



SISKIYOU COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Maternal, Child, & Adolescent Health Perinatal Care Guidance (PCG)

“The PCG Program provides help with finding a doctor for your pregnancy, WIC enrollment, child birth classes, transportation information, resources on nutrition, prenatal care, labor and delivery, breast feeding, ISDS, child development and will provide assistance with enrollment to Medi-Cal.”

Website:

<https://www.co.siskiyou.ca.us/publichealth/page/maternal-child-and-adolescent-health-mcah>

Last verified on: 05/11/2023

Last Verified On: 05/31/2024

MCAH South County Office

Location: 1107 Ream Avenue
Mt. Shasta, CA 96067

Contact: (530) 841-2134
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

CHOICES PREGNANCY CENTERS

Choices Pregnancy Center

“Choices is a non-profit organization that responds to pregnancy, parenting and sexuality-related situations with respect, dignity, and compassion. Services are provided at no charge and include emotional and practical (most baby needs) ongoing support.”

Website: <https://choicesmtshasta.me/>

Choices Yreka Pregnancy Center

Location: 409 S. Main St.
Yreka, CA 96097

Contact: (530) 331-3762
Last verified on: 05/31/2024



Fairchild Medical Center

“Childbirth is a very special time, and Fairchild Medical Center’s Labor & Delivery department is proud to be a part of your birth. We recently renovated our OB birthing unit to all private suites. Each tastefully decorated suite is equipped with a modern birthing bed, private bath, blue tooth speaker, and sleeping facilities for your birthing partner.”

Contact: (530) 842-4121

Website: <https://fairchildmed.org/labor-and-delivery>

Last verified on: 05/31/2024

Choices Mt. Shasta Pregnancy Center

Location: 215 W. Alma Street
Mt. Shasta, CA 96067

Contact: (530) 926-6726
Last verified on: 05/31/2024



SISKIYOU 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 RESOURCES

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: (888) 517-5580

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



SISKIYOU COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Siskiyou County Public Health

Location: 700 South Main Street, #1
Yreka, CA 96097

Contact: homevisiting@co.siskiyou.ca.us

Last Verified On: 05/31/2024

Shasta Head Start - Siskiyou County

“Shasta Head Start provides individual services to each family in order to create opportunities for success.”

Location: 375 Lake Blvd., Suite 100
Redding, California 96003 USA

Contact: (530) 241-1036

Fax: (530)241-2703

Website: <https://shastaheadstart.org/family-services/>

Last Verified On: 05/31/2024

HOUSING

Siskiyou County Housing Authority

“Siskiyou County Housing Authorities are local government agencies established to construct, own, operate, and manage public housing and other forms of subsidized housing for low-income residents in Siskiyou County, CA. Siskiyou County ordinances establish Public Housing Authorities, and the local legislative body appoints the Siskiyou County Housing Board.”

Yreka

Location: 1836 Apsuun
Yreka, CA 96097

Contact: (530) 842-1644

Last Verified On: 05/31/2024

Happy Camp

Location: 632 Jacobs Way
Happy Camp, CA 96039

Contact: (530) 493-2226

Last Verified On: 05/31/2024

BREASTFEEDING SUPPORT SERVICES

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://llnocal.org/redding/>

Last Verified On: 05/31/2024

First 5 Siskiyou Breastfeeding Support

“A virtual meet-up for mothers who breastfeed who desire a sisterhood of support.”

Contact: Jenna Henson Marshall, RD, IBCLC

Email: llenalynn@hotmail.com

Fridays: 10 a.m. – 11 a.m.

Location: Yreka Community Resource Center,
201 S. Broadway, Yreka, CA, 96097

Contact: pmycrc@yahoo.com

Website: <https://first5siskiyou.org/wp-content/uploads/2023/07/Nurture-Together-%E2%80%94-Support-Group-%E2%80%94-Sept-Dec-2023.pdf>

Last Verified on: 05/31/2024



SISKIYOU COUNTY PERINATAL RESOURCES

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

The Siskiyou County Women, Infants and Children program (WIC)

“WIC is a program that provides healthy food vouchers, nutrition education, breastfeeding support and family resources at no cost.”

Website: <https://www.co.siskiyou.ca.us/publichealth/page/women-infant-children-wic>

Last verified on: 05/31/2024

Yreka Office

Location: 700 South Main Street
Yreka, CA 96097

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Fort Jones Office

Location: 11960 East Street
Fort Jones, CA 96032

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Mt. Shasta Office

Location: 629 Alder St.
Mt. Shasta, CA 96067

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Weed Office

Location: 161 East Lincoln Ave.
Weed, CA 96094

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Dunsmuir Office

Location: 5844 Dunsmuir Avenue
Dunsmuir, CA 96025

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Tulelake Office

Location: 810 Main Street
Tulelake, CA 96134

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last verified on: 05/31/2024

Happy Camp Office

Location: 38 Park Way
Happy Camp, CA 96039

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last verified on: 05/31/2024

Dorris Office

Location: 307 South Main Street
Dorris, CA 96023

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Toll Free: (800) 442-2333

Last Verified On: 05/31/2024



SISKIYOU COUNTY PERINATAL RESOURCES

DEPARTMENT OF SOCIAL SERVICES

"Strengthening Families and Building Community is both our mission and our passion. We provide all of the basic public assistance programs which include **Medi-Cal**, **CalFresh**, **CalWORKs**, and **General Assistance**. We also administer the **Child Protective Services** program, **In-Home Supportive Services** program, the **Adult Protective Services** program, and the **Public Guardian** program."

Location: 818 South Main Street
Yreka, CA 96097

Contact: (530) 841-2700

Website: <https://www.co.siskiyou.ca.us/content/social-services-division>

Last verified on: 05/31/2024

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

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

Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

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: (503) 894-9453

Text Spanish: (971) 420-0294

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

Last Verified On: 05/31/2024

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Website: <https://www.text4baby.org/>

Last Verified On: 05/31/2024



SISKIYOU COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

First 5 Siskiyou Nurturing Parenting Classes

“Special emphasis on parents in recovery. In these classes, parents will learn practical skills in dealing with stress, anger, and challenging behavior – and get support in dealing with addiction issues. They will also learn how to enhance their capacity to nurture themselves and their children, strategies to strengthen recovery, and ideas to help their children succeed.”

When: Times for classes may vary

Contact: (530) 459-3981

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last verified on: 05/31/2024

SUPPORT GROUPS

First 5 Siskiyou Nurturing Parenting Classes

“Online Parenting Classes and Workshops.”

Website: <https://first5siskiyou.org/parenting-education-classes/>

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: 1-800-944-8766, code 73162#

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