



HUMBOLDT COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Humboldt County Maternal, Child & Adolescent Health

"MCAH services and administer special projects in the area of maternal and child health, provide professional and community health education, and conduct the applicable programs for all women, infants, children, and adolescents in Humboldt County to have full access to preventive care, health care, and dental care."

Contact: (707) 445-6210

Care Line for Family Health: (800) 698-0843

Website:

<https://humboldt.gov/1013/Maternal-Child-Adolescent-Health>

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/medi-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2024



Perinatal Services – Public Health

"Goal of the Perinatal Services Program is to improve the health of low-income pregnant women and give their babies a healthy start in life by connecting individuals to resources and services."

Location: 908 Seventh Street,
Eureka, CA 95501

Contact: (707) 445-6210

Website: <http://humboldt.gov/656/Perinatal-Services>

Last Verified On: 05/31/2024

North Country Prenatal Services

"Childbirth Education classes offered in Arcata and Eureka, Yoga classes offered in Eureka, Parenting and Breastfeeding groups offered in McKinleyville and Eureka. Please call for more information."

Location: 3800 Janes Rd, Suite 101
Arcata, CA 95521

Contact: (707) 822-1385

Website:

<https://opendoorhealth.com/locations/northcountry-prenatal-services/>

Last Verified On 05/31/2024



HUMBOLDT COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

Paso a Paso, (Step by Step)

“Paso a Paso offers preventative information and support to the Latino community. The bilingual staff provides childbirth education, breast feeding support, parenting classes, home visits, resource referrals and support groups to communities served by St. Joseph and Redwood Memorial Hospitals.”

Location: 2700 Dolbeer St. Eureka, CA 95501

Contact: (707) 296-0618

Website: [https://www.stjoehumboldt.org/for-community/paso-a-paso-step-by-step-/](https://www.stjoehumboldt.org/for-community/paso-a-paso-step-by-step/)

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 Horizons

“Infant Placement Program”

Location: 10 W Seventh Street, Suite F
Eureka, CA 95501

Contact: (707) 444-9909

Website: <http://www.adoption-horizons.org/>

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

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



HUMBOLDT COUNTY PERINATAL RESOURCES

CAR SEAT PROGRAMS

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. Also included in each county’s listing is the information for the local designated Child Passenger Safety (CPS) Coordinator.”

Contact: (707) 445-6030

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

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Nurse Family Partnership

“Nurse-Family Partnership is a free home visiting program that partners nurses with first-time moms early in their pregnancy. A free Registered Nurse can give you the support, advice and information you need as a new mom.”

Contact: (707) 268-2105

Toll Free: (855) 707-9355

Website: <https://humboldt.gov.org/578/Nurse-Family-Partnership>

Last Verified On: 05/31/2024

Southern Humboldt Family Resource

“Family health care providers in the Garberville-Redway area. Providing family counseling services, teen pregnancy & parenting support, nutritional guidance, and home visits.”

Location: Garberville / Redway, California

Contact: (707) 923-1147

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

Last Verified On: 05/31/2024

PERINATAL CLASSES

St. Joseph Hospital – Eureka

“St. Joseph Hospital, Eureka is committed to meeting the highest standards in health care delivery while ministering to the needs of the whole person – body, mind and spirit.”

Location: 2700 Dolbeer St. Eureka CA 95501

Contact: (707)445-8121

Website:

<https://www.providence.org/locations/norcal/st-joseph-hospital-eureka/classes-and-events>

Last Verified On: 05/31/2024

Open Door Community Health Center

“6-week Childbirth Education classes emphasize the basic anatomy and physiology of birth.”

Location: 3800 James Road Suite 101, Arcata CA 95521

Contact: (707)822-1385

Website: <https://opendoorhealth.com/patient-resources/pregnancy-resources/>

Last Verified On: 05/31/2024



HUMBOLDT COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, AND CHILDREN PROGRAM (WIC)

Humboldt County WIC

"The Women, Infants and Children (WIC) Supplemental Nutrition Program is for income-eligible pregnant, breastfeeding, postpartum women, and children under the age of 5 who have a nutritional need. WIC is a federally funded program, administered by the California Department of Public Health... WIC services include nutrition and health information, monthly food benefits for healthy foods, breastfeeding support, and referrals to healthcare and other community resources."

