

MARIN COUNTY PERINATAL RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

PREGNANCY SUPPORT SERVICES

Marin Pregnancy Clinic, The Stork's Nest

“Place where you can shop for maternity clothes and/or infant clothing for you or your baby.”

Location: 1320A Grant Avenue
Novato, CA 94945

Contact: (415) 892-0558

Email: info@marinpregnancyclinic.org

Website:

<http://marinpregnancyclinic.org/Services/maternal-assistance>

Last Verified On: 06/15/2020

Marin Family Birth Center

“Labor and delivery care, Water Births, Postpartum Visits, Newborn Hearing Test, Newborn Metabolic Screening, Woman Directed Prenatal Care, Well Woman Gynecological Care, Family Planning, Lactation Support, Perinatal Mood Therapy, Yearly Exams, Chiropractic Care, Birth Certificate Filing, Genetic Screening”

Location: 880 Las Gallinas Avenue, Suite 1
San Rafael, CA 94903

Contact: (415) 339-8813

Email: info@marinbirth.org

Website: <https://www.marinbirth.org>

Last Verified On: 06/15/2020

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

Talkline: 1 (888) 493-0092

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 06/15/2020



Huckleberry Youth Programs

“Teen Tuesday Services Include: pregnancy tests, birth control, STI/STD testing, exams, health education, condoms, and counseling.”

Location: 361 Third Street, Suite G
San Rafael, CA 94901

Hours: Tuesdays from 1 pm–5 pm;
Teens ages 12-25

Contact: (415) 258-4944

Email: hyp@huckleberryyouth.org

Website:

<https://www.huckleberryyouth.org/marin-health-care-health-education/>

Last Verified On: 06/15/2020



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ADOPTION RESOURCES

Adoption Connection

“Counselors are here to explain all of the steps in the adoption process. We can help you understand what would happen between now and the baby’s arrival and afterwards.”

Location: 1710 Scott St.
San Francisco, CA 95115

Contact: (888) 517-5580

Website:

<https://adoptionconnection.jfcs.org/im-pregnant/>

Last Verified On: 06/30/2020

American Adoptions

“Interested in making an adoption plan for your child? Talk to an adoption specialist today.”

Toll Free Contact: (800) – ADOPTION (236-7846)

Website:

https://www.americanadoptions.com/pregnant/free_info

Last Verified On: 07/10/2020

HOME VISITING PROGRAMS

Marin Family Connections

“Support parents, share information about child development and parenting, and provide information and referrals to families of infants and young children.”

Contact: (415) 473-6008

Email:

<mailto:marinfamilyconnections@marincounty.org>

Website: <https://www.marinhhs.org/marin-family-connections>

Last Verified On: 06/15/2020

Lifetime Adoption

“Pregnant or considering adoption for your child? Get a FREE adoption planning kit today.”

Toll Free Contact: (800) -923-6784

Website:

<https://lifetimeadoption.com/birthmothers/adoption-kit/>

Last Verified On: 07/10/2020



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WOMEN, INFANTS, AND CHILDREN (WIC)

“Supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk.”

Contact: (415) 473-6889

Email: MarinCountyWIC@marincounty.org

Website: <https://www.marinhhs.org/women-infants-children-wic>

San Rafael

Location: 3250 Kerner Boulevard

San Rafael, CA 94901

Last Verified On: 06/15/2020

Novato

Location: 75 Rowland Way; Suite 131

Novato, CA 94945

Dates/Hours: Wednesdays and Fridays 8 a.m. – 4:30 p.m. Closed noon – 1 p.m. for lunch

Last Verified On: 06/15/2020

West Marin Services Center

Location: 1 Sixth Street

Pt. Reyes Station, CA 94956

Dates/Hours: 3rd Thursday 8 a.m. – 4:30 p.m.

Last Verified On: 06/15/2020

Marin City Health & Wellness Center

Location: 630 Drake Ave,

Marin City, CA 94965

Dates/Hours: 1st Friday of every month from 1:30 p.m. – 5 p.m. and 3rd Friday of every month from 8:30 a.m. – noon

Last Verified On: 06/15/2020

MATERNAL MENTAL HEALTH RESOURCES

Beacon Health Options

Mental health services for Partnership HealthPlan members.

Contact: (855) 765-9703

TTY: (800) 735-2929

Website:

<https://www.beaconhealthoptions.com/>

Last Verified On: 06/15/2020

Marin County Maternal, Child, and Adolescent Health – Maternal Mental Health Resource Inventory

Website PDF:

https://www.marinhhs.org/sites/default/files/files/servicepages/2018_04/maternal_mental_health_resource_inventory_v3.pdf

Last Verified On: 06/15/2020

Paternal Postpartum Depression Guide

Website: <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 07/01/2020

Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

Website: <http://mindbodypregnancy.com/>

Last Verified on: 07/10/2020



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POSTPARTUM SUPPORT SERVICES

Postpartum Support International Helpline

“In English and Spanish, serves more than 600 callers a month, and rapidly refers callers to appropriate local resources including emergency services.”

