



PLACER COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Teenage Pregnancy and Parenting Program (TAPP)

“The TAPP Program helps to improve the health and well-being of pregnant and parenting teens and their children.”

Location: 11572 B Avenue

Auburn, CA 95603

Contact: (530) 889-7160

Website:

<https://www.placer.ca.gov/2892/Teen-Age-Pregnancy-Parenting-Program-TAP>

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

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

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

Women’s Connect

“Women’s Connect is an anonymous, confidential way to learn about the options and benefits of quitting substance use. We provide links to helpful websites, videos, apps, and anonymous drug and alcohol assessments with feedback. Whether the substance is alcohol, prescription drugs, other drugs, or tobacco, women can consider cutting back, quitting, or asking for assistance in meeting those goals.”

Contact: (530) 225-5850

Website: <https://womensconnectshasta.com/>

Last Verified On: 05/31/2024



PLACER COUNTY PERINATAL RESOURCES

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 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

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



PLACER COUNTY PERINATAL RESOURCES

CAR SEAT PROGRAMS

Placer County Safe Kids Car Seat Safety Checks

“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) 772-6300

Website:

https://www.roseville.ca.us/government/departments/fire_department/public_education_and_programs/car_seat_safety_checks

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

County of Placer Public Health Nursing Home Visitation Program

“Nursing program offers assistance with: pregnancy information, accessing prenatal care, breastfeeding support, postpartum depression screening, newborn and infant care, growth and development, child care, immunization, nutrition, parenting, dental referrals, family planning, healthy relationship, medical insurance options, doctor referrals.”

Contact: (800) 829-7199

Location: 11572 B Avenue
Auburn, CA 95603

Last Verified On: 05/31/2024



PLACER COUNTY PERINATAL RESOURCES

HOUSING

CalWORKS Homeless Assistance

“Child care, work expense assistance, transportation, and counseling; Education, employment and training programs through Employment Services; Families with children financial assistance to meet their basic needs; Support for families moving toward self-sufficiency.”

Contact: (530) 889-7610

Contact: (888) 385-5160

Contact: (916) 784-6000

Website:

<https://www.placer.ca.gov/4001/Homeless-Services-from-HHS>

Last Verified On: 05/31/2024

Placer County Public Assistance

Contact: (833) 375-2237

Website:

<https://www.placer.ca.gov/4001/Homeless-Services-from-HHS>

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICE

La Leche League of Northern California and Hawaii

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

Contact: (877) 375-6645 Ext. 3

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

Last Verified On: 05/31/2024

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Placer County WIC

“WIC is a Supplemental Nutrition Program which helps families eat well, be active and stay healthy.”

Website: <https://www.placer.ca.gov/2918/Women-Infants-Children-WIC>

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

Last Verified On: 04/09/2025

Rocklin WIC Office

Location: 1000 Sunset Blvd Suite 150,
Rocklin, CA 95765

Contact: (916) 784-6447

Last Verified On: 04/09/2025

Auburn WIC Office

Location: 11484 B Ave, Auburn, CA 95603

Contact: (530) 889-7187

Last Verified On: 04/09/2025

PLACER COUNTY PERINATAL RESOURCES

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

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

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

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

PLACER 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

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

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

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 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