



CENTERSTONE

1-877-HOPE123 (1-877-467-3123) | centerstone.org |     

Early Childhood Services Healthier Beginnings

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

Parent Coaching (Growing Great Kids)

All parents and guardians will 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 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

Integrated Health and Wellness

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

Prenatal and Postpartum Depression Screening

Education, Linkage and Support

- Family and health education
- Prenatal support
- Developmental screenings
- Parent support groups
- Addiction related services support/connection
- Connecting community resources

Please contact us at (931) 490-1580 if you live in **Cannon, Coffee, Dickson, Giles, Hickman, Humphreys, Lawrence, Lewis, Maury, Perry, Van Buren, Warren, Wayne, and Williamson** counties and meet either of these criteria: Pregnant OR a parent/guardian of a child under 3 months of age.

Healthier Beginnings, funded by four grants from the Tennessee Department of Health, uses the Healthy Families America evidence based home visiting model to provide these services in counties listed above.



About Centerstone

Centerstone is a nonprofit 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.