

SOLANO COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Alpha Pregnancy Center

“It’s not uncommon for women who choose abortion to experience the same feelings of loss that accompany a miscarriage or stillbirth. If you or a loved one are struggling with grief, depression, or other challenges following any of these circumstances, don’t face it alone. Our staff can help you through the healing process and equip you with the tools you need for a full recovery. If you’re hurting, don’t stay silent. Schedule an appointment today.”

Location: 138 South Orchard Avenue
Vacaville, CA 95688

Contact: (707) 449-8991

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

Last Verified On: 05/31/2024

All-Options

“Uses direct service and social change strategies to promote unconditional, judgment-free support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.”

Talkline: 1 (888) 493-0092

Hours: Monday – Friday 10 a.m. – 1a.m. EST,
Saturday & Sunday 10 a.m. – 6 p.m. EST

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 05/31/2024

Planned Parenthood, Vallejo

“Service offered: abortion services, birth control, HIV testing, men’s health care, morning-after pill (emergency contraception), pregnancy testing, pregnancy services, STD testing, STD treatment, STD vaccines, and women’s health care.”

Location: 303 Sacramento Street
Vallejo, CA 94590

Contact: (707) 643-4545

Website:

<https://www.plannedparenthood.org/health-center/california/vallejo/94590/vallejo-health-center-2699-90200>

Last Verified 05/31/2024



Kaiser Permanente Newborn Care Services, Vacaville

Kaiser members only

“In this class, we’ll teach you the information and skills you need to feel confident about caring for your newborn. We’ll cover essential topics such as feeding, bathing, diapering, and when to call your physician.”

Locations: Fairfield, Napa, Vacaville, and Vallejo

Contact:

Vacaville (707) 624-2225

Vallejo: (707) 651-2692

Website:

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/maternity/find-hospital/vacaville/classes-resources>

Last Verified On: 05/31/2024

Planned Parenthood

“Case management for pregnant and parenting teens and at risk women.”

Location: 1325 Travis Boulevard, Suite C
Fairfield, CA 94533

Contact: (707) 429-8855

Website:

<https://www.plannedparenthood.org/health-center/california/fairfield/94533/fairfield-health-center-2700-90200>

Last Verified On: 05/31/2024



SOLANO 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 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



SOLANO COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT & SERVICES

NorthBay Outpatient Lactation Clinic

Location: NorthBay Women’s Resource Center

1860 Pennsylvania Avenue
Fairfield, CA 94533

Contact: (707) 646-5024

Appointments: (707) 646-5022

Website:

<https://www.northbay.org/services/womens-services/lactation-support.html>

Last Verified On: 05/31/2024

Off on Women’s Health, Breastfeeding

“Find health information on the benefits of breastfeeding and answers to common questions from new moms.”

Website:

<https://www.womenshealth.gov/patient-materials/health-topic/breastfeeding>

Last Verified On: 05/31/2024

La Leche League of Solano County

“Helps nursing families through peer support, encouragement, information and education. Offers meetings in each of the following three cities: Fairfield, Vacaville, and Benicia.”

Website:

https://solano.networkofcare.org/veterans/services/agency.aspx?pid=LaLecheLeague_17_879_1

Last Verified On: 05/31/2024

Women, Infants & Children (WIC), Breastfeeding Peer Counselor Program

“Breastfeeding help over the phone and in the WIC office. Electric breast pumps are loaned if medical or breastfeeding conditions warrant it, manual breast pumps available to eligible breastfeeding women.”

Dixon Contact: (707) 678-0717

Fairfield Contact: (707) 784-2200

Vacaville Contact: (707) 469-4555

Vallejo Contact: (707) 553-5381

Website:

<https://www.solanocounty.com/depts/ph/nsp/wic/services.asp>

Last Verified On: 05/31/2024

CAR SEAT PROGRAMS

Solano Car Seat Connection

“Solano Car Seat Connection is here to help you learn how to use car safety seats from before your baby’s birth through when your child is at least 4’9” tall or 8-years-old. And remember, if you’re expecting a baby, you’ll need a car seat for the ride home from the hospital.”

