



NAPA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Birthright of Napa

“Offer love, friendship, and support to women who are pregnant or think they are pregnant. Offer information, referrals and free pregnancy tests and maternity/baby items.”

Location: 1447 4th Street
Napa, CA 94559

Contact: (707) 255-6111

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

Last Verified On: 05/31/2024

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

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.”

Contact: (888) 493-0092

Last Verified On: 05/31/2024

Perinatal Services – OLE Health

“Program that helps support mom have a healthy baby and a positive pregnancy experience. Includes education and counseling to support.”

Location: 1141 Pear Tree Lane, Ste. 200,
Napa, CA 94559

Contact: (707) 252-6541

Website: <http://www.olehealth.org/our-services/womens-health/>

Last Verified On: 05/31/2024



Perinatal Outreach Education

“Perinatal Outreach Educators (POE) work with the pregnant and parenting community, providing information about community resources and ensuring that out Napa County residents have the tools necessary to access some of these basic resources. POEs provide invaluable service to our Maternal Child and Adolescent Health (MCAH) community ensuring access to much –needed services including Public Health Nurses.”

Location: 2751 Napa Valley Corporate Drive
bldg. B

Napa CA. 94558

Phone: (707) 253-4624

Website:

<https://www.countyofnapa.org/453/Perinatal-Outreach-Education>

Last Verified On: 05/10/2023



NAPA 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/?fwc_country_search=united-states&fwc_state_search_united_states=ca

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICES

Napa Valley Breastfeeding Coalition

“Local Resources in Napa Community”

Website:

<http://www.napavalleybreastfeedingcoalition.com/resourcesEng.html>

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.”

Website: <https://lllncal.org/solano/>

Last Verified On: 05/31/2024

Hand Expression with Breastmilk Video

Link:

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Last Verified On: 05/31/2024

Maximizing Milk Production Video

Link:

<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Napa County Public Health Nursing

“Provide home visitation for pregnant women, postpartum women, infants and children up to ages 21, fathers and families.”

Contact: (707) 253-4807

Website:

<https://www.countyofnapa.org/201/Public-Health-Nursing>

Last Verified On: 05/31/2024

Napa County Perinatal Outreach Education

“Ensure women get prenatal care and needed resources while pregnant.”

Location: 2751 Napa Valley Corporate Drive, Building B

Napa, CA 94558

Contact: (707) 253-4624

Website:

<https://www.countyofnapa.org/453/Perinatal-Outreach-Education>

Last Verified On: 05/31/2024



NAPA COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS, Continued

Cope Family Center

“Home visiting program helps parents take baby steps towards building a loving, safe, and loving home for their children.”

Location: 707 Randolph Street
Napa, CA 94559

Contact: (707) 252-1123

Email: hello@copefamilycenter.org

Website:

<https://www.copefamilycenter.org/home-visiting>

Last Verified On: 05/31/2024

HOUSING

Catholic Charities of the diocese of Santa Rosa – Rainbow House (Women & Children

“Housing only)

Offers transitional housing to single, young mothers, ages 18 to 24, who have children under 5.”

Location: 1209 and 1219 Jefferson Street,
Napa, CA 94559

Contact: (707) 224-4403

Website:

<http://napavalleycultureoflife.com/napa-resources/napa-resources-catholic-charities-rainbow-house/>

Last Verified On: 05/10/2023

SUPPORT GROUPS

The Parent Circle

“The Parent Circle seeks to serve the parents of Napa County during pregnancy/expectancy of adoption and through the first two years after bringing baby home. The Parent Circle’s signature offering is a weekly New & Expectant Parent Meetup on Fridays from 10-11:30 am.”

Contact: (214) 587-4085

Email: admin@parent-circle.org

Website: <https://www.parent-circle.org/>

Last Verified On: 02/03/2025

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: 05/10/2023



NAPA COUNTY PERINATAL RESOURCES

SUPPORT GROUPS, Continued

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

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: 05/10/2023

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: 05/10/2023

MATERNAL MENTAL HEALTH

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



NAPA COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Napa WIC Office

“Nutrition education program that promotes healthy eating, encourages and supports breastfeeding, and provides referrals to health and community resources.”

Location: 2751 Napa Valley Corporate Drive, Building B, Napa, CA 94558

Phone: (707) 253-4853

Website:

<https://www.countyofnapa.org/883/Women-Infants-Children-WIC>

State Website:

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

Last Verified On: 04/08/2025

American Canyon, St. Helena, & Calistoga WIC Office

“Please call for office times and locations.”

Location: American Canyon, St. Helena & Calistoga

Phone: (707) 253-4853

Website:

<https://www.countyofnapa.org/883/Women-Infants-Children-WIC>

State Website:

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

Last Verified On: 04/08/2025