



SONOMA 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/?fwpcountrysearch=united-states&fwpcstatesearch=unitedstates=ca>

Last Verified On: 05/31/2024



PREGNANCY SUPPORT SERVICES

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: 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: 05/05/2023

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: 05/31/2024

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/>

Last Verified On: 05/31/2024



SONOMA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

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: 05/05/2023

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: 05/05/2023

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.liliput.org/>

Last Verified On: 05/05/2023

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: 05/05/2023

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: 05/05/2023

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.jfcs.org/im-pregnant/>

Last Verified On: 05/05/2023

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: 05/05/2023



SONOMA COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Sonoma County WIC

“Nutritional program that helps pregnant women, mothers, and young children eat well and stay healthy. WIC provides access to nutritious foods, nutrition education, breastfeeding support, and referrals to local resources.”

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

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

Last Verified On: 04/14/2025

Santa Rosa WIC Office

Location: 1450 Guerneville Road

Santa Rosa, CA 95403

Contact: (707) 565-6590

Last Verified On: 04/14/2025

Petaluma Health Center

Location: 1179 North McDowell Boulevard

Petaluma, CA 94954

Contact: (707) 565-6590

Last Verified On: 04/14/2025

Guerneville WIC Office

Location: 16390 Main Street

Guerneville, CA 95446

Contact: (707) 565-6590

Last Verified On: 04/14/2025

Sonoma WIC Office

Location: 19080 Lomita Ave

Sonoma, CA 95476

Contact: (707) 565-6590

Last Verified On: 04/14/2025

HOME VISITING PROGRAMS

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 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: 05/05/2023

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: 05/05/2023



SONOMA COUNTY PERINATAL RESOURCES

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

Paternal Postpartum Depression Guide

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

Last Verified On: 05/05/2023

National Maternal Mental Health Hotline

“Free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy. We have English- and Spanish-speaking counselors.”

Call/text: 1 (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: 09/20/2024

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: 05/05/2023

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) 203-7773

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

Last Verified On: 05/05/2023

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: 05/05/2023

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

Website:

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

Last Verified On: 05/05/2023

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: 05/05/2023



SONOMA COUNTY PERINATAL RESOURCES

SUPPORT GROUPS

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: 05/05/2023

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: 05/05/2023

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

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

Note: Annual Membership: \$35.00

Last Verified On: 05/31/2024

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/perinatalsupport-2/>

Last Verified On: 05/31/2024

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: 05/05/2023

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: 11/08/2024



SONOMA COUNTY PERINATAL RESOURCES

SUPPORT GROUPS, Continued

Nursing with Nurses | Lactancia Materna para padres

“Free breast/chestfeeding support and community with Public Health Nurses. Come get answers to your breast/chestfeeding questions. Information about other community resources for parents and families will also be available. | Apoyo gratuito/para la lactancia materna con enfermeras de Salud Pública y comunidad. Venga y obtenga respuestas a sus preguntas sobre lactancia materna. También habrá información disponible sobre otros recursos comunitarios para padres y familias.”

Dates / Hours | Fechas / Horas: Thursdays from 10:30 a.m. – noon / todos los Jueves de 10:30 a.m. – 12 p.m.

Location | Dónde: 625 5th Street, Santa Rosa, CA 95404

Questions? Call | ¿Preguntas? Llame: (707) 565-4440

Last Verified On: 05/31/2024

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: 05/05/2023

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/>

Last Verified On: 05/05/2023



SONOMA COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES, Continued

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: 05/05/2023

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: 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_English.pdf)

Last Verified On: 05/31/2024

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: 05/31/2024

Le Leche League

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

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

Last Verified On: 05/31/2024



SONOMA COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT SERVICES, Continued

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: 05/31/2024

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: 05/31/2024

CAR SEAT PROGRAMS

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: 05/05/2023

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



SONOMA COUNTY PERINATAL RESOURCES

HOUSING RESOURCES

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024

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: 05/31/2024



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: 05/31/2024