Contact: (707) 784-8638

Website: <http://www.vibesolano.com/be-informed/injury-prevention/solano-car-seat-connection/>

Last Verified On: 05/31/2024



SOLANO COUNTY PERINATAL RESOURCES

CHILDCARE RESOURCES

Solano Family & Children Services

“The Subsidized Child Care Program may be able to help you pay for child care. We administer early learning and care programs that help low-income families and at-risk children who meet at least one of several Need and Eligibility criteria. The goal of these programs is to promote the health, growth, education, and care of children while their parents work, look for work, go to school, etc.”

Location: 421 Executive Court North
Fairfield, CA 94534

Contact: (707) 863-3950

Website: <https://solanofamily.org/subsidized-child-care-program/>

Last Verified On: 05/31/2024

DISABILITY SERVICES

California Children’s Services (CCS)

“A countywide program serving children (birth-21) with physical limitations & chronic health conditions or diseases.”

Location: 275 Beck Avenue, MS 5-240
Fairfield, CA 94533

Phone: (707) 784-8650

Toll Free: (800) 826-3452

Website:

<https://www.solanocounty.com/depts/ph/nb/cms/ccs/default.asp>

Last Verified On: 05/31/2024

Child Health & Disability Prevention (CHDP) Program

“A preventive health program providing health assessments, immunizations & services to infants, children & teens who have unmet health needs.”

Location: 275 Beck Avenue, MS 5-175
Fairfield, CA 94533

Phone: (707) 784-8670

Toll Free: (800) 826-3452

Website:

<https://www.solanocounty.com/depts/ph/mch/programs/cms/chdp/default.asp>

Last Verified On: 05/31/2024



SOLANO COUNTY PERINATAL RESOURCES

EQUITY & PREGENACY

Black Moms Connect

“This group is for Black mothers who are seeking peer support during the perinatal period up to 2 years postpartum. Our online groups are here to help you connect with other moms, talk about your experience, and learn about helpful tools and resources. Whether you are going through stress, adjustment to parenting, baby blues, or pregnancy or postpartum depression/anxiety, our groups are here for you.”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/31/2024

Black Infant Health (BIH)

“Empowers pregnant African-American moms living in Vallejo, Fairfield & Suisun City to make healthy choices for themselves & their families. For self-identified African-American women, 18+ years of age and currently 26 weeks pregnant or less.”

Location: 355 Tuolumne Street, Ste. 2400 Vallejo, CA 94590

Contact: (707) 553-5055

Website:

http://www.solanocounty.com/depts/ph/mch/prgrams/black_infant_health_program.asp

Last Verified On: 05/31/2024

HEALTH & EDUCATION RESOURCES

Childhood Lead Poisoning Prevention Program (CLPPP)

A program providing education, screening, diagnosis & case management of lead poisoning in children & young adults up to age 21.

Location: 1119 E. Monte Vista Ave., MS 32-220

Vacaville, CA 95688

Phone: (707) 784-8070

Website:

<https://www.solanocounty.com/depts/ph/mch/prgrams/clpp.asp>

Last Verified On: 05/31/2024

First 5 Solano New Parent Kit

“FREE Kit for New Parents...includes: an educational DVD, Advice for New Parents reference book, Puppy and Friends touch-and-feel board book, and much more. Kits are available in English, Spanish, and Korean. Please note kits are only available for California residents and community agencies or organizations.”

Order:

<https://www.cognitofirms.com/First5Solano1/First5SolanoNewParentKitOrderForm>

Last Verified On: 05/31/2024

NorthBay Prenatal Education Classes

“All classes are offered virtually and free of charge to moms who are planning their delivery at NorthBay Health Medical Center. Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. One-session course.”

Register:

<https://northbay.org/community/seminars/prenatal.html>

Last Verified On: 11/21/2024



SOLANO COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Nurse-Family Partnership (NFP)

“A prenatal home-visiting program that matches first-time moms with nurses who give support & provide education.”

