

MARIN COUNTY PERINATAL RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

PREGNANCY SUPPORT SERVICES

Marin Pregnancy Clinic, The Stork's Nest

“Place where you can shop for maternity clothes and/or infant clothing for you or your baby.”

Location: 1320A Grant Avenue
Novato, CA 94945

Contact: (415) 892-0558

Email: info@marinpregnancyclinic.org

Website:

<http://marinpregnancyclinic.org/Services/maternal-assistance>

Last Verified On: 05/24/2021



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

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 05/24/2021

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: 05/24/2021

Huckleberry Youth Programs

“Teen Tuesday Services Include: pregnancy tests, birth control, STI/STD testing, exams, health education, condoms, and counseling.”

Location: 361 Third Street, Suite G
San Rafael, CA 94901

Hours: Tuesdays from 1 pm–5 pm;
Teens ages 12-25

Contact: (415) 258-4944

Email: hyp@huckleberryyouth.org

Website:

<https://www.huckleberryyouth.org/marin-health-care-health-education/>

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MARIN COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Health & Human Services

“Mission is to promote and protect the health, well-being, self-sufficiency, and safety of all people in Marin.”

Contact: (415) 473-3696

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

Last Verified On: 05/24/2021

Public Assistance

“Medi-Cal, CalFresh, CalWORKS”

Contact: (877) 410-8817

Website: <https://c4yourself.com/>

Website: <https://www.marinhhs.org/public-assistance>

Last Verified On: 05/24/2021

ADOPTION RESOURCES

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: 05/24/2021

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/adopt-ion-kit/>

Last Verified On: 05/24/2021

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

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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: (415) 755-2515

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 10/28/2021

HOME VISITING PROGRAMS

Healthy Families Marin Home Visiting

“Support parents, share information about child development and parenting, and provide information and referrals to families of infants and young children.”

Contact: (415) 473-6008

Email: healthyfamilies@marincounty.org

Website: <https://www.marinhhs.org/marin-family-connections>

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WOMEN, INFANTS, AND CHILDREN (WIC)

“Supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk.”

Contact: (415) 473-6889

Email: MarinCountyWIC@marincounty.org

Website: <https://www.marinhhs.org/women-infants-children-wic>

San Rafael

Location: 3250 Kerner Boulevard

San Rafael, CA 94901

Last Verified On: 05/24/2021

Novato

Location: 88 Rowland Way

Novato, CA 94945

Dates/Hours: Wednesdays and Fridays 8 a.m.

– 4:30 p.m. Closed noon – 1 p.m. for lunch

Last Verified On: 05/24/2021

West Marin Services Center

Location: 1 Sixth Street

Pt. Reyes Station, CA 94956

Dates/Hours: 3rd Thursday 8 a.m. – 4:30 p.m.

Last Verified On: 05/24/2021

Marin City Health & Wellness Center

Location: 630 Drake Ave,

Marin City, CA 94965

Dates/Hours: 1st Friday of every month from

1:30 p.m. – 5 p.m. and 3rd Friday of every

month from 8:30 a.m. – noon

Last Verified On: 05/24/2021

MATERNAL MENTAL HEALTH RESOURCES

Beacon Health Options

Mental health services for Partnership HealthPlan members.

Contact: (855) 765-9703

TTY: (800) 735-2929

Website:

<https://www.beaconhealthoptions.com/>

Last Verified On: 05/24/2021

Marin County Maternal, Child, and Adolescent Health – Maternal Mental Health Resource Inventory

Website PDF:

https://www.marinhhs.org/sites/default/files/files/s/servicepages/2018_04/maternal_mental_health_resource_inventory_v3.pdf

Last Verified On: 05/24/2021

Paternal Postpartum Depression Guide

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

Last Verified On: 05/24/2021

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/>

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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: 05/24/2021

Family Works

“Provide one on one parenting support & life skills education for intellectually and developmentally disabled adults.”

Location: 365 Bel Marin Keys Blvd
Novato, CA 94949

Contact: (415) 492-0720

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

Last Verified On: 05/24/2021

Postpartum Support Center

“Community-based nonprofit organization focused on the well-being of expectant and new parents and their families.”

Support Line: (415) 320-6707

Email: info@postpartumsc.org

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

Last Verified On: 05/24/2021

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: 05/24/2021

4th Trimester Project

“Connects new mothers, health care providers, researchers, public health professionals, community leaders, and other stakeholders from across the globe to identify unmet postpartum health needs, build knowledge, and create solutions”

Website: <https://newmomhealth.com/>

Last Verified On: 05/24/2021



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PERINATAL SUBSTANCE USE RESOURCES

Women and Children's Programs – Center Point

“Provides comprehensive rehabilitation services to pregnant women with substance abuse issues.”

