

MENDOCINO COUNTY PERINATAL RESOURCES

ABORTION INFORMATION

I Need An A

“Provide simple, up-to-date, and localized source of information for people seeking abortions.”

Website: <https://www.ineedana.com/>

Last Verified On: 05/31/2024

International Abortion Federation

“Abortion is still available and there are resources to help you get the care you need.”

Contact: (800) 772-9100

Website: https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca

Last Verified On: 05/31/2024

PREGNANCY SUPPORT SERVICES

Mendocino County Comprehensive Perinatal Services Program

“CPSP services include: Health education, Nutrition education, Psycho-social counseling”

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 472-2700

Website:

<https://www.mendocinocounty.org/departments/public-health/nursing/comprehensive-perinatal-services-program>

Last Verified On: 05/31/2024

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: 05/31/2024

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: 05/31/2024

FIRST 5 – Mendocino County Kits for New Parents

“FIRST 5 Mendocino gives a free crash course in parenting, packed in a neat little box, to new and expecting families throughout the county. Pick up your free Kit at your doctor’s office, or call FIRST 5 directly.”

Location: 419 Talmage Rd. Suite J,
Ukiah, CA 95482

Contact: (707) 462-4453

Website: <https://first5mendocino.org/families/child-health-development/new-parent-kit/>

Last Verified On: 04/23/2025

Toolkit for Pregnant People and New Parents

“Resources and tools to help pregnant people, breastfeeding people, and new parents caring for infants to protect their health and help people who serve these communities communicate with them.”

Website:

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html>

Last Verified On: 05/31/2024



MENDOCINO COUNTY PERINATAL RESOURCES

ADOPTION RESOURCES

TLC Child & Family Services

“TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.”

Location: 1800 N. Gravenstein Highway
Sebastopol, CA 95472

Contact: (707) 823-7300

Website: <https://tlc4kids.org>

Last Verified On: 05/31/2024

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 afterward.”

Location: 1710 Scott St.
San Francisco, CA 95115

Contact: (800) 972-9225

Website:

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

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Healthy Families Mendocino County

“A relationship-based program supporting families with children from pregnancy through three years of age.”

Location: 501 Low Gap Road
Ukiah, CA 95482

Contact: (707) 472-2735

Website:

<https://www.mendocinocounty.org/departments/public-health/nursing/healthy-families-mendocino-county>

Last Verified On: 05/31/2024

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: 05/31/2024

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: 05/31/2024

NCO Home Base Program

“NCO Head Start home visits provide comprehensive services to support and strengthen the relationships between you and your infant or toddler”

Location: 550 N. State St. Ukiah, CA 95482

Contact: (707) 462-2582

Website: <https://www.ncoinc.org/nco-head-start/services-1/pregnant-women/>

Last Verified On: 05/31/2024



MENDOCINO COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

“WIC is a nutrition program that helps mothers and young children eat well and stay healthy! WIC provides support and information about breastfeeding your baby.”

Website: <https://www.mendocinocounty.gov/departments/public-health/nursing/women-infants-children>

State Website: <https://www.myfamily.wic.ca.gov/>

Last Verified On: 04/07/2025

Ukiah WIC Office

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 472-2743

Last Verified On: 04/07/2025

Willits WIC Office

Location: 474 East Valley Road
Willits, CA 95490

Contact: (707) 472-2743

Toll Free: (855) 843-2949

Last Verified On: 04/07/2025

Fort Bragg WIC Office

Location: 790 South Franklin Street
Fort Bragg, CA 95437

Contact: (707) 964-7106

Last Verified On: 04/07/2025

MATERNAL MENTAL HEALTH RESOURCES

Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

Contact: (855) 765-9703

Website: <https://www.carelon.com>

Last Verified On: 05/31/2024

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: 05/31/2024

National Maternal Mental Health Hotline

“A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline’s trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages.”

Call/text: (833) TLC-MAMA (833-852-6262)

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/01/2025





MENDOCINO COUNTY PERINATAL RESOURCES

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: (800) 944-4774

Text Spanish: (971) 203-7773

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

Last Verified On: 05/31/2024

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: 05/31/2024

Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

4th Trimester Project

“Connects new mothers, health care providers, researchers, public health professionals, community leaders, and other stakeholders from across the globe to identify unmet postpartum health needs, build knowledge, and create solutions”

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

Last Verified On: 05/31/2024

Postpartum Support International Online Support Groups

“PSI offers over 50+ FREE and virtual support groups. Our groups are 90 minutes (1.5 hours) in length. The first ~30 minutes is providing information, education, and establishing group guidelines. The next ~60 minutes is ‘talk time,’ in which group members share and talk with each other.”

