

STRONG Starts

STRONG Starts is a program for mothers that have a child ages 3 months to 5 years of age. The program's focus is to link mothers with resources for them and their family. Our enrolled moms are paired with a Community Navigator that will connect them with resources, provide social support, and work with the mothers to create goals for themselves and their family. The Navigator serves as an extra layer of support for families in the region. The early years in a child's life are crucial for their development, therefore, our team can continue to connect the family to resources that will help set the child up for success.



Striving Toward Resilience & Opportunity for the Next Generation



Resources available in the
STRONG Starts program
could include:

- Childcare
- Early intervention
- Food assistance
- Government assistance programs
- Housing insecurity
- Social support

Meagan Yarnall Meisenzahl

STRONG Starts Program
Manager, Ballad Health
Niswonger Children's Network
Meagan.Yarnall@balladhealth.org



Striving Toward Resilience & Opportunity for the Next Generation

400 N. State of Franklin Road
Johnson City, TN 37604