

# SUTTER COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Sutter County HHSA - Maternal Child Adolescent Health

"Maternal, Child and Adolescent Health (MCAH) provides services that promote the health and well-being of women of childbearing age, infants, children and adolescents, particularly those who are at increased risk of adverse health outcomes."

**Location:** 1445 Veterans Memorial Cir, Yuba City, CA 95993

**Contact:** (530) 822-7327

**Website:**

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/public-health/maternal-child-adolescent-health>

Last Verified On: 05/31/2024

### A Woman's Friend Pregnancy Resource Clinic

"A Woman's Friend Pregnancy Resource Clinic is a licensed community care clinic providing medical consultations, pregnancy testing, ultrasound exams, STD & STI education, prenatal education, nutrition information, fetal development education, referrals and practical support."

**Location:** 961 Live Oak Blvd, Yuba City, CA 95991

**Contact:** (530) 741-0556

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

Last Verified On: 05/31/2024

### Adventist Health + Rideout: Childbirth Classes

"Online class offered **ONCE A MONTH** to moms who are in their first and second trimesters."

**Time:** 2 p.m. – 4 p.m., Wednesday

**Website:**

<https://www.adventisthealth.org/rideout/service/s/family-birthing-center/childbirth-classes/>

Last Verified On: 10/11/2024



### 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



# SUTTER COUNTY PERINATAL RESOURCES

## 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. 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](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

## BREASTFEEDING SUPPORT

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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:** (707) 485-1940

**Website:** <http://lllnorcal.org/groups/reddingca>

Last Verified On: 05/31/2024

### Adventist Health + Rideout: Virtual Breastfeeding Prep Classes

“Online class offered **ONCE A MONTH** to moms. There will be a questions and answer session after the presentation.”

**Time:** 2 p.m. – 4 p.m., 2<sup>nd</sup> Thursday of each month

**Website:**

<https://www.adventisthealth.org/rideout/service/s/family-birthing-center/childbirth-classes/>

Last Verified On: 10/11/2024



# SUTTER COUNTY PERINATAL RESOURCES

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

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### Sutter County WIC

"The WIC program is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC."

**Website:** <https://www.suttercounty.org/government/county-departments/health-and-human-services/public-health/wic-supplemental-food-program>

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

Last Verified On: 04/15/2025

### Sutter County Public Health (WIC Main Office)

**Location:** 1445 Veterans Memorial Circle  
Yuba City, CA 95993

**Contact:** (530) 822-7224

Last Verified On: 04/15/2025

### Live Oak Boy Scout Building

**Location:** 2670 Myrtle Street

Live Oak, CA 95993

**Contact:** (530) 822-7224

Last Verified On: 04/15/2025

### Richland Neighborhood Center

**Location:** 420 Miles Avenue

Yuba City, CA 95591

**Contact:** (530) 822-7224

Last Verified On: 04/15/2025

## HOME VISITING PROGRAMS

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### Sutter County Children & Families Commission - First 5

"In partnership with the community, Sutter County Children & Families Commission coordinates services that support families to ensure that each child enters school healthy and ready to learn."

**Location:** 1445 Veterans Memorial Circle,  
Yuba City, CA 95993

**Contact:** (530) 822-7505

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

Last Verified On: 05/31/2024

### Healthy Families Sutter County

"We provide voluntary, free services starting during pregnancy or the first few months of a baby's life. Our family support specialists empower parents, offering guidance to nurture their children's social, emotional, and cognitive development."

**Website:**

<https://www.suttercounty.org/government/county-departments/health-and-human-services/public-health-branch/maternal-child-adolescent-health/healthy-families-sutter-county#:~:text=Healthy%20Families%20Sutter%20County%20is,months%20of%20a%20baby's%20life>

Last Verified On: 10/11/2024



# SUTTER COUNTY PERINATAL RESOURCES

## HOUSING RESOURCES

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### **CalWORKS Housing Support Program**

“HSP assists CalWORKS families who are experiencing homelessness or are at risk of homelessness. HSP utilizes a Rapid Re-Housing Model and Housing First approach to assist families with financial assistance and housing-related wrap-around supportive services.”

**Location:** 539 Garden Hwy # A, Yuba City, CA 95991

**Contact:** (877) 652-0735

**Website:**

<https://www.suttercounty.org/government/county-departments/health-and-human-services/employment-and-eligibility-services-branch/calworks-and-employment-services>

Last verified on: 04/07/2023

## MATERNAL MENTAL HEALTH

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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: 05/05/2023

### **Paternal Postpartum Depression Guide**

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

Last Verified On: 05/05/2023

### **Blue Shift Project of Yolo-Sutter**

“Transforming how we screen for diagnose, and treat Perinatal Mood & Anxiety Disorders.”

**Website:** <https://www.blueshiftprojectys.com/>

### **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: 05/05/2023

### **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>

[hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262](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



# SUTTER COUNTY PERINATAL RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### **Mother to Baby**

"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

### **Sutter County – First Steps Treatment Program**

"The First Steps Perinatal Program provides SUD outpatient and intensive outpatient treatment services to pregnant or parenting women struggling with a Substance Use Disorder. The program provides a supportive, women only, environment, evidence-based treatment, individual and group counseling, parenting, and life skills."

**Location:** 1965 Live Oak Blvd.  
Yuba City, CA 95991

**Contact:** (530) 822-7200 ext. 1922

**Website:**

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-substance-use-disorder-services-suds/first-steps-perinatal-treatment-program>

Last Verified On: 05/31/2024

## POSTPARTUM SUPPORT SERVICES

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### **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

### **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/chat-with-an-expert-for-dads/>

Last Verified On: 05/31/2024



# SUTTER COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

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### **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

### **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

### **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