



Prenatal and Early Childhood Services

The following in-home specialized services are available through Centerstone's Healthier Beginnings:

Parent Coaching (Growing Great Kids & Pyramid Model)

All parents and guardians will learn the Pyramid Model and activities that boost baby's brain development and strengthen the child/parent relationship to help children succeed in school and improve social skills.

Integrated Health and Wellness

- Tobacco Free Program: a program designed to help expecting parents/guardians quit smoking
- Developmental screenings
- Family and health education

Stress Management

Receive support and engage in activities for healthy coping during times of stress

Prenatal and Postpartum Support

- Prenatal and postnatal depression screening
- Breastfeeding support

Resource Linkage

- Connecting families and caregivers to community resources
- Providing parents and caregivers with information about support groups
- Substance Use Resource Linkage

Eligibility

If you live in the following counties: Cannon, Coffee, Cumberland, Dekalb, Dickson, Giles, Hickman, Humphreys, Lawrence, Lewis, Maury, Overton, Perry, Putnam, Warren, Wayne, White, Williamson, and Van Buren, and are pregnant OR a parent/guardian of a child under 3 months of age, please contact Centerstone's early childhood services by phone at (931) 490-1580.

Child Welfare Protocols Eligibility: A family with a child up to 24 months of age may be enrolled in the voluntary services if referred by the Tennessee Department of Children Services, Safe Baby Court, or other child welfare professionals. Once enrolled services will be offered up to the time the child is five years of age.



Scan the QR code for more information regarding Welcome Baby.



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 the counties listed above.

About Centerstone

Centerstone is the largest nonprofit behavioral health organization in the United States. With more than 10,500 team members working at 360 locations in communities across the country, Centerstone provides healing and hope to people of all ages through mental health and addiction services, primary care, dental services, and social supports. Centerstone is a leader in operations for the 988 Suicide & Crisis Lifeline. Centerstone's Military Services offers specialized care nationwide for veterans and the military community. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across its communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes lives.