



# CENTERSTONE

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## 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:

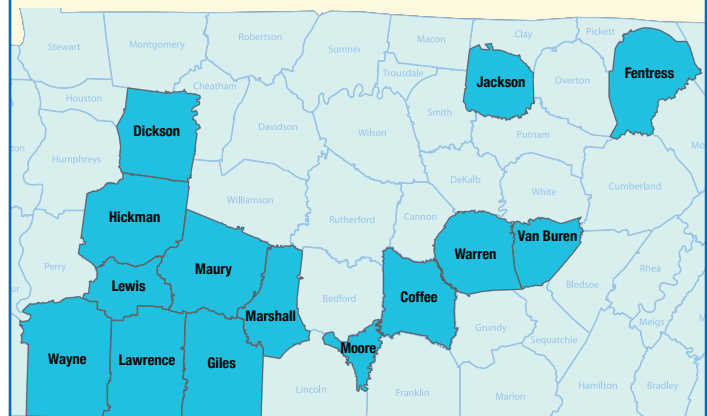
- **Parent Coaching (*Growing Great Kids*)**
  - Learn activities that boost baby's brain development and strengthen the child/parent relationship to help children succeed in school and improve social skills
- **Tobacco Free Program**
  - Support for prenatal moms to stop smoking and earn free diapers
- **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

OR

• Have a child younger than 2



Contact Us: (931) 490-1580 or [earlychildhood@centerstone.org](mailto: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

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### Healthier Beginnings

Counties: Maury, Giles, Lawrence, Lewis, Hickman, Dickson, and Coffee Counties in Tennessee

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#### About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people's lives. We are a nationally recognized leader, providing mental health and substance use treatment, related crisis care, education and support to people of all ages in communities in Florida, Illinois, Indiana, Kentucky and Tennessee. Nationally, we offer specialized care for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral health care through research, evaluation and technology, and our foundation secures philanthropic resources to support our work. For more information about Centerstone, please call (888) 291-4357 or visit [centerstone.org](http://centerstone.org).