



# TEHAMA COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Tehama County Health Services Agency Pregnant and Parenting Women

“Provide gender specific Substance Use Recovery services to pregnant and/or parenting mothers who want a healthy Drug & Alcohol-free life for themselves and their children.”

**Location:** 1850 Walnut Street  
Red Bluff, Ca 96080

**Contact:** (530) 527-7893

**Website:**

<https://www.tehamacohealthservices.net/services/substance-use-recovery-services/pregnant-parenting-women/>

Last Verified On: 05/30/2024

### Care Net Pregnancy Center of Northern California

“We provide free, verified pregnancy testing and sonograms to qualifying patients in their first trimester. Our Learning For Life program allows our clients to “earn while you learn.” Our boutique full of baby clothes and items is where you can spend those credits.”

**Location:** 2460 Athens Avenue  
Redding, CA 96001

**Contact:** (530) 246-7075

**Website:** <http://carenetredding.org/>

Last Verified On: 05/30/2024



### Life Light Pregnancy Center

“All services provided by Life Light are free and confidential, regardless of age, race, religion, or marital status. Life Light is a non-profit lay-counseling and pregnancy help center offering support and accurate information to girls, women, or men regarding their pregnancy, sexual health and relationships.”

**Location:** 2919 Bechelli Ln.,  
Redding, CA 96002

**Contact:** (530) 222-5200

**Website:** <http://lifelightcenter.org/>

Last Verified On: 05/30/2024

### 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: 05/30/2024



# TEHAMA COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES, continued

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### **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: 05/30/2024

### **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: 05/30/2024

### **Women’s Connect**

“Women’s Connect is an anonymous, confidential way to learn about the options and benefits of quitting substance use. We provide links to helpful websites, videos, apps, and anonymous drug and alcohol assessments with feedback. Whether the substance is alcohol, prescription drugs, other drugs, or tobacco, women can consider cutting back, quitting, or asking for assistance in meeting those goals.

**Contact:** (530) 225-5850

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/30/2024

## 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: 05/30/2024

### **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%20states=ca)

Last Verified On: 05/30/2024



# TEHAMA 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: 05/30/2024

### 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.jfcs.org/im-pregnant/>

Last Verified On: 05/30/2024

### 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: 05/08/2023

### Women’s Health Specialists of California

“The philosophy of Women's Health Specialists is to promote positive images of women and provide our clients with a new perspective on their bodies and health.”

**Location:** 1469 Humboldt Road Suite 200

Chico, CA 95928

**Contact:** (530) 891-1911

**Website:**

<https://www.womenshealthspecialists.org/services/adoption/>

Last Verified On: 05/30/2024

## 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:** (800) 944-4773

**Text Spanish:** (971) 203-7773

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

Last Verified On: 05/30/2024

### 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 p.m.

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

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

Last Verified On: 05/30/2024



# TEHAMA 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: 05/30/2024

### **TCHSA –Tehama County Health Services Agency**

**Location:** 1850 Walnut Street  
Red Bluff, Ca 96080

**Contact:** (530) 527-6824

**Website:**

<https://www.tehamacohealthservices.net/>

Last Verified On: 05/30/2024

### **Child Safety Seats – Health and Human Services**

“Offer a free car seat to expecting mothers who attend a child safety seat class! To earn a free coupon for the class, participants must be seen by a participating doctor, receive Medi-Cal, and attend three Comprehensive Perinatal Services Program (CPSP) classes”

**Contact:** (530) 225-5168

**Website:**

<https://www.co.shasta.ca.us/index/hhsa/health-safety/child-safety-seats>

Last Verified On: 05/30/2024

## HOME VISITING PROGRAMS

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### **TCHSA –Tehama County Health Services Agency**

“Public Health recognizes that parenting is no easy task and our home visiting programs help to strengthen and nurture parent-child relationships by providing parents with resources and connecting them to support systems within the community.”

**Location:** 1860 Walnut Street Suite C  
Red Bluff, Ca 96080

**Contact:** (530)527-8491

**Website:**<https://www.tehamacohealthservices.net/prevention/home-visiting/>

Last Verified On: 05/30/2024



# TEHAMA COUNTY PERINATAL RESOURCES

## HOUSING

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### **CalWORKS Homeless Assistance**

“CalWORKS Homeless Assistance is available to families with children who are currently enrolled in (or eligible for) a CalWORKS program. The purpose is to remove the barriers of homelessness so participants can get and keep employment.”

**Contact:** (916) 651-5155

**Website:**

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

Last Verified On: 05/30/2024

### **Family Stabilization Program**

“The Family Stabilization Program is available to families with children who are enrolled in the Welfare to Work program. This program provides assistance with back rent to avoid eviction, payment for deposits, past utility bills and utility deposits to obtain a new rental.”

**Contact:** (530) 245-7605

**Website:**

<https://www.shastacounty.gov/health-human-services/page/family-stabilization-program>

Last Verified On: 05/30/2024

### **Housing Support Program**

“The Housing Support Program is for families with children who are homeless.”

**Contact:** (530) 225-5043

**Website:**

<https://www.shastacounty.gov/health-human-services/page/housing-support-program>

Last Verified On: 05/30/2024

## 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: 05/30/2024

### **St. Elizabeth Hospital**

“Childbirth classes & educational support after baby is home.”

**Location:** 2550 Sister Mary Columbia Drive  
Red Bluff, CA 96080

**Contact:** (530) 529-8000

**Website:** <https://www.dignityhealth.org/north-state/locations/stelizabethhospital/services/family-birth-center>

Last Verified On: 05/30/2024





# TEHAMA COUNTY PERINATAL RESOURCES

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

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### Tehama County WIC Office

“The Women, Infants and Children (WIC) Program is a USDA funded nutrition program to help families have access to healthy foods. The program serves pregnant women and families with children up to age 5. WIC provides nutrition education, monthly benefits for healthy food, breastfeeding support, and referrals to healthcare and other community resources.”

**Location:** 1850 Walnut St Suite H,  
Red Bluff, CA 96080

**Contact:** (530) 527-8791

**Email:** [wic@tchsa.net](mailto:wic@tchsa.net)

**Website:**

<https://www.tehamacohealthservices.net/prevention/women-infants-children-wic/>

**State Website:**

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

Last Verified On: 04/16/2025

## 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: 05/30/2024 05/08/2023

### 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>

Last Verified On: 09/20/2024

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2024

### LIFENET Tehama

“Volunteers and staff provides education, support and material resources for young people, families, pregnant women”

**Location:** 715 Jackson Street Suite B  
Red Bluff, CA 96080

**Contact:** (530) 727-9888 or text (530) 212-7006

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

Last Verified On: 05/30/2024



# TEHAMA 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: 05/30/2024

### **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: 05/30/2024

## 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#phpFaqltem28>

Last Verified On: 05/30/2024