



COLUSA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Maternal Child Adolescent Health Program (MCAH)

“The Maternal, Child and Adolescent Health (MCAH) program strives to develop systems that protect and improve the health of women, infants, children, adolescents and their families.”

Location: 251 East Webster Street
Colusa, CA 95932

Contact: (530) 458-0380

Toll Free: (800) 655-3110

Website:

[https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Pregnancy/CPSPPublic.as](https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Pregnancy/CPSPPublic.aspx)

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Last Verified On: 05/31/2024

Family Action Centers of Colusa County – Arbuckle

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

Location: 812 King Street
Arbuckle, CA 95912

Contact: (530) 476-0822

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

Last Verified On: 05/31/2024

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: 05/08/2023



Family Action Centers of Colusa County – Williams Center

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

Location: 602 12th Street
Williams, CA 95987

Contact: (530) 473-5400

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

Last Verified On: 05/31/2024

Family Action Centers of Colusa County – First 5 Colusa Office

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

Location: 217 9th Street Suite B
Colusa, CA 95932

Contact: (530) 458-5555

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

Last Verified On: 05/31/2024

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: 05/31/2024



COLUSA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

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

Women’s Connect

“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) 225-5850

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

Last Verified On: 05/31/2024

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/?fwp_country_search=united-states&fwp_state_search_united_states=ca

Last Verified On: 05/31/2024

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: 05/08/2023

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: (800) 972-9225

Website:

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024



COLUSA COUNTY PERINATAL RESOURCES

ADOPTION SERVICES, Continued

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: 05/31/2024

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: 05/31/2024

CAR SEAT PROGRAMS

Child Safety Seat Program

“Classes are currently being held at the local Family Action Centers and First 5 Colusa by a certified car seat technician. Classes are held monthly in English and in Spanish. As part of the class, the technician will assist in the proper installation of your car seat. Families may qualify for a free car seat.”

Arbuckle

Location: 812 King Street
Arbuckle, CA 95912

Contact: (530) 476-0822

Website:

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

Williams Center

Location: 602 12th Street
Williams, CA 95987

Contact: (530) 473-5400

Website:

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

First 5 Colusa Office

Location: 217 9th St Suite B
Colusa, CA 95932

Contact: (530) 458-5555

Website:

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

OTS - California Office of Traffic Safety

“OTS Website includes a listing of child passenger safety education and low-cost purchase or loaner programs in each county.”

Toll Free Contact: (916) 509-3030

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 05/31/2024

Child Safety Seats – Health and Human Services

“Offer a free car seat to expecting mothers who attend a child safety seat class! To earn a free coupon for the class, participants must be seen by a participating doctor, receive Medi-Cal, and attend three Comprehensive Perinatal Services Program (CPSP) classes”

Contact: (530) 225-5168

Website:

<https://www.co.shasta.ca.us/index/hhsa/health-safety/child-safety-seats>

Last Verified On: 05/31/2024



COLUSA COUNTY PERINATAL RESOURCES

HOUSING

Colusa County Housing Assistance Programs

“Colusa County believes in utilizing a Housing First approach, which includes housing individuals without preconditions and helping customers secure permanent housing as soon as possible.

Location: 251 East Webster Street
Colusa, CA 95932

Contact: (530) 458-0259

Website:

<https://www.countyofcolusa.org/800/Housing-Assistance-Programs>

Last Verified On: 05/31/2024

Colusa County CalWORKs Housing Support Program (HSP)

“The CalWORKs Housing Support Program (HSP) gives housing stability for families experiencing, or at risk of, homelessness in the CalWORKs program. HSP offers financial assistance and housing-related supportive services, including but not limited to: rental assistance, housing navigation, case management, security deposits, utility payments, moving costs, interim shelter assistance, legal services, and credit repair.

Location: 251 East Webster Street
Colusa, CA 95932

Contact: (530) 458-0259

Website:

<https://www.countyofcolusa.org/800/Housing-Assistance-Programs>

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICE

La Leche League of Northern California and Hawaii

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

Contact: (877) 375-6645 Ext. 3

Website: <https://llnocal.org/>

Last Verified On: 05/08/2023

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Women, Infants and Children (WIC) - Colusa

“WIC serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods, information on healthy eating, and referrals to health care.”

Location: 515 Fremont Street
Colusa, CA 95932

Contact: (530) 458-5503

Website: <https://www.amplahealth.org/wic/>

Last Verified On: 05/31/2024

Women, Infants and Children (WIC) - Arbuckle

“WIC serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk”

Location: 89 Putnam Way
Arbuckle, CA 95912

Contact: (530) 458-5503

Website: <https://www.amplahealth.org/wic/>

Last Verified On: 05/31/2024



COLUSA 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

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

Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

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: (800) 944-4773

Text Spanish: (971) 203-7773

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

Last Verified On: 05/31/2024

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: 1-800-944-4773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024

PERINATAL SUBSTANCE USE RESOURCES

Women’s Connect to Wellness & Recovery

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

Contact: (530) 225-5850

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

Last Verified On: 05/31/2024



COLUSA COUNTY PERINATAL RESOURCES

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 05/31/2024

SUPPORT GROUPS

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: 1-800-944-4773

Website: <https://www.postpartum.net/get-help/help-for-dads/>

Last Verified On: 05/31/2024

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: 05/31/2024

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