



YOLO COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

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: 05/21/2024

RISE, Inc., Esparto

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 17317 Fremont Street
Esparto, CA 95627

Contact: (530) 787-4110

Hours: Monday – Friday 8 a.m. – 5 p.m.
(closed noon – 1 p.m. for lunch)

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

Last Verified On: 05/21/2024

RISE, Inc., Winters

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 200 Baker Street
Winters, CA 95694

Contact: (530) 794-6000

Hours: Monday – Friday 8 a.m. – 5 p.m.
(closed noon – 1 p.m. for lunch)

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

Last Verified On: 05/21/2024



RISE, Inc., Woodland

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 725 Main Street, Suite 228
Woodland, CA 95695

Contact: (530) 665-6730

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

Last Verified On: 05/21/2024

Yolo Family Service Agency, Woodland

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 455 First Street
Woodland, CA 95695

Contact: (530) 662-2211

Website: <http://yolofamily.org/>

Last Verified On: 05/21/2024



YOLO COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, CONTINUED

Yolo Family Service Agency, West Sacramento

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 3050 Beacon Boulevard, Suite 101
West Sacramento, CA 95605

Contact: (916) 375-1254

Website: <http://yolofamily.org/>

Last Verified On: 05/21/2024

Yolo Family Service Agency, Davis

“Serves as a one-stop-shop for social services. We seek to provide services and connections to services for families in need to promote self-sufficiency and general well-being.”

Location: 719 2nd Street, #18
Davis, CA 95616

Contact: (530) 753-8674

Website: <http://yolofamily.org/>

Last Verified On: 05/21/2024

BREASTFEEDING SUPPORT

La Leche League

When: 10 – 11 a.m. 1st Thursday of the month

Where: Solano Park Community Center

2500 Solano Park Circle

Davis, CA 95616

Website:

https://localwiki.org/davis/La_Leche_League

Last Verified On: 05/21/2024

Off On Women’s Health, Breastfeeding

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

Contact: (800) 994-9662

Website:

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

Last Verified On: 05/21/2024

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: 05/21/2024

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: 05/21/2024

ADOPTION RESOURCES

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: 05/21/2024

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: 05/21/2024

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: 05/21/2024

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: 05/21/2024

DIAPERS

Yolo Diaper Bank

“Yolo Diaper Bank partners with the following agencies to provide diapers to families that don’t have enough. If you are in need of diapers, please contact one of these agencies for assistance”

Empower Yolo: (530) 661-6336

CommuniCare: (530) 758-2060

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

Last Verified On: 05/21/2024



YOLO COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

First 5 Yolo Welcome Baby

“Welcome Baby is a free and voluntary program where you will receive: An in-home nurse visit within one week of coming home with your newborn; Up to two more visits from a Community Health Worker specializing in family resources (in-home or virtual).”

Phone: (916) 403-2905

Email: martham@communicarehc.org

Website: <https://first5yolo.org/welcomebaby>

Last Verified On: 05/21/2024

Healthy Families, Yolo County

“Serving primary caregivers of children from pregnancy to age 3, the program aims to improve the infant-parent relationship by enhancing skills, promoting healthy child development, and supporting bonding in a safe home environment.”

Marisol Andrade: (530) 757-5558

Website: <https://www.yolokids.org/healthy-families-yolo-countystep-step>

Last Verified On: 05/21/2024

Yolo County Nurse Home Visiting Program

Program goal and services: improve maternal health, improve infant health, optimal infant development, and strengthen family.”

Phone: (530) 666-8340

Email: Raquel.Aguilar@yolocounty.org

Website: <https://www.yolocounty.org/health-human-services/children-youth/nurse-home-visiting-program>

Last Verified On: 05/21/2024

California Home Visiting Program (CHVP)

“CHVP is designed for overburdened families who are at risk for Adverse Childhood Experiences (ACEs), including child maltreatment, domestic violence, substance abuse and mental illness. Home visiting gives parents the tools and know-how to independently raise their children. It’s a preventive intervention focused on promoting positive parenting and child development.”

Website:

<https://www.cdph.ca.gov/Programs/CFH/DMC/AH/CHVP/Pages/default.aspx>

Last Verified On: 05/21/2024

Together We Grow

“Free program provided by Yolo County. Home visiting program to: help maternal health, improve infant health, optimal infant development, and strengthen family. Participants must: live in Yolo County, be pregnancy or parenting a child under the age of 2 ½, and be low-income.”

