



Early Childhood Services

Prenatal through the Preschool Years

Centerstone offers a collection of grant-funded services designed specifically for pregnant women, families with young children and anyone thinking about getting pregnant. These services are delivered primarily in the home by dedicated professionals with the goal of strengthening families physically, mentally and emotionally.

The following specialized services are available through Centerstone Early Childhood Services:

Therapy for Expecting Parents and Parents of Young Children

Evidence based therapy models used to mitigate trauma and promote parent child interaction and attachment.

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

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

Stress Management

Receive support plus activities for healthy coping in times of stress

Integrated Health and Wellness

Get help managing your family's physical and mental health needs

Fatherhood Engagement – Dads Matter!™

Dads learn how to build stronger connections with their child(ren)

Education, Linkage and Support

- Family and health education
- Prenatal Support
- Breast feeding support
- Developmental screenings
- Insurance application assistance
- Parent support groups
- Linkage to addiction related services
- Infant Massage training
- Connecting with community resources

Please contact us if you live in one of the counties shown and meet either of these criteria:

Pregnant or trying to conceive

OR

Have a child younger than 18 months



**Contact Us: (931) 490-1580 or
earlychildhood@centerstone.org**

Continued



Centerstone Early Childhood Services: Funding Sources

Healthy Start Tennessee

Counties: Marshall, Wayne, Warren, Moore, Van Buren, Jackson and Fentress Counties in Tennessee

Funding: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H49MC27830. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Healthier Beginnings

Counties: Maury, Giles, Lawrence, Lewis, Hickman, Dickson, Wayne, Perry, Humphreys, Cannon, Williamson, Van Buren, Warren and Coffee Counties in Tennessee

Funding: These projects are funded by the Tennessee Department of Health through a combination of State appropriated dollars and the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program, which provides funds for developing and implementing voluntary, evidence-based home visiting programs. Healthy Families America is an evidence-based model utilized by Centerstone in the delivery of these services.



centerstone.org/earlychildhood

About Centerstone

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

