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:

- **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
  - Breastfeeding 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
- Have a child younger than 2

Contact Us: (931) 490-1580 or earlychildhood@centerstone.org
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 and Healthy Start for $1,070,000 annually. 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, 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.