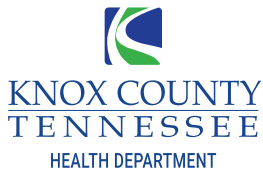


# Additional Resources

## ► Family Support Services

- **WIC** is a nutrition program that helps the whole family learn about eating well and staying healthy. WIC helps thousands of families in Knox County with good food, helpful advice, and referrals to community resources.  
140 Dameron Ave., Knoxville, TN 37917. . . . . 865-215-5000  
Need an appointment? Call 865-215-5016 (English) or 865-215-5418 (español).
- **CHANT** - The Community Health Access and Navigation in Tennessee program provides free and voluntary care coordination services to TennCare-eligible and TennCare-enrolled pregnant women, and children and youth younger than 21, including those with special health care needs.  
140 Dameron Ave., Knoxville . . . . . 865-215-5190 (Consultations by phone only)  
Email: CHANT@knoxcounty.org
- **Parents As Teachers (PAT)** is a prenatal to kindergarten program within the Knox County Health Department that helps parents know how to be their child's first and most influential teacher. This evidence-based home visiting model is designed to ensure that young children are healthy, safe and ready to learn.  
Phone consultations . . . . .865-215-5120  
Email: pat@knoxcounty.org



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# FAMILY PLANNING RESOURCES



# Family Planning Resources

## ▶ Looking for a Doula?

### Local Resources

- **Empowered Doula Services** ..... 865-282-4558  
<http://www.empowereddoula.services/>
- **Miracle V. Birth Concierge**  
Email: [ty@miraclevbc.com](mailto:ty@miraclevbc.com)  
<https://www.miraclevbc.com/>
- **Soul Sister's Wellness and Beauty** ..... 865-454-1078  
Email: [soulsisterswellnessandbeauty@gmail.com](mailto:soulsisterswellnessandbeauty@gmail.com)
- **Knoxville Black Doula Collective**  
Email: [knoxvilleblackdoulacollective@gmail.com](mailto:knoxvilleblackdoulacollective@gmail.com)  
<https://linktr.ee/KnoxvilleBlackDoulaCollective>
- **East Tennessee Doulas** ..... 865-315-8548  
[easttndoulas.com](http://easttndoulas.com)

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## ▶ Intimate Partner and Domestic Violence

**Note: If you are in immediate danger, call 9-1-1.**

- **YWCA Knox** ..... 865-523-6126  
Email: [info@ywcaknox.com](mailto:info@ywcaknox.com)  
<https://ywcaknox.com/domestic-violence/>
- **Knoxville Family Justice Center**  
400 Harriet Tubman St., Knoxville, TN 37915 ..... 865-521-6336  
Email: [info@fjcknoxville.org](mailto:info@fjcknoxville.org)  
<https://www.fjcknoxville.org/services/>

## ▶ Looking for a Midwife?

### Local Resources

- **Welcome Home Midwifery** ..... 865-312-0127  
2710 N. Central St., Knoxville  
<https://www.welcomehomemidwiferytn.com/>
- **University Midwives** ..... 865-305-4305  
1928 Alcoa Hwy., b205, Knoxville  
<https://www.utmedicalcenter.org/medical-care/specialty-practices/university-midwives/>
- **Roots & Wings Midwifery**  
4873 Chambliss Ave., Knoxville  
<https://www.rootsandwingsmidwifery.com/>

### Other Resources

- **Catholic Charities Pregnancy Services** ..... 865-524-9896  
119 Dameron Ave., Knoxville (Currently in the Regas Building, 318 N. Gay St.)  
<https://ccetn.org/>
- **Hope Resource Center** is a cost-free health care center for women offering medical care by licensed professionals for reproductive health concerns, education, and connection with community resources.  
2700 Painter Ave. SW, Knoxville, TN 37919. .... 865-525-4673  
<https://knoxvillehope.com/>
- **National Maternal Mental Health Hotline** provides 24/7, free, confidential support before, during, and after pregnancy. .... 833-943-5746  
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- **A Step Ahead Foundation** (family planning resources) ..... 865-657-8372  
<https://www.astepaheadeasttn.org/>
- **KCHD Women's Health**  
140 Dameron Ave., Knoxville, TN 37917 ..... 865-215-5320
- **Kim Health Center**  
6209 Chapman Hwy., Knoxville ..... 865-577-3733  
<https://kimhealthcenter.org/>  
Free medical services to the uninsured including midwifery and family planning