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

Last Verified On: 12/03/2024

PERINATAL SUBSTANCE USE RESOURCES

Ford Street Project Outpatient Treatment Program

“Provides a state licensed outpatient program for individuals seeking assistance with substance abuse issues.”

Location: 139 Ford Street

Ukiah, CA 95482

Contact: (707) 462-1934

Website:

<https://www.fordstreet.org/substance-abuse-treatment>

Last Verified On: 05/31/2024

MotherToBaby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/31/2024



MENDOCINO COUNTY PERINATAL RESOURCES

SUPPORT GROUPS

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: 05/31/2024

Postpartum Support International Online Support Meetings

“Weekly online support meetings”

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

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICES

Mendocino BreastStart

“Congratulations on your new baby! As a mother, one of the best things that only you can do for your baby is to breastfeed. Breastfeeding is more than a lifestyle choice — it is an important health choice. Breast milk protects babies from illness and infection and promotes their brain development. Any amount of time that you can breastfeed will help both you and your baby. Every mother has the potential to succeed and make breastfeeding a wonderful experience.”

24-Hour English/Spanish Helpline: (855) 855-MILK (6455)

Website: <http://breaststart.org/>

Last Verified On: 05/31/2024

Pregnant & Postpartum Virtual Meet-Up – Cherished Mom

“Find community with others who currently or have previously had babies in the NICU”

Dates/Hours: Weekly, Tuesdays 11 A.M. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://www.cherishedmom.org/perinatalsupport-2/>

Last Verified On: 05/31/2024

La Leche League of Northern California and Hawaii

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

Contact: (707) 485-1940

Website: <https://llnocal.org/about>

Last Verified On: 05/31/2024

USDA Tips for Breastfeeding Moms

“Tips for breastfeeding moms”

Website:

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips for Breastfeeding Moms English.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips%20for%20Breastfeeding%20Moms%20English.pdf)

Last Verified On: 05/31/2024



MENDOCINO COUNTY PERINATAL RESOURCES

HOUSING

Project Sanctuary

“Offers a wide array of free services for Mendocino County victims of sexual assault and domestic violence. We can also assist loved ones of victims needing information.”

Project Sanctuary – Ukiah

Location: 564 South Dora Street, Suite A-1
Ukiah, CA 95482

24/7 Crisis Line: (707) 463-4357

Contact: (707) 462-9196

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

Last Verified On: 05/31/2024

Project Sanctuary – Fort Bragg

Location: 461 N. Franklin Street
Fort Bragg, CA 95437

24/7 Crisis Line: (707) 964-4357

Contact: (707) 961-1507

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

Last Verified On: 05/31/2024

MENDOCINO COUNTY HEALTH & HUMAN SERVICES AGENCY

CalWORKS Job Services

“The CalWORKs Job Services Program provides employment and training services to TANF recipients and applicants to find employment.”

Location: 764 S. Franklin Street
Ft. Bragg, CA 95437

Contact: (707)962-1000

Website:

<https://www.mendocinocounty.org/Home/Components/BusinessDirectory/BusinessDirectory/12/>

[12/](https://www.mendocinocounty.org/Home/Components/BusinessDirectory/BusinessDirectory/12/)

Last Verified On: 05/31/2024

Pregnancy Resource Directory

Website:

<https://www.mendocinocounty.org/home/showdocument?id=21597>

Last Verified On: 05/31/2024

FINANCIAL RESOURCES

Colette Louise Tisdahl Foundation

“Provide financial assistance to families who find themselves in situations with pregnancy complications and/or NICU stays. Also provide financial assistance to families who lose a child due to miscarriage, stillborn, or as an infant.”

Website: <https://colettelouise.com/financial-assistance>

Last Verified On: 05/31/2024



MENDOCINO COUNTY PERINATAL RESOURCES

CAR SEAT RESOURCES

Car Seat Installation

“Is your car seat installed correctly? Did you know we have certified car seat installation experts at First 5 Mendocino? Stop by our office on either of these dates/times and have your car seat checked or installed!”

Location: 419 Talmage Rd. Suite J,
Ukiah, CA 95482

When: 2nd Wednesday of each month
9:00AM - 12:00PM or 4th Wednesday of each
month 9:00AM - 12:00PM

Contact: (707) 462-1233

Website: <https://first5mendocino.org/families/child-health-development/child-safety/#1650474317666-f89ee5f4-76bd>

Last Verified On: 04/23/2025