Location: 275 Beck Avenue

Fairfield, CA 94533

Contact: (877) 784-2229

Website:

<https://www.solanocounty.com/depts/ph/mch/pr/ograms/nfp/default.asp>

Last Verified On: 05/31/2024

Public Health Nursing (PHN)

“Provides nurse home-visits to monitor health, provide advice & resources on breastfeeding, newborn growth & development.”

Location: 275 Beck Avenue

Fairfield, CA 94533

Contact: (877) 784-2229

Website:

<http://www.solanocounty.com/depts/ph/mch/pr/ograms/phn.asp>

Last Verified On: 05/31/2024

HOUSING RESOURCES

Harvest House

“The Harvest House Transitional Residence is a faith-based, non-profit, transitional housing program for women. Services: self-esteem enhancement, spiritual development, life skills training, money management, leadership training, information & referral to churches and community.”

Contact: (707) 888-4058

Website:

<http://harvestresidence.com/index.html>

Last Verified On: 05/31/2024

Opportunity House

“We provide an ‘umbrella’ of services, including transitional and alternative housing, support services, mentorship and volunteer programs. Our Homeless Assistance Center provides an essential gateway to connecting individuals with the many helpful services in our community.”

Location: 267 Bennett Hill Court

Vacaville, CA 95688

Contact: (707) 447-1988

Website: <http://opportunityhouse.us/index.php>

Last Verified On: 05/31/2024

PREGNANCY LOSS SUPPORT SERVICES

Connect & Breathe, and After-Abortion Nonjudgmental Talkline

“Connect & Breathe creates a safe space to talk about abortion experiences by offering a talkline staffed by people trained to listen and provide unbiased support and encouragement of self-care. Whether abortion has affected you or a loved one, yesterday or years ago, we are here for you.”

Talkline: (866) 647-1764

Last Verified On: 05/31/2024

Exhale, After-Abortion Talkline & Textline

“Exhale offers a free, national talkline and textline that provides emotional support, resources and information. All calls are completely confidential and counselors offer support and respect without judgment. Some people feel relief that the abortion is over and just want to tell someone.”

Talkline: (866) 439-4253

Textline: (617) 449-2948

Last Verified On: 05/31/2024



SOLANO COUNTY PERINATAL RESOURCES

PREGNANCY LOSS SUPPORT SERVICES

Sudden Infant Death Syndrome (SIDS) Program

“Public Health Nurses assess and educate individuals and communities to promote healthy lifestyles and reduce risks that cause disease, disability and premature death. Services are provided in the home, clinic or community setting to persons of all ages and backgrounds.”

Location: 275 Beck Avenue
Fairfield, CA 94533

Phone: (877) 680-2229

Website:

https://www.solanocounty.com/depts/ph/mch/pr/ogams/child_fatality_review_and_response_pr/ogram.asp

Last Verified On: 05/31/2024

Supporting Parents after a Loss

Location: 1200 B. Gayle Wilson Boulevard
Fairfield, CA 94533

Contact: (707) 646-5433

Meetings: Last Wednesday of the month 6 - 7:30 p.m.

Last Verified On: 05/31/2024

Support after Neonatal Death (SAND)

“Offers support and education to parents grieving the loss of a pregnancy or infant.”

Location: 1860 Pennsylvania Avenue, Suite 100
Fairfield, CA 94533

Contact: (707) 646-5433

Hours: 7 p.m. - 9p.m., 2nd Thursday and 4th Wednesday each month,

Last Verified On: 05/31/2024

MATERNAL MENTAL HEALTH

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

Mind Body Pregnancy

“Mind Body Pregnancy covers all topics related to emotional health during the reproductive period of a woman’s life. This includes your mood, your anxiety, mental illness, hormones, treatments, and many others.”

Website: <http://mindbodypregnancy.com/>

Last Verified on: 05/31/2024



SOLANO COUNTY PERINATAL RESOURCES

PARENTING RESOURCES

New Parents Support Program, Travis Air Force Base

“The New Parent Support Program offers information, support and guidance to military families who are expecting a child or have a child 3 years old or younger.”

