



# PLUMAS COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Plumas Rural Services – Family Empowerment Center

“This service provides information, training, support and advocacy to parents and guardians of children and young adults with ANY disability in Lassen, Modoc, Plumas and Sierra Counties.”

**Location:** 711 East Main Street, Quincy, CA 95971

**Website:**

<https://plumasruralservices.org/Family-Empowerment-Center>

**Contact:** (530) 283-2735 ext. 880

Last Verified On: 05/31/2024

### First 5

“The First 5 Plumas and partnering grantees work to ensure Plumas County children have the best start in their first 5 years of life.”

**Contact:** (530) 394-7016

**Location:** 270 Hospital Rd Suite 206 Quincy, CA 95971

**Website:** [www.first5plumas.org](http://www.first5plumas.org)

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



### Postpartum Support International- DADS

**Date/Time:** First Monday of each month at 5:00 p.m.

**Call-In Number:** 1-800-944-4773

**Text in English:** 800-944-4773

**Text en Español:** 971-203-7773

**Website:** <https://www.postpartum.net/get-help/help-for-dads/>

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



# PLUMAS COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES, Continued

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### Plumas County WIC – Quincy

“The WIC Program is a USDA funded nutrition program to help families have access to healthy foods, for pregnant women and families with children up to age 5.”

**Location:** 711 E Main St, Quincy, CA 95971

**Contact:** (530) 283-4093

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

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

## 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.”

**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.ifcs.org/im-pregnant/>

Last Verified On: 05/31/2024

# PLUMAS 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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### **First 5**

"The First 5 Plumas and partnering grantees work to ensure Plumas County children have the best start in their first 5 years of life."

**Contact:** (530) 394-7016

**Location:** 270 Hospital Rd Suite 206 Quincy, CA 95971

**Website:** [www.first5plumas.org](http://www.first5plumas.org)

Last Verified On: 05/31/2024

### **Plumas County Public Health – Family First Home Visiting Program**

"The first few years of a child's life are important. Home visiting for families with pregnant women and young children supports parents by offering information on child development, and family health and wellbeing."

**Contact:** (530) 552-3919

**Location:** 270 County Hospital Road, Suite 111 Quincy, CA 95971

**Website:**

<https://www.plumascounty.us/2238/Family-First-Home-Visiting-Program>

Last Verified On: 05/31/2024

## HOUSING

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### **Plumas County Community Development Commission**

"Assists low income residents meet their housing needs, provides energy assistance and weatherization services, builds and improves infrastructure, supports the creation and retention of jobs, and supports human service organizations."

**Location:** 183 W. Main St.

Quincy, CA 95971

**Contact:** (530) 283-2466

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

Last Verified On: 05/31/2024

### **Plumas County Dept. of Social Services**

"Our pledge is to provide services courteously and professionally. We will be respectful, compassionate, supportive, and impartial. Efficiency, integrity, and respect for individual dignity will govern how we deliver services to Plumas County citizens."

**Location:** 270 County Hospital Road Suite 207., Quincy, CA 95971

**Contact:** (530) 283-6350

**Website:**

<https://www.plumascounty.us/94/Social-Services>

Last Verified On: 05/31/2024

# PLUMAS COUNTY PERINATAL RESOURCES

## BREASTFEEDING SUPPORT SERVICES

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### 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)

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### Plumas County WIC – Quincy

“WIC provides benefits to access healthy foods, nutrition education and tips, breastfeeding support, health care referrals and community information. WIC helps your family eat well, be active, and stay healthy.”

**Location:** 711 E Main St, Quincy, CA 95971

**Contact:** (530) 283-4093

**Website:**

<https://plumasruralservices.org/women-infants-children>

**State Website:**

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

Last Verified On: 04/09/2025

## 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

### The Safe Place

“A Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community.”

**Website:** <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

Last Verified On: 05/31/2024

# PLUMAS COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES, Continued

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### 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

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### Nourishing Newborns

“Nourishing Newborns offers unparalleled support to Moms and infants through free home visits with a Certified Postpartum Doula, Infant Massage Instructor, and Breastfeeding/Lactation Medicine Physician.”

**Text or Call:** (530) 616-8448

**Email:** [nourishingnewborns@gmail.com](mailto:nourishingnewborns@gmail.com)

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

Last Verified On: 12/30/2024

### 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 5:00 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

### 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

### Paternal Postpartum Depression Guide

**Website:** <https://parentingpod.com/paternal-postpartum-depression/>

Last Verified On: 05/31/2024

# PLUMAS COUNTY PERINATAL RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### **Plumas Rural Services – Family Empowerment Center**

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**Website:**

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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



# PLUMAS 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 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