



SONOMA COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES

Pregnancy and Infancy Care – County of Sonoma

“Prenatal care is the act of having a healthy lifestyle while you are pregnant.”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Pregnancy-and-Infant-Care/>

Last Verified On: 6/23/2020

Alliance Medical Center – Comprehensive Perinatal Services Program

“Offers the Comprehensive Perinatal Services Program (CPSP) which includes a wide range of culturally competent services to Medi-Cal pregnant women, from conception through 60 days postpartum.”

Windsor: 8465 Old Redwood Hwy, #320 Windsor, CA 95492

Contact: (707) 433-5494

Healdsburg: 1381 University Ave, Healdsburg, CA 95448

Contact: (707) 433-5494

Website: <https://alliancemed.org/services/>

Last Verified On: 06/16/2020

Bridges Pregnancy Clinic and Care Center

“Provides pregnancy services and support at no charge.”

Location: 750 Mendocino Ave, Ste. 1 Santa Rosa, CA 95401

Contact: (707) 575-9000

Website:

<https://www.bridgespregnancyclinic.org/>

Last Verified On: 06/16/2020



Super Mama / Comprehensive Prenatal Services Program - Santa Rosa Community Health Center

“A special prenatal care program at our Dutton, Lombardi, and Vista campuses. Gives you caring support throughout your pregnancy.”

Contact to enroll: (707) 303-3600

Website: <https://srhealth.org/service/womens-health-pregnancy-care/>

Last Verified On: 6/23/2020

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: 06/16/2020



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PREGNANCY SUPPORT SERVICES

My Navigator Program

“A warm line designed to provide free resources and information to women and their families during pregnancy, birth, breastfeeding, and early parenthood during the COVID-19 pandemic. 7 days a week from 9 a.m. – 5 p.m.”

Contact: (707) 902-3031

Website:

<https://www.betterbeginningsforbabies.org/new/s/introducing-the-my-navigator-program>

Last Verified On: 10/1/2020

ADOPTION RESOURCES

Liliput Families

“Adoption, Resource Family Approval/Family Evaluation, Kinship Support Services Program”

Location: 2255 Challenger Way, Ste. 100
Santa Rosa, CA 95407

Contact: (707) 603-3500

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

Last Verified On: 06/30/2020

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

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



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HOME VISITING PROGRAMS

Sonoma County Maternal Child, and Adolescent Health

“Home visits provided by a Public Health Nurse to low-income pregnant women, and women parenting a child under 5 years of age, who have medical and/or social risk factors.”

Location: 625 5th Street

Santa Rosa, CA 95404

Contact: (707) 565-4494

Toll Free Line: (800) 427-8982

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Home-Visiting/>

Last Verified On: 06/15/2020

Child Parent Institute

“Offers in-home parenting services for parents who are unable to attend classes or who may want individual attention for a particular parenting or child behavior challenge.”

Location: 3650 Standish Avenue

Santa Rosa, CA 95407

Contact: (707) 585-6108

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

Last Verified On: 06/15/2020

WOMEN, INFANTS, AND CHILDREN (WIC)

“Nutritional program that helps pregnant women, mothers, and young children eat well and stay healthy.”

Petaluma

Location: 1179 North McDowell Boulevard

Petaluma, CA 94954

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 06/16/2020

Santa Rosa

Location: 1450 Guerneville Road

Santa Rosa, CA 95403

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 06/16/2020

Guerneville

Location: 16390 Main Street

Guerneville, CA 95446

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 06/16/2020

Sonoma

Location: 19270 Sonoma Highway

Sonoma, CA 95476

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 06/16/2020



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WOMEN, INFANTS, AND CHILDREN (WIC), Continued

Windsor

Location: 8465 Old Redwood Hwy, Suite 310,
Windsor CA, 95492

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 06/16/2020

Cloverdale

Location: 223A S. Cloverdale Blvd.
Cloverdale, CA 95425

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 06/16/2020

Healdsburg

Location: 1381 University St.
Healdsburg, CA 95448

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 06/16/2020

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

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



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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

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

New Mom’s Group

“A postpartum group for Moms with babies up to 1 year. A place to connect, build community and make friends. A safe place to share stories and discover you are not alone.”

Location: Santa Rosa Birth Center

583 Summerfield Road,

Santa Rosa, CA 95405

Dates/Hours: 2nd and 4th Friday every month
from 10:30 a.m. – noon

Contact: (707) 238-5224

Website:

<https://www.sonomacounseling.net/therapy>

Last Verified On: 6/23/2020

PERINATAL SUBSTANCE USE RESOURCES

Drug Free Babies Program – Sonoma County Department of Health Services

“Are you pregnant or the parent of a young child? Have you recently used alcohol or other drugs? We can help. To be eligible you must be pregnant or have a baby under one year of age”

Contact: (707) 565-7463

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Drug-Free-Babies/>

Last Verified On: 07/01/2020

Women and Perinatal Community SUD Provider Directory

“Behavioral Health partners with community-based agencies under contract to provide addiction treatment services, and provides oversight, training, quality assurance and site monitoring for these programs.”

