental health services for youth and family members
- Juvenile justice system navigation
- Special education and individualized education plan (IEP) help
- Reducing stereotypes and stigma related to mental health
- Preventative care
- Access to care
- Immediate and long-term needs for families of children impacted by mental health
- Peer provided services
- Support groups
- Parent education groups

For more information, visit [centerstone.org](https://centerstone.org) or call 1-877-HOPE123 (1-877-467-3123).