

# NEVADA COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### **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 in both English and Spanish."

**Contact:** (866) 626-6847

**Website:** <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/31/2024

### **Mariposa Birth**

"Providing supportive and empowering care to each family every step of their journey."

**Website:** <https://www.mariposabirth.com/>

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

### **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



### **The Nest Family Resource**

"The Nest Family Resource is your place for finding real-life guidance and down-home community through the parenthood journey."

**Contact:** (530) 637-8411

**Website:**

<https://www.thenestfamilyresource.com/>

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."

**Website:**

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html>

Last Verified On: 05/31/2024



# NEVADA 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

## ADOPTION SERVICES

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### 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: 05/31/2024

### 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.jfcs.org/im-pregnant/>

Last Verified On: 05/31/2024

### Stanford Sierra Youth & Families

“We provide a continuum of care to empower youth and families to overcome challenges together, as well as connects youth in foster care to the permanent loving families they need and deserve. This includes the following array of comprehensive programs: family advocacy and support; behavioral and mental health services; substance use prevention and treatment; juvenile justice intervention; mentoring; foster care; adoption services; and pre- and post-adoption support.”

**Website :** <https://www.ssyaf.org/>

Last Verified On: 05/31/2024

### Kiononia Family Services

“Koinonia Family Services is a nationally accredited, premier foster and adoption agency with over 39 years of experience and office throughout California and Nevada.”

**Website:** <https://www.kfh.org/>

Last Verified On: 05/31/2024

### EA Family Service

“EA Family Services (EA) is a private, nonprofit corporation that provides a variety of services to children and young adults.”

**Location:** 350 Main St, PO Box 3940

Quincy, CA 95971

**Contact:** (530) 283-3330

**Website:** <https://www.ea.org/>

Last Verified On: 05/31/2024



# NEVADA COUNTY PERINATAL RESOURCES

## CAR SEAT PROGRAMS

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### **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.”

**Toll Free Contact:** (916) 509-3030

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

Last Verified On: 05/31/2024

## HOME VISITING PROGRAMS

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### **Maternal, Child, and Adolescent Health**

“Every stage of life has unique challenges. The MCAH program empowers and educates parents and families each step of the way to improve the well-being of the kids in our community.”

**Location:** 10075 Levon Avenue, Suite 202  
Truckee, CA 96161

**Contact:** (530) 582-7814

**Website :**

<https://www.nevadacountyca.gov/3546/Maternal-Child-Adolescent-Health>

Last Verified On: 05/31/2024

### **Child Advocates of Nevada County**

“A Home Visitor from Healthy Babies (HB) has the time to answer your questions and show you ways to encourage your baby at every stage of development. .”

**Location:** 200 Providence Mine Road, Suite 210

Nevada City, CA 95959

**Contact:** (530) 265-9550

**Website:** <https://caofnc.org/healthy-babies/>

Last Verified On: 05/31/2024

### **Nevada County Public Health Department**

“The Maternal, Child and Adolescent Health (MCAH) Program provides pregnant parents and families with young children free home visits that are tailored to the families' specific needs.”

**Location:** 500 Crown Point Circle  
Grass Valley, CA

**Contact:** (530) 847-8293

**Website:**

<https://www.nevadacountyca.gov/551/Public-Health>

Last Verified On: 05/31/2024



# NEVADA COUNTY PERINATAL RESOURCES

## HOUSING

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### Booth Family Center

"Focusing on breaking "the cycle of poverty," we teach families life skills needed to ensure stability and for the building of a solid foundation from which families can grow and reach self-sufficiency together. The goal is not to just provide temporary housing for homeless families, but to help prevent them from returning to homelessness, now and in the next generation."

**Location:** 12390 Rough & Ready Hwy  
Grass Valley, CA 95945

**Contact:** (530) 274-3500

**Website:**

[https://grassvalley.salvationarmy.org/grass\\_valley/booth-family-center/](https://grassvalley.salvationarmy.org/grass_valley/booth-family-center/)

Last Verified On: 05/31/2024

### Hospitality House

"Hospitality House offers a year-round, temporary, overnight emergency shelter for homeless residents of Western Nevada County who have lived in the county for 45 days or more. ID not required."

**Location:** 1262 Sutton Way  
Grass Valley, CA

**Contact:** (530) 271-7144

**Website:** <https://hhsheelter.org/>

Last Verified On: 05/31/2024

### Nevada County Health and Human Services

"The Nevada County Housing and Community Services Program pursues, secures, and administers state and federal funds for efforts which benefit low income households."

**Location:** 950 Maidu Avenue  
Nevada City, CA 95959

**Contact:** (530) 265-9860

**Website:**

<https://www.nevadacountyca.gov/539/Housing-Community-Services>

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICE

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### Nevada County WIC – Brighton Green Resource Center

"The Women, Infants and Children (WIC) is a health and nutrition program for babies and children under 5, pregnant women, and new mothers."

**Location:** 988 McCourtney Road  
Grass Valley, CA 95949

**Contact:** (530) 265-1454

**Website:**

<https://www.nevadacountyca.gov/867/Women-Infants-Children-Program>

Last Verified On: 05/31/2024

### Breastfeeding Coalition of Nevada County

"Working collaboratively to protect, promote and support breastfeeding."

**Website:**

<https://nevadacountybfc.wixsite.com/breastfeeding/contact>

Last Verified On: 05/31/2024



# NEVADA COUNTY PERINATAL RESOURCES

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

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### Nevada County WIC

“The Women, Infants, and Children program helps families by providing nutrition, health, breastfeeding, and parenting education, breastfeeding support, free healthy foods and referrals to health care and other community services. WIC serves infants and children up to age 5 and people who are pregnant or have given birth or experienced pregnancy loss. Partners, grandparents, foster parents of young children, migrants, and working families are welcome at WIC too!”

**County Website:** <https://www.nevadacountyca.gov/867/Women-Infants-Children-Program>

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

Last Verified On: 03/31/2025

### Nevada County WIC – Brighton Green Resource Center

**Location:** 988 McCourtney Road  
Grass Valley, CA 95949

**Contact:** (530) 265-1454

Last Verified On: 03/31/2025

### Nevada County WIC – Truckee

**Location:** 10075 Levon Avenue, Suite 202  
Truckee, CA 96161

**Contact:** (530) 582-7814

**Website:**

Last Verified On: 03/31/2025

## 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: 05/08/2023

### Paternal Postpartum Depression Guide

**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





# NEVADA 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) 944-4773

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

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

Last Verified On: 05/31/2024

### Moving Beyond Depression Program

"A free, in-home cognitive behavioral therapy program for Nevada County parents who are experiencing depression during or after pregnancy. The family must be enrolled in one of the local home visiting programs to participate in Moving Beyond Depression.."

**Contact:** (530) 265-5811

**Website:**

<https://www.nevadacountyca.gov/3546/Maternal-Child-Adolescent-Health>

Last Verified On: 05/31/2024

### Insights Counseling Group (May or may not work, located in Placer County)

"Insights Counseling Services, in partnership with First5 Placer, offers no cost counseling for the prevention and treatment of various Perinatal Mood and Anxiety Disorders (PMADs), including postpartum depression and postpartum anxiety."

**Location:** 265 Nevada Station

Auburn, Ca

**Contact:** (530) 887-1300

**Website:**

<https://insightscounselinggroup.org/mom-squad/>

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

## 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.

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



# NEVADA COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

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### **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 5:00 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

### **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**

“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