

# TRINITY COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES

### Trinity County Maternal Child Adolescent Health/Perinatal Outreach Education

**Location:** 51 Industrial Park Way

Weaverville, CA 96093

**Contact:** (530) 623-8209

**Toll Free:** (800) 851-5658

**Website:** <https://www.trinitycounty.org/MCAH-POE>

Last Verified On: 05/30/2024

### Human Response Network Welcome Baby

“New parents and other caregivers, including grandparents and other relatives caring for a baby, can receive a Welcome Baby visit. Resources, a handmade quilt, books, and other useful items are provided at the visit. Call and speak with a service provider for more information.”

**Location:** 111 Mountain View Street

Weaverville, CA 96093

**Contact:** (530) 623-2024

**Toll Free:** (800) 358-5251

**Website:** <https://www.hrnrtrinity.org/community-services>

Last Verified On: 05/30/2024

### 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: 05/30/2024



### 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



# TRINITY 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:** (888) 517-5580

**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: 05/30/2024

### 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: 05/30/2024

## 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: 05/30/2024



# TRINITY COUNTY PERINATAL RESOURCES

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

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### Trinity County WIC

“WIC is a federally-funded health and nutrition program for women, infants, and children up to five years old...WIC supports breastfeeding as the best-practice of feeding and nurturing infants...WIC promotes families to eat well, be active and stay healthy...WIC provides checks to buy healthy supplemental foods such as milk, juice, fruits, vegetables, whole grains, cheese, cereal, beans, and peanut butter. WIC will also help families find healthcare and other community services.”

**Website:** <https://www.trinitycounty.org/441/Women-Infants-Children-WIC>

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

Last Verified On: 04/16/2025

### Weaverville WIC Clinic

**Location:** 51 Industrial Parkway

Weaverville, CA 96093

**Contact:** (530) 623-1358

**Toll Free:** (800) 851-5658

Last Verified On: 04/16/2025

### Hayfork WIC Clinic

**Location:** 154 Tule Creek Road

Weaverville, CA 96093

**Contact:** (530) 623-1358

**Toll Free:** (800) 851-5658

Last Verified On: 04/16/2025

## HOME VISITING PROGRAMS

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Last Verified On: 05/30/2024



# TRINITY COUNTY PERINATAL RESOURCES

## HOUSING RESOURCES

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### Human Response Network Housing and Homeless Services

"Homeless shelters for persons residing in Trinity County. Transitional Housing. Rental assistance for homeless and at risk of homeless persons residing in Trinity County."

**Location:** 111 Mountain View Street  
Weaverville, CA 96093

**Contact:** (530) 623-2024

**Toll Free:** (800) 358-5251

**Website:** <https://www.hrntrinity.org/community-services>

Last Verified On: 05/30/2024

## 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: 05/30/2024

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2024

### 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: 05/30/2024

### 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



# TRINITY 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: 05/30/2024

### **Satellite Office Hayfork Behavioral Health Clinic-Alcohol & Other Drug Services (AODS)**

"The mission of Trinity County's Alcohol and Other Drug Services (AODS) is to provide quality prevention, intervention, and Treatment Services to residents of Trinity County with alcohol or other drug issues."

**Location:** 145-B Tule Creek Road  
Hayfork, CA 96041

**Contact:** (530) 628-4111

**Website:** <https://www.trinitycounty.org/alcohol-and-other-drug-services>

Last Verified On: 05/30/2024

### **Trinity County Alcohol & Other Drug Services (AODS) Main Office**

"Priority Admission given to pregnant and parenting women."

**Location:** 1450 Main Street  
Weaverville, CA 96093

**Contact:** (530) 623-1362

**Toll Free Crisis Line:** (888) 624-5820

**Website:** <https://www.trinitycounty.org/alcohol-and-other-drug-services>

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:** (503) 894-9453

**Text Spanish:** (971) 420-0294

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

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

Last Verified On: 05/30/2024



# TRINITY 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: 05/30/2024

### 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/>

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