

LAKE COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Sutter Lakeside Hospital Prenatal Education and Support

"Have questions about breastfeeding, childbirth or caring for a newborn? At Sutter Lakeside Hospital, experts lead classes and support groups to provide all the answers you need."

Location: 5176 Hill Road East

Lakeport, CA 95453

Contact: (707) 262-5085

Website:

<https://www.sutterhealth.org/lakeside/services/pregnancy-childbirth/prenatal-education-support>

Last Verified On: 05/31/2024

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

United Way of the Wine Country

Website:

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

Last Verified On: 05/31/2024



Mother Wise

"Helping Moms build strong families."

Location: 180 North Main St.

Lakeport, CA 95453

Contact: (707) 349-1210

Facebook:

<https://www.facebook.com/MotherWiseLakeCounty/>

Website: <https://www.mother-wise.com/>

Last Verified On: 05/31/2024

Adventist Health Clear Lake

"Childbirth education and lactation support specialists."

Location: 15618th Avenue

Clearlake, CA 95422

Contact: (707) 204-3336

Website:

<https://www.adventisthealth.org/clear-lake/services/family-birth/bright-start-and-childbirth-education/>

Last Verified On: 05/31/2024



LAKE COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

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: 05/31/2024

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

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 RESOURCES

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: 05/31/2024

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

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

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

Last Verified On: 05/31/2024



LAKE COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Lake County Public Health Nursing

“MCAH services include: Resource Information, Referral and Technical Support of Prenatal, Parenting and Child Health issues to any resident or agency. MCAH staff provides coordination and consultation for the Comprehensive Prenatal Services Program (CPSP) providers. High risk infant home visitation (limited basis).”

Location: 922 Bevins Court Lakeport, CA 95453

Contact: (707) 263-1090

Last Verified On: 05/31/2024

Lake County Tribal Health

“Gouk-Gumu Xolpelema Tribal Home Visiting Program – All People Coming Together. For all Native American families living in Lake County from expectant parents to those with infants, toddlers, and pre-school children (0-5 years).”

Location: 925 Bevins Court
Lakeport, CA 95453

Contact: (707) 263-8382 extension 1302

Website:

<https://www.lcthc.com/services/human-services/home-visits/>

Last Verified On: 05/31/2024

Lake County Family Resource Center

“The Adolescent Family Life Program (AFLP) serves pregnant and parenting teens living in Lake County. The program improves the health, social and financial well-being of teen parents and their children and enhances education opportunities.”

Location: 5350 Main Street Kelseyville, CA 95451

Contact: (707) 279-0563

Website: <https://www.lakefrc.org/project/our-programs/>

Last Verified On: 05/31/2024

SUPPORT SERVICES FOR BREASTFEEDING

Mother Wise

“Helping Moms build strong families.”

Location: 180 North Main St.
Lakeport, CA 95453

Contact: (707) 349-1210

Website: <https://www.mother-wise.com/>

Last Verified On: 05/31/2024

La Leche League of Northern California and Hawaii

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

Contact: (707) 380-5177

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

Last Verified On: 05/31/2024



LAKE COUNTY PERINATAL RESOURCES

WOMEN, INFANTS & CHILDREN PROGRAM (WIC)

Lake County WIC

“WIC is a nutrition program that serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to healthcare and community resources. Dads, grandparents, foster parents of young children, and working families are welcome at WIC too!”

Website: <https://ecenter.org/our-programs/wic/>

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

Last Verified On: 04/04/2025

E Center Lakeport WIC Office

Location: 831 Bevins Street,
Lakeport, CA 95453

Contact: (707) 263-5253

Email: lakewiconline@ecenter.org

Last Verified On: 04/04/2025

E Center Clearlake WIC Office

Location: 14085-4 Lakeshore Drive,
Clearlake, CA 95422

Contact: (707) 263-5253

Email: lakewiconline@ecenter.org

Last Verified On: 04/04/2025

E Center Middletown WIC Clinic

Location: 21244 State Highway 175,
Middletown, CA 95461

Hours: Open first Friday of each month

Contact: (707) 263-5253

Email: lakewiconline@ecenter.org

Last Verified On: 04/04/2025

E Center Lucerne WIC Clinic

Location: 3863 Country Club Drive,
Lucerne, CA 95458

Hours: Open second Friday of the month

Contact: (707) 263-5253

Email: lakewiconline@ecenter.org

Last Verified On: 04/04/2025

MATERNAL MENTAL HEALTH

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

Carelon Behavioral Health (formerly Beacon)

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

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



LAKE COUNTY PERINATAL RESOURCES

POSTPARTUM SUPPORT SERVICES

Easter Seals Northern California – Applied Behavioral Analysis

“A common treatment option for individuals who have Autism Spectrum Disorder (ASD) is Applied Behavior Analysis (ABA), a scientific discipline focusing on meaningful changes in behavior through the analysis, design, implementation and evaluation of social and other environmental modifications.”

Location: 1173 Eleventh Street
Lakeport, CA 95453

Contact: (707) 263-3949

Website: <https://www.esnorcal.org/applied-behavior-analysis/>

Last Verified On: 05/31/2024

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

Easter Seals Northern California – Early Learning Center

“Our Early Intervention services offer a comprehensive, research-based program for children from birth to 5 years of age who are diagnosed with a developmental delay or who may be considered at risk of delay.”

Location: 14085 Lakeshore Dr. Suite 2
Clearlake, CA 95422

Contact: (707) 995-1810

Website: <https://www.esnorcal.org/early-intervention/>

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: 12/03/2024

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 Medical 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/Medical/Pages/Benefits.aspx#phpFaqlItem28>

Last Verified On: 05/31/2024



LAKE COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Healthy Opportunities in Mothering Experiences (H.O.M.E.)

Redwood Community Services Perinatal Substance Abuse Treatment Program

“For mothers (at least 18 years old), who are homeless or at risk of homelessness, residing in Lake County who want to live in a sober environment and continue to be active in their personal recovery. Mothers can live at HOME SLE with their minor children (17 years of age and younger).”

Location: Lakeport, CA 95453

Contact: (707) 530-1370

Website:

<https://www.redwoodcommunityservices.org/fs?s?rq=healthy%20opportunities%20>

Last Verified On: 05/31/2024

SUPPORT GROUPS

Motherhood is Sacred

Contact: (707) 263-8382 extension 1306

For Native American women only

Website:

<https://www.lcthc.com/services/human-services/parenting-support/>

Last Verified On: 05/31/2024

Postpartum Support International Online Support Meetings

“Black Moms Connect Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss Grupos de Apoyo”

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

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: (800) 944-8766, code 73162#

Website: <https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/>

Last Verified On: 05/31/2024

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: 05/31/2024



LAKE COUNTY PERINATAL RESOURCES

REDWOOD COMMUNITY SERVICES

Redwood Community Services – Nurturing Education and Skills Training (NEST)

“A long-term residential program for homeless pregnant and or parenting youth ages 18-25. The services offered are designed to help young adults make a positive transition to self-sufficient living and successful parenting. Our goal is that young adults complete an individualized life skills program and acquire the tools and resources to live independently and raise their children in the community.”

Location: Lakeport, CA 95453

Contact: (707) 467-2010

Website:

<https://www.redwoodcommunityservices.org/news/2019/6/3/the-nest-program-lake-county-zk329?rq=NEST>

Last Verified On: 05/31/2024