



Healthy Start Tennessee

Centerstone's Early Childhood Services offer 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.

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.

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

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

Contact Information

Office: (931) 490-1580

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.



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.