Military families only

Contact: (707) 423-5168

Website:

<https://installations.militaryonesource.mil/military-installation/travis-air-force-base/military-and-family-support-center/new-parent-support-program>

Last Verified On: 05/31/2024

Nurturing Father’s Program

“Certified Facilitators support and empower Solano County fathers by providing support groups with free hybrid sessions to assist with job readiness and parenting resources. Join us every Wednesday starting March 16, 2022”

When: March 16, 2022 – June 9, 2022

Time: 6 p.m. – 8 p.m.

Register:

<https://docs.google.com/forms/d/e/1FAIpQLSdPlzLnIXZWYImjly11FDvSHaPRn44sb5vBMANeI5g5Uh7QRw/viewform>

Last Verified On: 05/31/2024

POSTPARTUM SUPPORT SERVICES

Alpha Pregnancy Center CPSP

“If you need a stroller, a car-seat, a crib, or just some formula to get you through to next payday, we'd love to help. All of our clinics are stocked with a wide variety of free items to help you prepare for a newborn or meet an emergency need.”

Location: 138 South Orchard Avenue
Vacaville, CA 95688

Contact: (707) 449-8991

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

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: (503) 894-9453

Text Spanish: (971) 420-0294

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

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: 005/31/2024

4th Trimester Project

“Connects new mothers, health care providers, researchers, public health professionals, community leaders, and other stakeholders from across the globe to identify unmet postpartum health needs, build knowledge, and create solutions”

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

Last Verified On: 05/31/2024



SOLANO COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Baby First Solano (BFS)

Baby First Solano can help you with: pregnancy insurances, prenatal & parenting classes, quitting smoking & substance abuse, breastfeeding & childbirth classes, and providing someone to talk to and support you.”

Contact: (877) 680-2229

Website: <http://www.babyfirstsolano.org/>

Last Verified On: 05/31/2024

PHC Wellness and Recovery Program

“To get substance use or mental health services, call Beacon. They are available 24 hours a day seven (7) days a week. You can all call Partnership HealthPlan.”

Beacon: 1(855) 765-9703

PHC: 1(800) 863-4155

TTY users: 1(800) 735-2929 or 711

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

SUPPORT GROUPS

Compassionate Friends

“A self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.”

Location: 623 Taylor Street
Fairfield, CA 94533

Contact: (707) 208-0736

Hours: 7 p.m. – 9p.m.

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/resources-for-fathers/chat-with-an-expert-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 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: 11/08/2024



SOLANO COUNTY PERINATAL RESOURCES

TEEN PREGNANCY SUPPORT SERVICES

Adolescent Family Life Program, Positive Youth Development (AFLP-PYD)

Offers pregnant & parenting teens one-on-one services to increase overall support in the areas of health, relationships, school & parenting.

Location: Planned Parenthood Case Management Services

1325 Travis Boulevard, Suite G
Fairfield, CA 94533

Contact: (707) 421-2750 x 6621

Website:

https://www.solanocounty.com/depts/ph/mch/pr/ograms/adolescent_family_life_program.asp

Last Verified On: 05/31/2024

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Solano WIC

“WIC is the Women, Infants and Children Supplemental Nutrition Program for income-eligible pregnant, breastfeeding and non-breastfeeding women and children under the age of five who have a nutritional need.”

Website: <https://www.solanocounty.com/depts/ph/nsp/wic/default.asp>

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

Last Verified On: 04/14/2025

Vallejo WIC Office

Location: 365 Tuolumne Street
Vallejo, CA 94590

Contact: (707) 553-5381

Last Verified On: 04/14/2025

Fairfield WIC Office

Location: 2101 Courage Drive
Fairfield, CA 94533

Contact: (707) 784-2200

Last Verified On: 04/14/2025

Vacaville WIC Office

Location: 1119 E. Monte Vista Avenue
Vacaville, CA 95688

Contact: (707) 469-4555

Last Verified On: 04/14/2025

Dixon WIC Office

155 North Second Street
Dixon, CA 95620

Contact: (707) 678-0717

Last Verified On: 04/14/2025