



# Healthy Start Tennessee

**Centerstone's Healthy Start Tennessee offers a variety of services to individuals and families (preconception, expecting parents, and up to 18 months postpartum) through funding from the Health Resources Services Administration (HRSA).**

## Therapy for Expecting Parents and Parents/Guardians of young children

Depression screens, anxiety screens, and evidence-based therapy models.

## 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.

## Parents as Teachers

Offering evidenced-based home visiting to focus on relationship-based and parenting-focused curriculum through building protective factors within the family.

## Education, Linkage, and Support

- Family and health education
- Breastfeeding support
- Developmental screenings
- Parent support groups
- Economical stability support
- Linkage to addiction related services
- Connecting with community resources

## Integrated Health and Wellness

Care coordination to manage your family's physical and mental health needs.

## In the Community

Explore a variety of community classes centered around parenting strategies, stress management, co-parenting dynamics, and fostering positive family experiences. Gain valuable insights from experienced instructors on navigating the challenges of parenting and developing effective strategies for anger and stress management. Specialized sessions focus on co-parenting communication, fostering collaboration for the well-being of your children.

## Fatherhood Engagement

Support for expecting fathers and fathers of children under 18 months of age.

## Leadership Development for Parents and Guardians

Support and training on leading collective impact efforts to promote Healthy Outcomes from Positive Experiences (H.O.P.E.).

## Tobacco Free Program

Support for expecting parents and parents/guardians to stop smoking and earn free diapers.

## Stress Management

Receive support plus activities for healthy coping in times of stress.

## Healthy Start Tennessee

Bedford, Lawrence, Giles, Lincoln, Franklin, Marshall, Cannon, Rutherford, Cheatham, and Montgomery.

## Contact Information

Office: (931) 490-1580

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## About Centerstone

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages. Services are available in Florida, Illinois, Indiana, North Carolina, and Tennessee through the operation of outpatient clinics, residential programs, school-based services, telehealth, and an inpatient hospital. Centerstone also offers specialized programs available nationwide for the military community, as well as services for children, including therapeutic foster care. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.

