

MENDOCINO COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES

Mendocino County Comprehensive Perinatal Services Program

“CPSP services include: Health education,
Nutrition education, Psycho-social counseling”

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 472-2700

Website:

<https://www.mendocinocounty.org/government/health-human-services-agency/public-health/comprehensive-perinatal-services-program-cpsp>

Last Verified On: 05/25/2021



FIRST 5 – Mendocino County Kits for New Parents

“FIRST 5 Mendocino gives a free crash course
in parenting, packed in a neat little box, to new
and expecting families throughout the county.
Pick up your free Kit at your doctor’s office, or
call FIRST 5 directly.”

Contact: (707) 462-4453

Website: <http://www.mendochildren.org/family-resources/mendocino-county-kits-for-new-parents/>

Last Verified On: 05/25/2021

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

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>

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ADOPTION RESOURCES

TLC Child & Family Services

“TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.”

Location: 1800 N. Gravenstein Highway
Sebastopol, CA 95472

Contact: (707) 823-7300

Website: <https://tlc4kids.org>

Last Verified On: 05/25/2021

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: 05/24/2021

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

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/adoption-kit/>

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HOME VISITING PROGRAMS

Healthy Families Mendocino County

“A relationship-based program supporting families with children from pregnancy through three years of age. This free, voluntary program pairs families with a trained nurse or community health specialist who will listen to family needs and provide targeted support to help parents build supporting, positive relationships.”

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 972-8454

Website:

<https://www.mendocinocounty.org/government/health-human-services-agency/public-health/healthy-families-america>

Last Verified On: 05/24/2021

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

“WIC is a nutrition program that helps mothers and young children eat well and stay healthy! WIC provides support and information about breastfeeding your baby.”

Website: <https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health-nursing/women-infants-children-wic>

Last Verified On: 06/15/2020

Ukiah WIC Office

Location: 1120 South Dora Street
Ukiah, CA 95482

Contact: (707) 472-2743

Last Verified On: 05/25/2021

Willits WIC Office

Location: 474 East Valley Road
Willits, CA 95490

Contact: (707) 472-2743

Toll Free: (855) 843-2949

Last Verified On: 05/25/2021

Fort Bragg WIC Office

Location: 120 West Fir Street
Fort Bragg, CA 95437

Contact: (707) 964-7106

Last Verified On: 05/25/2021





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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

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: 05/24/2021

Paternal Postpartum Depression Guide

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

Last Verified On: 05/24/2021

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/>

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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/>

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PERINATAL SUBSTANCE USE RESOURCES

Ford Street Project Outpatient Treatment Program

“Provides a state licensed outpatient program for individuals seeking assistance with substance abuse issues.”

Location: 139 Ford Street
Ukiah, CA 95482

Contact: (707) 462-1934

Website:

<https://www.fordstreet.org/substance-abuse-treatment>

Last Verified On: 05/25/2021

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. 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: 05/24/2021

SUPPORT GROUPS

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

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

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 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

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SUPPORT GROUPS, Continued

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/tZUIc--srzMuE9fCztlEuaaZQ-JjpStDv6g2>

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BREASTFEEDING SUPPORT SERVICES

Mendocino BreastStart

“Congratulations on your new baby! As a mother, one of the best things that only you can do for your baby is to breastfeed. Breastfeeding is more than a lifestyle choice — it is an important health choice. Breast milk protects babies from illness and infection and promotes their brain development. Any amount of time that you can breastfeed will help both you and your baby. Every mother has the potential to succeed and make breastfeeding a wonderful experience.”

24-Hour English/Spanish Helpline: (855) 855-MILK (6455)

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

Last Verified On: 05/25/2021

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://llnocal.org/groups/mendocinocoastca>

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

Project Sanctuary

“Offers a wide array of free services for Mendocino County victims of sexual assault and domestic violence. We can also assist loved ones of victims needing information.”

Project Sanctuary – Ukiah

Location: 564 South Dora Street, Suite A-1
Ukiah, CA 95482

24/7 Crisis Line: (707) 463-4357

Contact: (707) 462-9196

Website: <http://www.projectsanctuary.org>

Last Verified On: 05/25/2021

Project Sanctuary – Willits Integrated Services Center

Location: 427 East Valley Street
Willits, CA 95454

24/7 Crisis Line: (707) 463-4357

Contact: (707) 472-7190

Website:

<https://www.projectsanctuary.org/inland/>

Last Verified On: 05/25/2021

Project Sanctuary – Fort Bragg

Location: 461 N. Franklin Street
Fort Bragg, CA 95437

24/7 Crisis Line: (707) 964-4357

Contact: (707) 961-1507

Website:

<https://www.projectsanctuary.org/coastal/>

Last Verified On: 05/25/2021

Project Sanctuary – Point Arena

Location: 175 Main Street
Point Arena, CA 95468

24/7 Crisis Line: (707) 964-4357

Contact: (707) 882-3457

Website:

<https://www.projectsanctuary.org/coastal/>

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MENDOCINO COUNTY HEALTH & HUMAN SERVICES AGENCY

Health & Human Services Agency- Ukiah

“Support and empower families and individuals to live healthy, safe, and sustainable lives in healthy environments, through advocacy, services, and policy development.”

Location: 747 South State Street
Ukiah, CA 95482

Contact: (707) 463-7700

Toll Free: (877) 327-1711

Website:

<https://www.mendocinocounty.org/government/health-human-services-agency>

Last Verified On: 05/25/2021

Employment & Family Assistance Services

“CalWORKs, TANF, CalFresh, EBT Cards, Medi-Cal, CMSP, and CalWORKs Job Services.”

Ukiah Contact: (707) 463-7700

Fort Bragg Contact: (707) 962-1000

Website:

<https://www.mendocinocounty.org/government/health-and-human-services-agency/social-services/employment-family-assistance-services>

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MENDOCINO COUNTY HEALTH & HUMAN SERVICES AGENCY, Continued

Health & Human Services Agency – Fort Bragg

“Support and empower families and individuals to live healthy, safe, and sustainable lives in healthy environments, through advocacy, services, and policy development.”

Location: 764 South Franklin Street
Fort Bragg, CA 95437

Contact: (707) 962-1000

Toll Free: (877) 327-1677

Website:

<https://www.mendocinocounty.org/government/health-human-services-agency>

Last Verified On: 05/25/2021

Pregnancy Resource Directory

Website:

<https://www.mendocinocounty.org/home/showdocument?id=21597>

Last Verified On: 05/25/2021

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>

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