Website: <https://humboldtgov.org/657/Women-Infants-Children-WIC>

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

Last Verified On: 04/02/2025

Eureka WIC Clinic

Location: 908 Seventh St.
Eureka, CA 95501

Contact: (707) 445-6255

Last Verified On: 04/02/2025

Garberville WIC Clinic

Location: 727 Cedar St.
Garberville, CA 95542

Contact: (707) 923-2779

Last Verified On: 04/02/2025

Fortuna WIC Clinic

Location: 3306 Renner Drive
Fortuna, CA 95540

Contact: (707) 726-9427

Last Verified On: 04/02/2025

McKinleyville WIC Clinic

Location: 1615 Heartwood Drive
McKinleyville, CA 95519

Contact: (707) 445-6255 or (707) 839-1173

Last Verified On: 04/02/2025

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: 05/31/2024

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

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



HUMBOLDT COUNTY PERINATAL RESOURCES

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) 203-773

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

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

Paso a Paso, St. Joseph’s

“Childbirth education, parenting, breast feeding, fatherhood and positive discipline support classes offered in Spanish.”

Location: 2200 Harrison Ave,
Eureka, CA 95501

Contact: (707) 441-4477

Website: [https://www.stjoehumboldt.org/for-community/paso-a-paso-step-by-step-/](https://www.stjoehumboldt.org/for-community/paso-a-paso-step-by-step/)

Last Verified On: 05/31/2024

PERINATAL SUBSTANCE USE RESOURCES

Healthy Moms Program

“Healthy Moms is an alcohol and drug addiction treatment program. Its goals are to assist women in treating their addictions and to support them to become healthy, productive women and mothers.”

Location: 2910 H Street
Eureka, CA 95501

Contact: (707) 441-5220

Website: <https://humboldt.gov.org/417/Healthy-Moms-Program/>

Last Verified On: 05/31/2024



HUMBOLDT 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#phpFaqlItem28>

Last Verified On: 05/31/2024

SUPPORT GROUPS

Humboldt County Pregnancy and Postpartum Support Groups

"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: 05/31/2024

HOUSING

Redwood Community Action Agency Bridge House

"An entry home for five one- and two-parent families and, if space permits, pregnant women. Bridge House offers structure and stability to families who are ready to assume more responsibility for developing their strengths and life skills."

Location: Eureka, CA 95501

Contact: (707) 269-2013

Website: <https://rcaa.org/resources>

Last Verified On: 05/31/2024

Redwood Community Action Agency Safe Haven

"Humboldt County's only long-term transitional home for women and children fleeing domestic violence. It provides a safe, nurturing environment to identify strengths and rebuild social supports. Safe Haven houses five families."

Location: Eureka, CA 95501

Contact: (707) 269-2013

Website: <https://rcaa.org/resources>

Last Verified On: 05/31/2024



HUMBOLDT COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT

Breastfeeding Task Force of Humboldt County

“The Breastfeeding Task Force of Humboldt County promotes and protects breastfeeding as a norm in our community. We do this through advocacy, education and support in a culturally sensitive way.”

Contact: (707) 269-2283

Website:

<https://humboldt.gov/2273/Breastfeeding-Task-Force>

Last Verified On: 05/31/2024

La Leche League of California

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

Website: <https://llusa.org/la-leche-league-of-california/>

Last Verified On: 05/31/2024

Humboldt County Breastfeeding Task Force

Location: 908 7th Street
Eureka, CA 95501

Contact: (707) 441-5573

Website:

<http://californiabreastfeeding.org/coalition-information/communitycoalitions/members/humboldt/>

Last Verified On: 05/31/2024

MilkLove

“Rose Rodriguez Phelan, BA, is a bilingual lactation consultant who offers one-on-one breastfeeding support.”

Contact: (707) 498-5763

Last Verified On: 05/31/2024