



SISKIYOU COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES

Maternal, Child, & Adolescent Health Perinatal Care Guidance (PCG)

“The PCG Program provides help with finding a doctor for your pregnancy, WIC enrollment, child birth classes, transportation information, resources on nutrition, prenatal care, labor and delivery, breast feeding, ISDS, child development and will provide assistance with enrollment to Medi-Cal.”

Website: <https://www.co.siskiyou.ca.us/publichealth/page/maternal-child-and-adolescent-health-mcah>

Last verified on: 5/13/2021

MCAH Main Office

Location: 810 South Main Street
Yreka, CA 96097

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

MCAH South County Office

Location: 1107 Ream Avenue
Mt. Shasta, CA 96067

Contact: (530) 841-2134

Last verified on: 5/13/2021



Fairchild Medical Center

“Childbirth is a very special time, and Fairchild Medical Center’s Labor & Delivery department is proud to be a part of your birth. We recently renovated our OB birthing unit to all private suites. Each tastefully decorated suite is equipped with a modern birthing bed, private bath, blue tooth speaker, and sleeping facilities for your birthing partner.”

Contact: (530) 842-4121

Website: <https://fairchildmed.org/labor-and-delivery>

Last verified on: 05/13/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES, Continued

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: 05/13/2021

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: 05/17/2021

Choices Pregnancy Center

“Choices is a non-profit organization that responds to pregnancy, parenting and sexuality-related situations with respect, dignity, and compassion. Services are provided at no charge and include emotional and practical (most baby needs) ongoing support.”

Website: <https://choicesmtshasta.me/>

Choices Yreka Pregnancy Center

Location: 409 S. Main St.

Yreka, CA 96097

Contact: (530) 331-3762

Last verified on: 5/17/2021

Choices Mt. Shasta Pregnancy Center

Location: 215 W. Alma Street

Mt. Shasta, CA 96067

Contact: (530) 926-6726

Last verified on: 5/17/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

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: 5/13/2021

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: 05/13/2021

HOME VISITING PROGRAMS

First 5 Siskiyou

Location: 409 S. Main St.
Yreka, CA 96097

Contact: (530) 331-3762

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last verified on: 5/13/2021

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: 05/13/2021

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/>

Last Verified On: 05/13/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

HOUSING

Siskiyou Domestic Violence & Crisis Center

“The mission of Siskiyou Domestic Violence & Crisis Center is to assist victims in becoming survivors by providing advocacy and support services while empowering them during this transitional period.”

Location: 118 Ranch Lane
Yreka, CA 96097

Contact: (530) 842-6629

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

Last verified on: 05/17/2021

BREASTFEEDING SUPPORT SERVICES

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/reddingca>

Last Verified On: 05/17/2021

First 5 Siskiyou Breastfeeding Support

“A virtual meet-up for mothers who breastfeed who desire a sisterhood of support.”

Contact: (530) 926-8405

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last verified on: 05/17/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

The Siskiyou County Women, Infants and Children program (WIC)

“WIC is a program that provides healthy food vouchers, nutrition education, breastfeeding support and family resources at no cost.”

Website: <https://www.co.siskiyou.ca.us/publichealth/page/woman-infant-children-wic>

Last verified on: 5/13/2021

Yreka Office

Location: 810 South Main Street
Yreka, CA 96097

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Fort Jones Office

Location: 11960 East Street
Fort Jones, CA 96032

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Mt. Shasta Office

Location: 1107 Ream Avenue
Mt. Shasta, CA 96067

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Weed Office

Location: 800 College Ave
Weed, CA 96094

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Dunsmuir Office

Location: 5844 Dunsmuir Avenue
Dunsmuir, CA 96025

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Tulelake Office

Location: 810 Main Street
Tulelake, CA 96134

Contact: (530) 841-2134

Toll Free: (800) 442-2333

Last verified on: 5/13/2021

Happy Camp Office

Location: 38 Park Way
Happy Camp, CA 96039

Contact: (800) 442-2333

Contact: (530) 841-2134

Last verified on: 5/13/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

DEPARTMENT OF SOCIAL SERVICES

"Strengthening Families and Building Community is both our mission and our passion. We provide all of the basic public assistance programs which include **Medi-Cal, CalFresh, CalWORKs, and General Assistance.** We also administer the **Child Protective Services** program, **In-Home Supportive Services** program, the **Adult Protective Services** program, and the **Public Guardian** program."

Location: 818 South Main Street
Yreka, CA 96097

Contact: (530) 841-2700

Website: <https://www.co.siskiyou.ca.us/content/social-services-division>

Last verified on: 5/17/2021

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: 05/17/2021

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: 05/17/2021

Paternal Postpartum Depression Guide

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

Last Verified On: 05/17/2021

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/>

Last Verified On: 05/17/2021

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: 05/17/2021



SISKIYOU COUNTY PERINATAL RESOURCES

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

PERINATAL SUBSTANCE USE RESOURCES

First 5 Siskiyou Nurturing Parenting Classes

“Special emphasis on parents in recovery. In these classes, parents will learn practical skills in dealing with stress, anger, and challenging behavior – and get support in dealing with addiction issues. They will also learn how to enhance their capacity to nurture themselves and their children, strategies to strengthen recovery, and ideas to help their children succeed.”

When: Thursday’s 6:00 - 7:15 p.m. via Zoom

Contact: (530) 459-3981

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last verified on: 05/17/2021

SUPPORT GROUPS

First 5 Siskiyou Nurturing Parenting Classes

“Online Parenting Classes and Workshops.”

Contact: (530) 918-7222

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last verified on: 05/17/2021

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/>

Last Verified On: 05/17/2021

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: 05/17/2021

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: 05/17/2021



SISKIYOU COUNTY PERINATAL RESOURCES