PSI Helpline: (800) 944-4773

Text English: (503) 894-9453

Text Spanish: (971) 420-0294

Website: <https://www.postpartum.net/>

Last Verified On: 06/23/2020

Family Works

“Provide one on one parenting support & life skills education for intellectually and developmentally disabled adults.”

Location: 365 Bel Marin Keys Blvd
Novato, CA 94949

Contact: (415) 492-0720

Website: <https://www.familyworks.org>

Last Verified On: 06/15/2020

Postpartum Support Center

“Provide a postpartum support system to new parents and families in need.”

Support Line: (415) 326-3623

Email: info@postpartumsc.org

Website: <https://www.postpartumsc.org/>

Last Verified On: 06/23/2020

Text4Baby

“Receive free text messages three times per week, timed to their due date or their baby’s birth date, through pregnancy and up until the baby’s first birthday.”

English Text: BABY to 511411

Spanish Text: BEBE to 511411

Website: <https://www.text4baby.org/>

Last Verified On: 06/23/2020

PERINATAL SUBSTANCE USE RESOURCES

LifeLink Perinatal Services – Center Point

“Provides comprehensive rehabilitation services to pregnant women with substance abuse issues.”

Location: 135 Paul Drive,
San Rafael, CA 94903

Contact: (415) 492-4044

Website: <http://www.cpinc.org/>

Last Verified On: 07/01/2020



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MARIN COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Health & Human Services

“Mission is to promote and protect the health, well-being, self-sufficiency, and safety of all people in Marin.”

Contact: (415) 473-3696

Website: <https://www.marinhhs.org/>

Last Verified On: 10/19/2020

Public Assistance

“Medi-Cal, CalFresh, CalWORKS”

Contact: (877) 410-8817

Website: <https://c4yourself.com/>

Last Verified On: 10/19/2020

General Relief

“General Assistance Program is a county-funded program that provides temporary cash aid to eligible Marin adults with no children living with them.”

Location: 120 North Redwood Drive

West Wing – 1st Floor reception

San Rafael, CA 94903

Contact: (415) 473-3450

Website: <https://www.marinhhs.org/public-assistance>

Last Verified On: 10/19/2020

SUPPORT GROUPS

Young Moms Marin

“A support group that provides parenting and personal support to teen and young mothers, ages 14-27 yrs.”

Contact: (415) 686-3273

Website:

https://www.facebook.com/pg/youngmomsmarin/about/?ref=page_internal

Last Verified On: 06/15/2020

Postpartum Support International Online Support Meetings

“Black Mamas Matter Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 07/01/2020



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SUPPORT GROUPS, Continued

Helping After Neonatal Death (HAND) Support Group

“Peer support to parents during the grieving after a miscarriage, stillbirth, pregnancy that was wanted but interrupted, or infant death in the first year of life. Third Wednesday of the month.”

Location: Marin Community Clinic
3110 Kerner Blvd,
San Rafael, 94901

Contact: (650) 367-6993

StarVista 24/7 Support Hotline: (650) 579-0350

Website: <https://handsupport.org/>

Last Verified On: 06/15/2020

DADS Chat with an Expert – Postpartum Support International

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

Call-In Number: 1-800-944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 07/01/2020

PALS – Pregnancy After Infant Loss Online Support Groups

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

Website:

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 07/01/2020

BREASTFEEDING SUPPORT SERVICES

La Leche League of Marin

“Provides a safe space to breastfeed our babies and share experiences with other mothers and mothers-to-be in a cozy environment.”

Contact: (415) 721-2842

Note: Visit website for meeting locations/times

Website:

https://www.facebook.com/pg/lalechemarin/about/?ref=page_internal

Last Verified On: 06/23/2020

USDA Tips for Breastfeeding Moms

“Tips for breastfeeding moms”

Website: <https://wicworks.fns.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

Last Verified On: 06/15/2020



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HOUSING

Gilead House

“Provides housing, life skills, and mentoring for women. Housing limited to women and children.”

Location: 1024 7th Street
Novato, CA 94945

Contact: (415) 895-5575

Website: <https://gileadhouse.org>

Last Verified On: 06/15/2020

Homeward Bound of Marin – Family Center

“Provides shelter for 9 families at a shared home in San Rafael, we maintain a waiting list of families needing help. Services include counseling, support for employment and housing search, food assistance, tutoring and help with credit repair or other financial goals.”

Location: 430 Mission Avenue
San Rafael, CA 94901

Contact for Services: (415) 457-2115

Contact for Waiting List: (415) 456-7805
ext.14

Website: <https://hbofm.org/about-homeward-bound-of-marin/homeless-families/>

Last Verified On: 06/04/2020

Center Point – Women & Children Residential

“Provides a comprehensive array of services for pregnant women and women with children who face homelessness, unemployment, trauma, abuse, domestic violence, criminal behavior, mental health and substance use disorders.”

Location: 1601 2nd Street
San Rafael, CA 94901

Contact: (415) 456-6655

Website:

http://www.cpinc.org/index.php?option=com_content&view=article&id=27&Itemid=141

Last Verified On: 06/15/2020