Location: 135 Paul Drive,
San Rafael, CA 94903

Contact: (415) 456-6655

Website:

http://www.cpinc.org/index.php?option=com_content&view=article&id=27&Itemid=141

Last Verified On: 05/24/2021

MotherToBaby

“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.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/24/2021

SUPPORT GROUPS

Young Moms Marin

“A support group that provides parenting and personal support to teen and young mothers, ages 14-27 yrs.”

Contact: (415) 686-3273

Website: <https://youngmomsmarin.org/>

Last Verified On: 05/24/2021

Helping After Neonatal Death (HAND) Support Group

“Peer support to parents during the grieving after a miscarriage, stillbirth, pregnancy that was wanted but interrupted, or infant death in the first year of life. Third Wednesday of the month.”

Location: Marin Community Clinic
3110 Kerner Blvd,
San Rafael, 94901

Contact: (650) 367-6993

StarVista 24/7 Support Hotline: (650) 579-0350

Website: <https://handsupport.org/>

Last Verified On: 05/24/2021

Postpartum Support International Online Support Meetings

“Weekly online support meetings”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/24/2021

Monthly Dad Support Group – Postpartum Support International

“Free online space for dads to connect with other dads and gain practical tips from managing stress, adjusting to parenting, Daddy Blues, or trying to figure out how best to support your partner.”

Call-In Number: 1-800-944-8766, code 73162#

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

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SUPPORT GROUPS, Continued

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: 05/24/2021

NICU Support Group – Cherished Mom

“Find community with others who currently or have previously had babies in the NICU”

Dates/Hours: First Monday of the month at 7:30 p.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://us02web.zoom.us/meeting/register/tZAqdu2srDlpH9l0Pxao1jRBmFsygHHt9lmX2>

Last Verified On: 05/24/2021

Perinatal Support Group – Cherished Mom

“Peer support group, led by volunteers”

Dates/Hours: First Monday of the month at 4 p.m. EST or Third Thursday of the month at 11 a.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://us02web.zoom.us/meeting/register/tZUlc--srzMuE9fCztlEuaaZQ-JjpStDv6g2>

Last Verified On: 05/24/2021

Perinatal Grief & Loss Support Group – Cherished Mom

“Begins April 30th, will be closed after 2 months”

Dates/Hours: Last Friday of every month at 4 p.m. EST (Starts April 30, 2021)

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

https://secure.lglforms.com/form_engine/s/D6HaOALGf7dE8Sj0zzJEtA?t=1617044612

Last Verified On: 05/24/2021

BREASTFEEDING SUPPORT SERVICES

La Leche League of Marin

“Provides a safe space to breastfeed our babies and share experiences with other mothers and mothers-to-be in a cozy environment.”

Contact: (415) 721-2842

Note: Visit website for meeting locations/times

Website:

https://www.facebook.com/pg/lalechemarin/about/?ref=page_internal

Last Verified On: 05/24/2021

USDA Tips for Breastfeeding Moms

“Tips for breastfeeding moms”

Website: <https://wicworks.fns.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

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HOUSING

Gilead House

“Provides housing, life skills, and mentoring for women. Housing limited to women and children.”

Location: 1024 7th Street
Novato, CA 94945

Contact: (415) 895-5575

Website: <https://gileadhouse.org>

Last Verified On: 05/24/2021

Homeward Bound of Marin – Family Center

“Provides shelter for 9 families at a shared home in San Rafael, we maintain a waiting list of families needing help. Services include counseling, support for employment and housing search, food assistance, tutoring and help with credit repair or other financial goals.”

Location: 430 Mission Avenue
San Rafael, CA 94901

Contact for Services: (415) 457-2115

Contact for Waiting List: (415) 456-7805
ext.14

Website: <https://hbofm.org/about-homeward-bound-of-marin/homeless-families/>

Last Verified On: 05/24/2021

FOOD RESOURCES

Home-Delivered Groceries – SF Marin Food Bank

“We provide home-delivered groceries to support better health for low-income seniors, adults with disabilities, and families with small children. If you are currently pregnant, or a parent with children that are 3 years and younger, or a parent of children with cognitive or physical disabilities whose care makes attending a weekly food pantry difficult, you may also qualify for grocery delivery. Only for eligible residents of San Francisco or Marin Counties.”

Contact: (415) 824-3663

Email: hdg@sfmfoodbank.org

Website: <https://www.sfmfoodbank.org/home-delivered-groceries-lp/>

Sign Up:

https://forms.office.com/pages/responsepage.aspx?id=XvP_E-yJUkasgcl6nysswDri-l-SciVAAtHrfN5RgxslUMDU0WjE4OTAwWU9VOEpLNFNUOFVTREFDUy4u

Last Verified On: 01/25/2022



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FINANCIAL RESOURCES

Colette Louise Tisdahl Foundation

“Provide financial assistance to families who find themselves in situations with pregnancy complications and/or NICU stays. Also provide financial assistance to families who lose a child due to miscarriage, stillborn, or as an infant.”

Website: <https://colettelouise.com/financial-assistance>

Last Verified On: 05/24/2021

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: 10/08/2021