

# SIERRA COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

**Location:** 1212 Coloma Way, Suite A  
Roseville, CA 95661

**Contact:** (916) 624-8990

**Website:**

<https://sierraph.org/#:~:text=SPH%20also%20offers%20prenatal%20classes,accept%20federal%20or%20state%20funding.>

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>

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### 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



# SIERRA 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/?fwc\\_country\\_search=united-states&fwc\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwc_country_search=united-states&fwc_state_search_united_states=ca)

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

## BREASTFEEDING SUPPORT SERVICE

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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



# SIERRA COUNTY PERINATAL RESOURCES

## ADOPTION

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### Sierra Child & Family Services

“Our vision is to bring our services, at whatever level a child or family may need, to all of the communities we serve, overcoming whatever barriers may exist.”

**Location:** 4250 Fowler Lane #204  
Diamond Springs, Ca 95619

**Contact:** (530) 626-3105

**Website:**

<https://www.sierrachildandfamilyservices.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

### 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

## 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



# SIERRA COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### California Home Visiting Program

“The birth of a baby is an exciting time. It can also be overwhelming, especially for those without a positive parenting model or support network to guide them. The California Home Visiting Program (CHVP) is designed for overburdened families who are at risk for Adverse Childhood Experiences (ACEs), including child maltreatment, domestic violence, substance use disorder and mental health related issues. Home visiting gives parents the tools and know-how to independently raise their children.”

**Contact:** (916) 650-0300

**Website:**

<https://www.cdph.ca.gov/Programs/CFH/DMC/AH/CHVP/Pages/default.aspx>

Last Verified On: 05/31/2024

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**Location:** 1212 Coloma Way, Suite A  
Roseville, Ca 95661

**Contact:** (916) 624-8990

**Website:** <https://sierraph.org/classes/>

Last Verified On: 05/31/2024

## HOUSING

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### Housing & Homeless Program

“The Housing and Homelessness Division (HHD) is within the California Department of Social Services (CDSS). The Division is responsible for program development and oversight of statewide housing programs funded by the CDSS. The Division also serves as a statewide technical assistance provider to all of California’s social services agencies. The Division aims to streamline services on both the local and statewide level to promote equal access to safe and affordable housing for all Californians.”

**Website:**

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs>

Last Verified On: 05/31/2024



# SIERRA COUNTY PERINATAL RESOURCES

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

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### Sierra County WIC

“The Women, Infants and Children (WIC) Supplemental Nutrition Program is a federally-funded health and nutrition program for: women who are pregnant, breastfeeding, or just had a baby, children under 5 years old (including foster children), families with low to medium income (working families may qualify), dads, grandparents, caregivers, migrants, and foster parents of young children may apply!”

**Website:** <https://www.sierracounty.ca.gov/284/Women-Infants-Children-WIC>

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

Last Verified On: 04/10/2025

### Loyalton WIC Office

**Location:** 202 Front Street, P.O. Box 7,  
Loyalton, CA 96118

**Contact:** (530) 993-6703

Last Verified On: 04/10/2025

### Downieville WIC Office

**Location:** 22 Maiden Lane, P.O. Box 38,  
Downieville CA 95936

**Contact:** (530) 289-3711

Last Verified On: 04/10/2025

## 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

### 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

### Sierra County Behavioral Health

“When someone is experiencing a severe mental health crisis they may need face to face response urgently. Mobile crisis providers will respond to wherever the crisis is occurring in the local community and will work to stabilize individuals in their home setting.”

**Contact:** (877) 757-0029

**Website:**

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

Last Verified On: 05/31/2024



# SIERRA COUNTY PERINATAL RESOURCES

## 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

### 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

### First 5 Sierra County

“First 5 Sierra supports the High Sierra’s Family Resource Center in offering a variety of family programs.”

**Location:** 701 Main St, PO Box 556

Loyalton, CA 96118

**Contact:** (530) 993

**Website:** <https://www.first5sierra.org/>

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

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Last Verified On: 05/31/2024





# SIERRA COUNTY PERINATAL RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### Women's Recovery & Resiliency Services

"The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management."

**Location:** 1506 Market Street  
Redding, CA 96001

**Contact:** (530) 245-6411

**Website:**

<https://www.211ca.org/detail/?idServiceAtLocation=211norcal-52654377&location=san%20benito%20county%20ca&user=>

Last Verified On: 05/31/2024

### Outpatient Alcohol and Drug Program

"The outpatient program focuses on treatment of alcohol and drug abuse and provides individual and group counseling, substance abuse education, crisis intervention, assessment and referral services."

**Location:** 1506 Market Street  
Redding, CA 96001

**Contact:** (530) 225-5200

**Crisis Access Line:** (530) 225-5252

**Website:** <https://www.shastacounty.gov/health-human-services/page/substance-use-treatment>

Last Verified On: 05/31/2024

## SUPPORT GROUPS

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**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