



SHASTA COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES

Shasta County Comprehensive Perinatal Services Program (CPSP)

“CPSP offers prenatal (before baby is born) and postpartum (up to 60 days after delivery) care for low-income pregnant women. The goals of the program are to improve every pregnancy and birth and to give every baby a healthy start in life.”

Contact: (530) 225-5850

Toll Free: (800) 300-5122

Website:

https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Pregnancy/CPSPPublic.aspx

Last Verified On: 05/13/2020

Care Net Pregnancy Center of Northern California

“We provide free, verified pregnancy testing and sonograms to qualifying patients in their first trimester. Our Learning For Life program allows our clients to “earn while you learn.” Our boutique full of baby clothes and items is where you can spend those credits.”

Location: 2460 Athens Avenue
Redding, CA 96001

Contact: (530) 246-7075

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

Last Verified On: 05/13/2020



Life Light Pregnancy Center

“All services provided by Life Light are free and confidential, regardless of age, race, religion, or marital status. Life Light is a non-profit lay-counseling and pregnancy help center offering support and accurate information to girls, women, or men regarding their pregnancy, sexual health and relationships.”

Location: 2919 Bechelli Ln.,
Redding, CA 96002

Contact: (530) 222-5200

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

Last Verified On: 05/13/2020



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PREGNANCY SUPPORT SERVICES continued

Teenage Pregnancy and Parenting Program (TAPP)

“TAPP is designed for expecting and parenting youth, enrolled before their 19th birthday.*19 years old on exception.”

Location: 240 Washington Avenue
Redding, CA 96001

Contact: (530) 247-3329

Website: <https://nvcss.org/programs/tapp-teen-services/>

Last Verified On: 05/13/2020

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

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: 02/22/2021

Women’s Connect

Shasta County Health & Human Services Agency.

“Women’s Connect is an anonymous, confidential way to learn about the options and benefits of quitting substance use. We provide links to helpful websites, videos, apps, and anonymous drug and alcohol assessments with feedback. Whether the substance is alcohol, prescription drugs, other drugs, or tobacco, women can consider cutting back, quitting, or asking for assistance in meeting those goals.

Contact: (530) 229-8431

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

Last Verified On: 05/13/2020



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ADOPTION SERVICES

Adoption Choices

“Adoption Choices of Northern California is a private, non-profit licensed adoption facilitator which assists both birth parents and prospective adoptive parents to engage in successful adoption experience. We provide adoption facilitation of newborns.”

Contact: (530) 891-0302

Toll Free: (800) 607-9200

Website: <http://ac-nc.org/>

Last Verified On: 05/13/2020

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

HOME VISITING PROGRAMS

Nurse Family Partnership

“Nurse-Family Partnership is a free home visiting program that partners nurses with first-time moms early in their pregnancy. A free Registered Nurse can give you the support, advice and information you need as a new mom.”

Contact: (530) 225-5394

Website:

https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/NFP

Last Verified On: 05/13/2020

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

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

Parent Partners

“Family Resource Parent Partners are available for home visiting and walk-in services for any family in Shasta County. Parent Partners help families identify and connect to needed resources such as affordable housing, food, clothing and parenting education.”

Location: 2280 Benton Dr. Suite B
Redding, CA 96001

Contact: (530) 242-2020

Website: <https://shastacapcc.org/parent-partners>

Last Verified On: 07/27/2020



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HOUSING

CalWORKS Homeless Assistance

“CalWORKS Homeless Assistance is available to families with children who are currently enrolled in (or eligible for) a CalWORKS program. The purpose is to remove the barriers of homelessness so participants can get and keep employment.”

Contact: (530) 225-5285

Website:

<https://www.co.shasta.ca.us/index/hhsa/financial-help/housing-programs/calworks-homeless-assistance>

Last Verified On: 07/01/2020

Family Stabilization Program

“The Family Stabilization Program is available to families with children who are enrolled in the Welfare to Work program. This program provides assistance with back rent to avoid eviction, payment for deposits, past utility bills and utility deposits to obtain a new rental.”

Contact: (530) 225-5043

Website:

<https://www.co.shasta.ca.us/index/hhsa/financial-help/housing-programs/family-stabilization-program>

Last Verified On: 07/01/2020

BREASTFEEDING SUPPORT SERVICE

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: <http://llnocal.org/groups/reddingca>

Last Verified On: 07/17/2020

Housing Support Program

“The Housing Support Program is for families with children who are homeless.”

Contact: (530) 225-5043

Website:

<https://www.co.shasta.ca.us/index/hhsa/financial-help/housing-programs/housing-support-program>

Last Verified On: 07/01/2020

Unsheltered Adult Homeless Assistance Program

“The Unsheltered Adult Homeless Program is for adults without children who are currently homeless.”

Contact: (530) 229-8486

Website:

<https://www.co.shasta.ca.us/index/hhsa/financial-help/housing-programs/unsheltered-adult-program>

Last Verified On: 07/01/2020



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WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

“The Shasta County WIC program helps pregnant women, new moms and young children eat well, stay healthy and be active. With WIC you will receive: Healthy, no cost foods, Nutrition education for you and your family, Referrals to community services and information and support for breastfeeding.”

Website: https://www.co.shasta.ca.us/index/hhsa_index/food_and_financial_help/wic

McArthur WIC Office

Location: 44218 A Street
McArthur, CA 96056
Contact: (530) 225-5168
Last Verified On: 05/13/2020

Anderson WIC Office

Location: 2889 E Center Street
Anderson, CA 96007
Contact: (530) 225-5168
Last Verified On: 05/13/2020

Burney WIC Office

Location: 37092 Main Street
Burney, CA 96013
Contact: (530) 225-5168
Last Verified On: 05/13/2020

WIC Downtown Redding – Atrium Office

Location: 1670 Market Street, Suite 300
Redding, CA 96001
Contact: (530) 225-5168
Last Verified On: 05/13/2020

Shingletown WIC Office

Location: 7752 Ponderosa Way
Shingletown, CA 96088
Contact: (530) 225-5168
Last Verified On: 5/13/2020

Shasta Lake WIC Office

Location: 4216 Shasta Dam Boulevard
Shasta Lake, CA 96019
Contact: (530) 225-5168
Last Verified On: 05/13/2020

Enterprise WIC Office

Location: 2757 Churn Creek Road, Suite B
Redding, CA 96002
Contact: (530) 225-5168
Last Verified On: 05/13/2020





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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

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

Paternal Postpartum Depression Guide

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

Last Verified On: 07/01/2020

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

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



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PERINATAL SUBSTANCE USE RESOURCES

Perinatal Alcohol and Drug Program

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management. An on-site child care co-op and transportation are available. Babies under the age of 4 months can remain with their mothers during treatment.”

Location: 1506 Market Street
Redding, CA 96001

Contact: (530) 245-6411

Website:

<https://www.co.shasta.ca.us/index/hhsa/alcohol-tobacco-drugs/perinatal-program>

Last Verified On: 04/24/2020

Outpatient Alcohol and Drug Program

“The outpatient program focuses on treatment of alcohol and drug abuse and provides individual and group counseling, substance abuse education, crisis intervention, assessment and referral services.”

Location: 1506 Market Street
Redding, CA 96001

Contact: (530) 225-5200

Crisis Access Line: (530) 225-5252

Website:

<https://www.co.shasta.ca.us/index/hhsa/alcohol-tobacco-drugs/outpatient-programs>

Last Verified On: 04/24/2020

Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

Contact: (530) 229-8431

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

Last Verified On: 04/24/2020



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SUPPORT GROUPS

DADS Chat with an Expert – Postpartum Support International

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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

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