

# NAPA COUNTY PERINATAL RESOURCES

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

## **PREGNANCY SUPPORT SERVICES**

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### **Birthright of Napa**

“Offer love, friendship, and support to women who are pregnant or think they are pregnant. Offer information, referrals and free pregnancy tests and maternity/baby items.”

**Location:** 1447 4<sup>th</sup> Street  
Napa, CA 94559

**Contact:** (707) 255-6111

**Website:** <http://birthright.org/napa/>

Last Verified On: 05/18/2021

### **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: 05/18/2021

### **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.”

**Contact:** 1 (888) 493-0092

Last Verified On: 05/18/2021



### **Childbirth Preparation Class – Queen of the Valley**

“Classes include an overview of labor and pain management, cesarean deliveries, and what to expect on the big day.”

**Location:** 3448 Villa Lane, Ste. 102  
Napa, CA 94558

**Contact:** (707) 251-2050

**Website:** <https://www.thequeen.org/events-calendar/event-details/?Event=6>

Last Verified On: 05/18/2021

### **Perinatal Services – OLE Health**

“Program that helps support mom have a healthy baby and a positive pregnancy experience. Includes education and counseling to support.”

**Location:** 1141 Pear Tree Lane, Ste. 200,  
Napa, CA 94559

**Contact:** (707) 254-1770

**Website:** <http://www.olehealth.org/our-services/womens-health/>

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## BREASTFEEDING SUPPORT SERVICES

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### **Napa Valley Breastfeeding Coalition**

“Local Resources in Napa Community”

**Website:**

<http://www.napavalleybreastfeedingcoalition.com/resourcesEng.html>

Last Verified On: 05/18/2021

### **Breastfeeding Support Group – Queen of the Valley**

“Class covers the benefits of breastfeeding, the basics, how dad can support mom and is taught by a lactation consultant.”

**Location:** 3448 Villa Lane, Suite 102

Napa, CA 94558

**Contact:** 1- (800) 449 - 3627

**Website:** <https://www.thequeen.org/events-calendar/event-details/?Event=88>

Last Verified On: 05/18/2021

### **Hand Expression with Breastmilk Video**

**Link:**

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Last Verified On: 05/18/2021

### **La Leche League of Northern California and Hawaii**

“Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education.”

**Website:**

<http://llnocal.org/groups/solanocountyca>

Last Verified On: 05/18/2021

### **MOMSQUAD Napa Valley**

“Midwives, Doulas and Lactation Support. Virtual Newborn feeding support, California Lactation Laws and Advocacy, Lactation Support for Napa Valley.”

**Contact:** (707) 492-5794

**Website:**

<https://www.napamomsquad.com/copy-of-pregnancy-childbirth-and-la>

Last Verified On: 05/18/2021

### **Maximizing Milk Production Video**

**Link:**

<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

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## HOME VISITING PROGRAMS

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### **Napa County Public Health Nursing**

“Provide home visitation for pregnant women, postpartum women, infants and children up to ages 21, fathers and families.”

**Contact:** (707) 253-4807

**Website:**

<https://www.countyofnapa.org/2041/Public-Health-Nursing>

Last Verified On: 05/18/2021

### **Napa County Perinatal Outreach Education**

“Ensure women get prenatal care and needed resources while pregnant.”

**Location:** 2751 Napa Valley Corporate Drive, Building B

Napa, CA 94558

**Contact:** (707) 253-4624

**Website:**

<https://www.countyofnapa.org/453/Perinatal-Outreach-Education>

Last Verified On: 05/18/2021

### **Cope Family Center**

“Home visiting program helps parents take baby steps towards building a loving, safe, and loving home for their children.”

**Location:** 707 Randolph Street

Napa, CA 94559

**Contact:** (707) 252-1123

**Email:** [hello@copefamilycenter.org](mailto:hello@copefamilycenter.org)

**Website:**

<https://www.copefamilycenter.org/home-visiting>

Last Verified On: 05/18/2021

## HOUSING

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### **Catholic Charities of the diocese of Santa Rosa – Rainbow House** (Women & Children

“Housing only)

Offers transitional housing to single, young mothers, ages 18 to 24, who have children under 5.”

**Location:** 1209 and 1219 Jefferson Street, Napa, CA 94559

**Contact:** (707) 224-4403

**Website:**

<http://napavalleycultureoflife.com/napa-resources/napa-resources-catholic-charities-rainbow-house/>

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

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### **Perinatal Outreach Education**

“Perinatal Outreach Educators (POE) work with the pregnant and parenting community, providing information about community resources and ensuring that out Napa County residents have the tools necessary to access some of these basic resources. POEs provide invaluable service to our Maternal Child and Adolescent Health (MCAH) community ensuring access to much –needed services including Public Health Nurses.”

**Location:** 2751 Napa Valley Corporate Drive bldg. B

Napa CA. 94558

**Phone:** (707) 253-4624

**Website:**

<https://www.countyofnapa.org/453/Perinatal-Outreach-Education>

Last Verified On: 05/18/2021

### **Women, Infant & Children program (WIC)**

“Nutrition Education program that promotes healthy eating, encourages and supports breastfeeding, and provides referrals to health and community resources.”

**Location:** 2751 Napa Valley Corporate Drive, Building B Napa, CA 94558

**Phone:** (707) 253-4853

**Website:**

<https://www.countyofnapa.org/883/Women-Infants-Children-WIC>

Last Verified On: 05/18/2021

### **Women, Infant & Children program (WIC)**

“Nutrition Education program that promotes healthy eating, encourages and supports breastfeeding, and provides referrals to health and community resources.” “For office times and locations.”

**Location:** American Canyon, St. Helena & Calistoga

**Phone:** (707) 253-4853

**Website:**

<https://www.countyofnapa.org/883/Women-Infants-Children-WIC>

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## SUPPORT GROUPS

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### **Napa Momsquad**

“Program within Napa Moms that strategically targets women during pregnancy and through the first year after through peer support and resource linkage. Uses clinician and peer support to help moms with after birth depression.”

**Location:** Las Flores Community Classroom Center

4300 Linda Vista Ave; Napa, CA 94558

**Hours:** Every Friday from 10:00am – 11:45am

**Contact:** (707) 492-5794

**Email:** [napamomsquad@gmail.com](mailto:napamomsquad@gmail.com)

**Website:** <https://www.napamomsquad.com/>

Last Verified On: 05/18/2021

### **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: 05/18/2021

### **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: 05/18/2021

### **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/resources-for-fathers/chat-with-an-expert-for-dads/>

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