Location: 25 North Cottonwood Street
Woodland, CA 95695

Contact: (800) 794-6540

Contact: (530) 666-8340

Website: <https://www.yolocounty.org/health-human-services/children-youth/nurse-home-visiting-program>

Last Verified On: 05/21/2024

HOUSING

Empower Yolo, Safety Shelter and Housing

“Empower Yolo Housing Services: Emergency shelter for individuals escaping domestic violence, sexual assault, or human trafficking; rapid rehousing offers financial assistance and services for those experiencing homelessness; financial coaching, mediation, credit counseling, and case management.”

Main Line: (503) 661-6336

24/7 Crisis Line: (530) 662-1133

24/7 Crisis Lines: (916) 371-1907

Email: info@empoweryolo.org

Website: <http://empoweryolo.org/safety-shelter-housing/>

Last Verified On: 05/21/2024

MATERNAL MENTAL HEALTH SUPPORT

Maternal Wellness

Website:

<https://www.211sacramento.org/211/2-1-1-yolo-county/>

Last Verified On: 05/21/2024

Paternal Postpartum Depression Guide

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

Last Verified On: 05/21/2024

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: 05/21/2024

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: 05/21/2024

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-](https://mchb.hrsa.gov/national-maternal-mental-health-)
[maternal-mental-health-](https://mchb.hrsa.gov/national-maternal-mental-health-)

[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



PERINATAL SUBSTANCE USE RESOURCES

CommuniCare, Hansen Family Health Center

“Offers specialized outpatient services for dually diagnosed adults, pregnant and/or parenting mothers as well as individuals who need medication assistance in stopping opiate and alcohol use.”

(Referral may be required)

Location: 215 West Beamer Street
Woodland, CA 95695

Contact: (916) 403-2970

24-Hour Crisis Line: (888) 965-6647

Website:

<https://www.communicarehc.org/services/behavioral-health-care/substance-use-disorder-services/>

Last Verified On: 05/21/2024

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: (503) 894-9453

Text Spanish: (971) 420-0294

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

Last Verified On: 05/21/2024

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: 05/21/2024



YOLO COUNTY PERINATAL RESOURCES

SUPPORT GROUPS

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: 05/21/2024

Pregnancy Support Group of Woodland

“Outreach organization that serves women in unplanned pregnancies. We do this by helping women individually overcome obstacles that prevent them from achieving the full potential of their lives.”

Location: 120 Court Street
Woodland, CA 95695

Contact: (530) 661-6333

Website:

<https://www.pregnancysupportgroup.org/>

Last Verified On: 05/21/2024

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

Davis Parents Groups

“If you are looking to meet other Davis parents, you are in luck. Davis has several groups specifically for parents to connect, offer support, friendship, and information.”

Contact: (530) 756-6667

Website:

<http://daviscaparents.blogspot.com/p/davis-parent-groups.html>

Last Verified On: 05/21/2024

Sharing Parents

“Sharing Parents is a volunteer-run support group of parents who have experienced the death of their baby(s) from the time of conception through early infancy.

The purpose of our support group is to provide an atmosphere where grieving parents can come together to share their feelings about their loss and the love they have for their babies.”

Contact: (916) 424-5150

Email: hello@sharingparents.org

Website: <http://sharingparents.org/>

Last Verified On: 05/21/2024



YOLO COUNTY PERINATAL RESOURCES

WOMEN, INFANTS & CHILDREN (WIC)

Yolo County WIC

“WIC helps pregnant, postpartum and breastfeeding women, infants, and children under 5 to eat well, be active and stay healthy, and includes funds for families to purchase healthy foods, as well as individual breastfeeding support for moms. Services are available in English and Spanish.”

Location: 137 N. Cottonwood St.
Woodland, CA 95695

Contact: (530) 666-8445

Contact: (916) 375-6390 for West Sacramento

Contact: (530) 757-5527 for Davis

Website:

<https://www.yolocounty.org/government/general-government-departments/health-human-services/children-youth/women-infants-children-wic>

State Website:

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

Last Verified On: 04/17/2025