

# MENDOCINO 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/?fwp\\_country\\_search=united-states&fwp\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 05/31/2024

## PREGNANCY SUPPORT SERVICES

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### Mendocino County Comprehensive Perinatal Services Program

“CPSP services include: Health education, Nutrition education, Psycho-social counseling”

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2700

**Website:**

<https://www.mendocinocounty.org/departments/public-health/nursing/comprehensive-perinatal-services-program>

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

### 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

### 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

### FIRST 5 – Mendocino County Kits for New Parents

“FIRST 5 Mendocino gives a free crash course in parenting, packed in a neat little box, to new and expecting families throughout the county. Pick up your free Kit at your doctor’s office, or call FIRST 5 directly.”

**Location:** 419 Talmage Rd. Suite J,  
Ukiah, CA 95482

**Contact:** (707) 462-4453

**Website:** <https://first5mendocino.org/families/child-health-development/new-parent-kit/>

Last Verified On: 04/23/2025



# MENDOCINO COUNTY PERINATAL RESOURCES

## ADOPTION RESOURCES

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### 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

### 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 afterward."

**Location:** 1710 Scott St.  
San Francisco, CA 95115

**Contact:** (800) 972-9225

**Website:**

<https://adoptionconnection.jfcs.org/im-pregnant/>

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](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

## HOME VISITING PROGRAMS

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### Healthy Families Mendocino County

"A relationship-based program supporting families with children from pregnancy through three years of age."

**Location:** 501 Low Gap Road  
Ukiah, CA 95482

**Contact:** (707) 472-2735

**Website:**

<https://www.mendocinocounty.org/departments/public-health/nursing/healthy-families-mendocino-county>

Last Verified On: 05/31/2024

### NCO Home Base Program

"NCO Head Start home visits provide comprehensive services to support and strengthen the relationships between you and your infant or toddler"

**Location:** 550 N. State St. Ukiah, CA 95482

**Contact:** (707) 462-2582

**Website:** <https://www.ncoinc.org/nco-head-start/services-1/pregnant-women/>

Last Verified On: 05/31/2024



# MENDOCINO COUNTY PERINATAL RESOURCES

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

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“WIC is a nutrition program that helps mothers and young children eat well and stay healthy! WIC provides support and information about breastfeeding your baby.”

**Website:** <https://www.mendocinocounty.gov/departments/public-health/nursing/women-infants-children>

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

Last Verified On: 04/07/2025

### Ukiah WIC Office

**Location:** 1120 South Dora Street  
Ukiah, CA 95482

**Contact:** (707) 472-2743

Last Verified On: 04/07/2025

### Fort Bragg WIC Office

**Location:** 790 South Franklin Street  
Fort Bragg, CA 95437

**Contact:** (707) 964-7106

Last Verified On: 04/07/2025

### Willits WIC Office

**Location:** 474 East Valley Road  
Willits, CA 95490

**Contact:** (707) 472-2743

**Toll Free:** (855) 843-2949

Last Verified On: 04/07/2025

## MATERNAL MENTAL HEALTH RESOURCES

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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

### 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



# MENDOCINO COUNTY PERINATAL RESOURCES

## POSTPARTUM SUPPORT SERVICES

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### 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) 944-4774

**Text Spanish:** (971) 203-7773

**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

### 4<sup>th</sup> 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: 05/31/2024

### 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

## PERINATAL SUBSTANCE USE RESOURCES

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### Ford Street Project Outpatient Treatment Program

"Provides a state licensed outpatient program for individuals seeking assistance with substance abuse issues."

**Location:** 139 Ford Street

Ukiah, CA 95482

**Contact:** (707) 462-1934

**Website:**

<https://www.fordstreet.org/substance-abuse-treatment>

Last Verified On: 05/31/2024

### 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: 05/31/2024



# MENDOCINO COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

### **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

### **Postpartum Support International Online Support Meetings**

“Weekly online support meetings”

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

Last Verified On: 05/31/2024

### **Pregnant & Postpartum Virtual Meet-Up – Cherished Mom**

“Find community with others who currently or have previously had babies in the NICU”

**Dates/Hours:** Weekly, Tuesdays 11 A.M. EST

**Website:** <https://www.cherishedmom.org/peer-support-groups/>

**Register:**

<https://www.cherishedmom.org/perinatalsupport-2/>

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICES

### **Mendocino BreastStart**

“Congratulations on your new baby! As a mother, one of the best things that only you can do for your baby is to breastfeed. Breastfeeding is more than a lifestyle choice — it is an important health choice. Breast milk protects babies from illness and infection and promotes their brain development. Any amount of time that you can breastfeed will help both you and your baby. Every mother has the potential to succeed and make breastfeeding a wonderful experience.”

**24-Hour English/Spanish Helpline:** (855) 855-MILK (6455)

**Website:** <http://breaststart.org/>

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) 485-1940

**Website:** <https://lllnorcal.org/about>

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%20English.pdf)

Last Verified On: 05/31/2024



# MENDOCINO COUNTY PERINATAL RESOURCES

## HOUSING

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### Project Sanctuary

“Offers a wide array of free services for Mendocino County victims of sexual assault and domestic violence. We can also assist loved ones of victims needing information.”

#### Project Sanctuary – Ukiah

**Location:** 564 South Dora Street, Suite A-1  
Ukiah, CA 95482

**24/7 Crisis Line:** (707) 463-4357

**Contact:** (707) 462-9196

**Website:** <http://www.projectsanctuary.org>

Last Verified On: 05/31/2024

#### Project Sanctuary – Fort Bragg

**Location:** 461 N. Franklin Street  
Fort Bragg, CA 95437

**24/7 Crisis Line:** (707) 964-4357

**Contact:** (707) 961-1507

**Website:** <http://www.projectsanctuary.org>

Last Verified On: 05/31/2024

## MENDOCINO COUNTY HEALTH & HUMAN SERVICES AGENCY

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### CalWORKS Job Services

“The CalWORKs Job Services Program provides employment and training services to TANF recipients and applicants to find employment.”

**Location:** 764 S. Franklin Street  
Ft. Bragg, CA 95437

**Contact:** (707)962-1000

**Website:**

<https://www.mendocinocounty.org/Home/Components/BusinessDirectory/BusinessDirectory/112/>

Last Verified On: 05/31/2024

### Pregnancy Resource Directory

**Website:**

<https://www.mendocinocounty.org/home/showdocument?id=21597>

Last Verified On: 05/31/2024

## FINANCIAL RESOURCES

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### 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





# MENDOCINO COUNTY PERINATAL RESOURCES

## CAR SEAT RESOURCES

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### Car Seat Installation

“Is your car seat installed correctly? Did you know we have certified car seat installation experts at First 5 Mendocino? Stop by our office on either of these dates/times and have your car seat checked or installed!”

**Location:** 419 Talmage Rd. Suite J,  
Ukiah, CA 95482

**When:** 2nd Wednesday of each month  
9:00AM - 12:00PM or 4th Wednesday of each  
month 9:00AM - 12:00PM

**Contact:** (707) 462-1233

**Website:** <https://first5mendocino.org/families/child-health-development/child-safety/#1650474317666-f89ee5f4-76bd>

Last Verified On: 04/23/2025