Contact: (707) 565-7450

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Substance-Use-Disorder-Services/>

Last Verified On: 07/23/2020



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SUPPORT GROUPS

Managing Moods During & After Pregnancy

“Open to Kaiser Permanente members only.
Free, newborn/infant drop ins welcome (no
need to schedule or register)”

Location: Psychiatry Campus
3558 Round Barn Blvd., Group Rm. #3
Santa Rosa, CA 95401

Date/Time: Tuesdays from 3 p.m. – 4:30 p.m.
Last Verified On: 06/30/2020

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

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

Santa Rosa Mothers Club

“Network of local parents who strive to support,
encourage, and strengthen each other as we
raise our young children.”

Email: santarosamothers@gmail.com

Website: <https://srmc46.wildapricot.org/>

Note: Annual Membership: \$35.00
Last Verified On: 06/30/2020

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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BREASTFEEDING SUPPORT SERVICES

Sonoma County Department of Health Services – Breastfeeding Support

“Breastfeeding Resource Guides, Know Your Rights: Breastmilk Expression in the Workplace, Helpful Tips.”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Breastfeeding-Support/>

Last Verified On: 06/30/2020

Le Leche League

“Provide support, encouragement, information, and education to families who want to breastfeed.”

Location: Women’s Health and Birth Center
583 Summerfield Road,
Santa Rosa, CA

Dates/Hours: 1st Friday of the month at 10:30 a.m.

Contact: (707) 523-8697

Website:

<http://llnorcal.org/groups/santarosaca/>

Last Verified On: 06/16/2020

Free Breastfeeding Support Clinic- Better Beginnings

“We meet each Monday, Wednesday and Friday morning, for free breastfeeding support, tea and cookies!”

Note: Visit website for locations/times

Website:

<https://www.betterbeginningsforbabies.org/free-breastfeeding-support.html>

Last Verified On: 06/23/2020

Breastfeeding Home Visit Program – Better Beginnings

“Provides mothers with free, in-home assistance. This service is available to all women regardless of income, where you live, or where you gave birth.”

Contact: (707) 902-3031

Website:

<https://www.betterbeginningsforbabies.org/breastfeeding.html>

Last Verified On: 06/23/2020

Sonoma County Breastfeeding Coalition Resource Guide:

“Agencies listed here have International Board Certified Lactation Consultants (ILBCC’s) who are the most qualified to help moms experiencing breastfeeding problems.

English:

<file:///P:/Users/ncurreri/Downloads/Breastfeeding%20Resource%20Guide%20English%202019.pdf>

Spanish:

<file:///P:/Users/ncurreri/Downloads/Breastfeeding%20Resource%20Guide%20Spanish%202019.pdf>

Last Verified On: 06/30/2020

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

Redwood Gospel Mission – The Rose

“A 30-day emergency shelter for single women and women with children (girls of all ages and boys 11 and under).”

Contact: (707) 573-0490

Website: <https://www.srmission.org/ministries>

Last Verified On: 06/16/2020

Community Action Partnership Sonoma County – Sloan House

“A 22-bed shelter that offers temporary housing and supportive services to women and their children. Can serve women with up to two children.”

Contact: (707) 544-6911

Website:

<https://www.capsonoma.org/temporary-housing/>

Last Verified On: 06/15/2020

The Living Room Center – Mother and Child Program

“Day shelter for women and children from Sonoma County who are experiencing homelessness. We provide a respite to homeless women and their families where they can relax, have access to services, take showers, do laundry and enjoy two hot meals a day.”

Location: 1207 Cleveland Avenue
Santa Rosa, CA 95401

Dates/Hours: Monday, Tuesday, Thursday, Fridays 8:00 am – 3:00 pm; Wednesdays 8:00 am – 1:30 pm.

Contact: (707) 579-0142

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

Last Verified On: 06/16/2020

SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES

Santa Rosa Office

“Helpful social services and programs for residents of all ages.”

Location: 3600 Westwind Boulevard
Santa Rosa, CA 95403

Contact: (707) 565-5800

Website:

<https://sonomacounty.ca.gov/Human-Services/>

Last Verified On: 06/17/2020

South County Center

“Find in-person help with applications and support for these programs: Adult & Aging, Economic Assistance, Employment & Training, Family, Youth & Children, and Other Services”

Location: 5350 Old Redwood Highway, Suite 100

Petaluma, CA 94954

Contact: (707) 565-5800

Website: <http://sonomacounty.ca.gov/Human-Services/Locations/South-County-Center/>

Last Verified On: 06/17/2020



SONOMA COUNTY PERINATAL RESOURCES

SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES, Continued

Economic Assistance

“Many low-income individuals and families with children, disabled or unemployed persons, children in foster homes and former foster youth can apply for benefits.”

Location: 2550 Paulin Drive
Santa Rosa, CA 95403

Contact: (877) 699-6868

Website:

<https://sonomacounty.ca.gov/Human-Services/Economic-Assistance/>

Last Verified On: 10/19/2020