



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

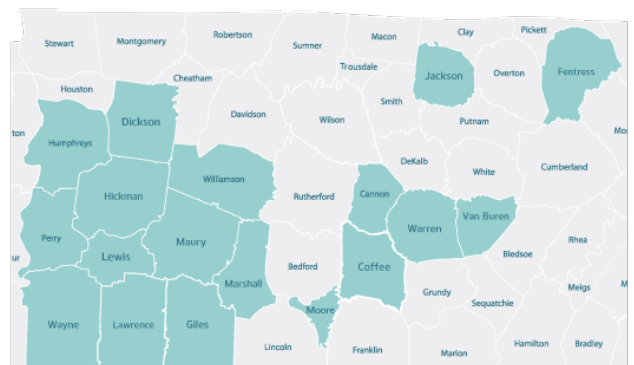
- Family and health education
- Breastfeeding support
- Developmental screenings
- Insurance application assistance
- Parent support groups
- Linkage to addiction related services
- Infant Massage training
- Connecting with community resources

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**



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

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.



centerstone.org/earlychildhood



About Centerstone

Centerstone is a not-for-profit health care organization providing mental health and substance use treatment, related crisis care, education and support to people of all ages. For more information, call 1-877-HOPE123 (1-877-467-3123) or visit centerstone.org.