

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

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

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

Last Verified On: 05/30/2024



TEHAMA COUNTY PERINATAL RESOURCES

ADOPTION SERVICES

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

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

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

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

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

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

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)

WIC Red Bluff

“WIC program helps pregnant women, new moms and young children eat well, stay healthy and be active.”

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

Contact: 530-527-8491

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

Last Verified On: 05/30/2024

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: 05/30/202405/08/2023

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

DADS Chat with an Expert – Postpartum Support International

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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: 05/30/2024

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

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