



# SONOMA COUNTY PERINATAL RESOURCES

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

## ABORTION INFORMATION

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### 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: 12/19/2022

### 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](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 12/19/2022

## PREGNANCY SUPPORT SERVICES

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### Infant and Children’s Health – County of Sonoma

“Sonoma County Maternal Child and Adolescent Health is dedicated to promoting physical, social, and emotional health and well-being for pregnant persons, children, adolescents, and their families through information, education, and resources. We are committed to inclusion, diversity, and anti-racist values. All community members are welcome and safe to use our services.”

**Website:**

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

Last Verified On: 12/21/2022

### 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: 12/21/2022

### Bridges Pregnancy Clinic and Care Center

“All of our services are provided free of charge with no insurance or income qualifications.”

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

**Contact:** (707) 575-9000

**Website:**

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

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## **PREGNANCY SUPPORT SERVICES, Continued**

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### **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: 12/21/2022

### **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/introducing-the-my-navigator-program>

Last Verified On: 12/21/2022

### **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: 12/21/2022

## **ADOPTION RESOURCES**

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### **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.liliput.org/>

Last Verified On: 12/21/2022

### **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:** Pregnant? (800)-972-9225 Want to Adopt? (415) 359-2494

**Website:**

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

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## **ADOPTION RESOURCES, Continued**

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### **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/ree\\_info](https://www.americanadoptions.com/pregnant/ree_info)

Last Verified On: 12/21/2022

### **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: 12/21/2022

## **CAR SEAT PROGRAMS**

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### **Saint Joseph Health – Car Seat and Booster Seat Education and Distribution Program**

“Offers reduced cost car seats for income-eligible families, education and checkups for car seat installation.”

**Location:** 500 Doyle Park Drive  
Santa Rosa, Ca. 95405

**Contact:** (707) 522-1413 Ext. 151

Last Verified On: 12/21/2022

### **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: 12/21/2022



# SONOMA COUNTY PERINATAL RESOURCES

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## WOMEN, INFANTS, AND CHILDREN (WIC)

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

### 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: 12/21/2022

### 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: 12/21/2022

### 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: 12/21/2022

### Sonoma

**Location:** 19270 Sonoma Highway  
Sonoma, CA 95476

**Contact:** (707) 565-6590

**Toll Free:** (800) 816-3663

**Website:** [https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/public-health/woman-infants-and-children-\(wic\)/locations](https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/public-health/woman-infants-and-children-(wic)/locations)

Last Verified On: 12/21/2022

### Windsor

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

**Contact:** (707) 431-0831

**Website:** [https://www.wicprograms.org/ci/ca-santa\\_rosa](https://www.wicprograms.org/ci/ca-santa_rosa)

Last Verified On: 12/21/2022

### Healdsburg

**Location:** 1381 University St.  
Healdsburg, CA 95448

**Contact:** (707) 431-0831

**Website:** [https://www.wicprograms.org/ci/ca-santa\\_rosa](https://www.wicprograms.org/ci/ca-santa_rosa)

Last Verified On: 12/21/2022



# SONOMA COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### Sonoma County Home Visiting

“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 5<sup>th</sup> 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: 12/21/2022

### 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: 12/21/2022

## MATERNAL MENTAL HEALTH RESOURCES

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### 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: 12/21/2022

### 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: 12/21/2022

### Paternal Postpartum Depression Guide

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

Last Verified On: 12/21/2022

## POSTPARTUM SUPPORT SERVICES

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### 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) 203-7773

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

Last Verified On: 12/21/2022

### 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/>

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# SONOMA COUNTY PERINATAL RESOURCES

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## POSTPARTUM SUPPORT SERVICES CONTINUED

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### **Postpartum Mom’s 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.”

**Contact:** (707) 331-6565

**Email:** [sonomacounseling@gmail.com](mailto:sonomacounseling@gmail.com)

**Website:**

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

Last Verified On: 12/21/2022

### **4<sup>th</sup> 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: 12/21/2022

## PERINATAL SUBSTANCE USE RESOURCES

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### **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: 12/21/2022

### **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: 12/21/2022

### **Women and Perinatal Community SUD Provider Directory (PDF)**

“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/>

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## SUPPORT GROUPS

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### Managing Moods During & After Pregnancy

“Open to Kaiser Permanente members only.  
Meet with new and expecting moms to discuss  
challenging moods and get support for  
unexpected responses to motherhood.”

**Contact:** (707) 765-3774

**Website:**

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanrafael/health-resources-2/health-education-programs-and-classes/support-groups/managing-your-moods-during-pregnancy-and-postpartum/>

Last Verified On: 12/21/2022

### Postpartum Support International Online Support Meetings

“Weekly online support meetings”

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

Last Verified On: 12/21/2022

### 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](mailto:santarosamothers@gmail.com)

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

**Note:** Annual Membership: \$35.00

Last Verified On: 12/21/2022

### Pregnant & Postpartum Support Group – Cherished Mom

“You are not alone! We understand that the transition isn’t always joyful, exciting or fun and we get it! We hope you can join us!”

**Dates/Hours:** Weekly, Tuesdays at 11 a.m.

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

**Register:**

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

Last Verified On: 12/21/2022

### Perinatal Grief & Loss Support Group – Cherished Mom

“ ‘Like scattered seeds, memories bloom forever’ 1 in 4 people will experience a pregnancy or infant loss. Please join us as we connect with others in a safe, sacred space.”

**Dates/Hours:** Every other Friday at 4 p.m. EST

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

**Register:**

<https://www.cherishedmom.org/grieflossregistration/>

Last Verified On: 12/21/2022

### 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: 12/21/2022



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## BREASTFEEDING SUPPORT SERVICES

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### **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: 12/21/2022

### **Free Breastfeeding Café – 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: 12/21/2022

### **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: 12/21/2022

### **Le Leche League**

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

**International Website:** <https://www.llli.org/>

Last Verified On: 12/21/2022

### **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: 12/21/2022

### **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>

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## HOUSING

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### **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: 12/21/2022

### **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: 12/21/2022

### **The Living Room Center – Mother and Child Program**

“Women’s Program, Mother & Child (MAC) Program Room, Resource Room”

**Location:** 1335 North Dutton Ave.

Santa Rosa, CA 95401

**Contact:** (707) 579-0138

**Website:**

<https://thelivingroomsc.org/resources/#resources>

Last Verified On: 12/21/2022

## SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES

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### **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: 12/21/2022

### **Maternal, Child, and Adolescent Health**

“Pregnancy and Women’s Health, Infant and Children’s Health, Teen Health, Get Health Insurance/Find a Doctor”

**Website:**

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

Last Verified On: 12/21/2022

### **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: 12/21/2022





# SONOMA COUNTY PERINATAL RESOURCES

## SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES, Continued

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### **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: 12/21/2022

## FINANCIAL RESOURCES

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### **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: 12/21/2022