



# DEL NORTE COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Family Resource Center of the Redwoods – Awaiting Arrivals Program

“A six week prenatal class designed to answer questions and connect new parents with other families.”

**Location:** 494 Pacific Avenue  
Crescent City, CA 95531

**Contact:** (707) 464-0955

**Website:**

<https://www.fcredwoods.org/programs>

Last Verified On: 05/31/2024

### Sutter Coast Hospital Family Birth Center

“Sutter Coast Hospital's Family Birth Center is a family-centered facility for maternity and newborn care. We offer private all-in-one labor, delivery, recovery and postpartum rooms in a setting that is both caring and comfortable.”

**Location:** 800 East Washington Boulevard  
Crescent City, CA 95531

**Contact:** (707) 464-8511

**Website:** <https://www.sutterhealth.org/find-location/facility/sutter-coast-hospital-birth-center>

Last Verified On: 05/31/2024



### DHCS Doula Directory

“The Doula Directory lists Medi-Cal enrolled doulas by county who opted to be included in the directory. It includes their specialties, language, ethnicity, contact information, and other information that doulas shared with DHCS for the directory.”

**Website:**

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx>

**Directory:**

<https://www.dhcs.ca.gov/services/med-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2024

## ADOPTION RESOURCES

### American Adoptions

“For information regarding our services or to request an adoption information kit, simply contact us today.”

**Toll Free Contact:** (800) ADOPTION (236-7846)

**Website:**

[https://www.americanadoptions.com/pregnant/free\\_info](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



# DEL NORTE COUNTY PERINATAL RESOURCES

## 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: 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/?fwc\\_country\\_search=united-states&fwc\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwc_country_search=united-states&fwc_state_search_united_states=ca)

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICES

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### Del Norte County Breastfeeding Coalition

“Vision: For breastfeeding to be the cultural and social norm in Del Norte County.”

**Contact:** (707) 464-0942

**Website:**

<https://californiabreastfeeding.org/coalition-information/communitycoalitions/members/del-norte-county-breastfeeding-coalition/>

Last Verified On: 05/31/2024

### Sutter Coast Hospital Breastfeeding Support Services

“We offer breastfeeding support services including: Childbirth classes that include training on breastfeeding. Phone advice line for breastfeeding questions. In-hospital breastfeeding classes. Rental of breast pumps and purchase of breastfeeding supplies (breast pads, nipple creams) at our hospital shops. One-on-one support from lactation consultants.”

**Location:** 800 East Washington Boulevard  
Crescent City, CA 95531

**Contact:** (707) 954-6628

**Website:**

<https://www.sutterhealth.org/services/pregnancy-childbirth/coast-breastfeeding-support>

Last Verified On: 05/31/2024

## CAR SEAT PROGRAMS

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### Del Norte Child Care Council

“Provides car seat safety information and car seat checks by certified Child Passenger Safety Technicians...car seats available to rent for a 6 month rental period...offers no cost car seats to income qualifying families.”

**Location:** 212 K Street  
Crescent City CA 95531

**Contact:** (707) 464-8311

**Website:** <https://www.dnccc.com/parents/car-seats/>

Last Verified On: 05/31/2024



# DEL NORTE COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### Del Norte MCAH – Nurse Home Visiting Program

“We visit pregnant women & new mothers in their homes to provide support during a time of incredible change. We answer health questions, listen to concerns, help with breastfeeding, help to schedule OB appointments, provide birth control counseling, aid in transportation to medical appointments & connect mothers to community resources.”

**Contact:** (707) 464-0861 ext. 2811

**Website:** <https://www.co.del-norte.ca.us/departments/PublicHealth/MCAH>

Last Verified On: 05/31/2024

### The Pregnancy Care Center

“We connect you to the nearest free service using the best technology and highly trained staff. We understand that you may have an urgent question regarding pregnancy and other medical and non-medical services.”

**Location:** 110 W Washington Blvd  
Crescent City, CA 95531

**Contact:** (707) 464-3233

**Website:** <https://optionsforpregnancy.com/free-clinic/the-pregnancy-care-center-of-crescent-city/>

Last Verified On: 05/31/2024

## HOUSING

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### CalWORKs Homeless Assistance Program

“The CalWORKs Homeless Assistance program serves CalWORKs recipients who are homeless or at risk of homelessness.”

**Location:** 880 Northcrest Drive  
Crescent City, CA. 95531

**Contact:** (707) 464-3191

**Website:** <https://www.co.del-norte.ca.us/DHHS-PA-HomelessAssistance>

Last Verified On: 05/31/2024

## MATERNAL MENTAL HEALTH

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### 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

### 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: 05/31/2024



# DEL NORTE COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH, Continued

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### Paternal Postpartum Depression Guide

“Parenting Pod consists of a team of licensed physicians and therapists who are committed to improving the mental health & wellbeing of families. Our goal is to provide informational and educational material based on the latest research and on our own clinical experience, yet presented in an easy-to-read format.”

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

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

## POSTPARTUM SUPPORT SERVICES

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### Del Norte Child Care Council

“Supporting services for Del Norte County by bringing families and professionals resources in, child care subsidy, family child care referrals, food program for family child care providers, toy lending library, parent education, supervised visitation, school readiness, child abuse prevention, car seat lending, childcare centers for preschool, after school care and more.”

**Location:** 212 K Street

Crescent City CA 95531

**Contact:** (707) 464-8311

**Website:** <https://www.dnccc.com/contact-us/>

Last Verified On: 05/31/2024

## PERINATAL SUBSTANCE USE RESOURCES

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### Oxford House

“Recovery Services for Men, Women, and Children”

**Location:** 230 Lauff Avenue

Crescent City, CA 95531

**Contact:** (707) 460-6089

**Website:** <http://www.co.del-norte.ca.us/departments/health-human-services/social-services-branch/adult-and-family-services/community-resources>

Last Verified On: 05/31/2024



# DEL NORTE COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

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### Circle of Moms, Pregnant and New Mothers Support Group

“Let’s support each other’s breastfeeding needs. Get breastfeeding questions answered, assistance with latching, meet other new moms, baby weigh check, and more. ”

**Location:** 494 Pacific Avenue  
Crescent City, CA 95531

**Contact:** (707) 464-7293

**Website:** [Support groups - The Mother Baby Center](#)

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”

**Contact:** (800)944-4773

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

Last Verified On: 05/31/2024

## PHC MEMBER BENEFITS

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### 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.”

**Website:**

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqlItem28>

Last Verified On: 05/31/2024

## WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

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### Del Norte County WIC Office

“The Del Norte County WIC Program serves low to medium income families living in California, including families who are newly pregnant, who just had a baby, or have children under 5 years old.”

**Location:** 440 L St.,  
Crescent City, CA 95531

**Contact:** (707) 464-0942

**Website:** <https://www.co.del-norte.ca.us/departments/PublicHealth/WIC>

**State Website:**

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

Last Verified On: 04/01/2025