

SONOMA COUNTY PERINATAL RESOURCES

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

PREGNANCY SUPPORT SERVICES

Infant and Children's Health – County of Sonoma

“Help all families in our community improve their health and well-being no matter what race, ethnicity, sex or gender identity, or socio-economic status. All residents are welcome and safe to use family services regardless of immigration status.”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Infants-and-Children-Health/>

Last Verified On: 05/26/2021

Alliance Medical Center – Comprehensive Perinatal Services Program

“Offers the Comprehensive Perinatal Services Program (CPSP) which includes a wide range of culturally competent services to Medi-Cal pregnant women, from conception through 60 days postpartum.”

Windsor: 8465 Old Redwood Hwy, #320
Windsor, CA 95492

Contact: (707) 433-5494

Healdsburg: 1381 University Ave,
Healdsburg, CA 95448

Contact: (707) 433-5494

Website:

<https://alliancemed.org/services/#open-mothers-babies>

Last Verified On: 05/26/2021

Bridges Pregnancy Clinic and Care Center

“All of our services are provided free of charge with no insurance or income qualifications.”

Location: 750 Mendocino Ave, Ste. 1
Santa Rosa, CA 95401

Contact: (707) 575-9000

Website:

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

Last Verified On: 05/26/2021



Super Mama / Comprehensive Prenatal Services Program - Santa Rosa Community Health Center

“A special prenatal care program at our Dutton, Lombardi, and Vista campuses. Gives you caring support throughout your pregnancy.”

Contact to enroll: (707) 303-3600

Website: <https://srhealth.org/service/womens-health-pregnancy-care/>

Last Verified On: 05/26/2021

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



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PREGNANCY SUPPORT SERVICES, Continued

My Navigator Program

“A warm line designed to provide free resources and information to women and their families during pregnancy, birth, breastfeeding, and early parenthood during the COVID-19 pandemic. 7 days a week from 9 a.m. – 5 p.m.”

Contact: (707) 902-3031

Website:

<https://www.betterbeginningsforbabies.org/new-s/introducing-the-my-navigator-program>

Last Verified On: 05/26/2021

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

ADOPTION RESOURCES

Liliput Families

“Adoption, Resource Family Approval/Family Evaluation, Kinship Support Services Program”

Location: 2255 Challenger Way, Ste. 100
Santa Rosa, CA 95407

Contact: (707) 603-3500

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

Last Verified On: 05/26/2021

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

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

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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ADOPTION RESOURCES, Continued

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

CAR SEAT PROGRAMS

Saint Joseph Health – Car Seat and Booster Seat Education and Distribution Program

“Offers reduced cost car seats for income-eligible families, education and checkups for car seat installation.”

Location: 500 Doyle Park Drive
Santa Rosa, Ca. 95405

Contact: (800) 427-8982

Last Verified On: 10/15/2021

HOME VISITING PROGRAMS

Sonoma County Home Visiting

“Home visits provided by a Public Health Nurse to low-income pregnant women, and women parenting a child under 5 years of age, who have medical and/or social risk factors.”

Location: 625 5th Street
Santa Rosa, CA 95404

Contact: (707) 565-4494

Toll Free Line: (800) 427-8982

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Home-Visiting/>

Last Verified On: 05/25/2021

Child Parent Institute

“Offers in-home parenting services for parents who are unable to attend classes or who may want individual attention for a particular parenting or child behavior challenge.”

Location: 3650 Standish Avenue
Santa Rosa, CA 95407

Contact: (707) 585-6108

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

Last Verified On: 05/25/2021





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WOMEN, INFANTS, AND CHILDREN (WIC)

“Nutritional program that helps pregnant women, mothers, and young children eat well and stay healthy.”

Santa Rosa

Location: 1450 Guerneville Road
Santa Rosa, CA 95403

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 05/25/2021

Petaluma

Location: 1179 North McDowell Boulevard
Petaluma, CA 94954

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 05/25/2021

Guerneville

Location: 16390 Main Street
Guerneville, CA 95446

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Woman-Infants-Children/>

Last Verified On: 05/25/2021

Sonoma

Location: 19270 Sonoma Highway
Sonoma, CA 95476

Contact: (707) 565-6590

Toll Free: (800) 816-3663

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 05/25/2021

Windsor

Location: 8465 Old Redwood Hwy, Suite 310,
Windsor CA, 95492

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 05/25/2021

Cloverdale

Location: 223A S. Cloverdale Blvd.
Cloverdale, CA 95425

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

Last Verified On: 05/25/2021

Healdsburg

Location: 1381 University St.
Healdsburg, CA 95448

Contact: (707) 431-0831

Website: https://www.wicprograms.org/ci/ca-santa_rosa

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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/>

Last Verified On: 05/24/2021

Postpartum Mom’s Group

“For Moms with babies up to 1 year. A place to connect, build community and make friends. A safe place to share stories and discover you are not alone.”

Contact: (707) 331-6565

Email: sonomacounseling@gmail.com

Website:

<https://www.sonomacounseling.net/therapy>

Last Verified On: 05/26/2021

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/>

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PERINATAL SUBSTANCE USE RESOURCES

Drug Free Babies Program – Sonoma County Department of Health Services

“Are you pregnant or the parent of a young child? Have you recently used alcohol or other drugs? We can help. To be eligible you must be pregnant or have a baby under one year of age”

Contact: (707) 565-7463

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Drug-Free-Babies/>

Last Verified On: 05/26/2021

Women and Perinatal Community SUD Provider Directory (PDF)

“Behavioral Health partners with community-based agencies under contract to provide addiction treatment services, and provides oversight, training, quality assurance and site monitoring for these programs.”

Contact: (707) 565-7450

Website:

<https://sonomacounty.ca.gov/Health/Behavioral-Health/Substance-Use-Disorder-Services/>

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SUPPORT GROUPS

Managing Moods During & After Pregnancy

“Open to Kaiser Permanente members only. Meet with new and expecting moms to discuss challenging moods and get support for unexpected responses to motherhood.”

Contact: (707) 765-3774

Website:

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanrafael/health-resources-2/health-education-programs-and-classes/support-groups/managing-your-moods-during-pregnancy-and-postpartum/>

Last Verified On: 05/26/2021

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

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



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SUPPORT GROUPS, Continued

Santa Rosa Mothers Club

“Network of local parents who strive to support, encourage, and strengthen each other as we raise our young children.”

Email: santarosamothers@gmail.com

Website: <https://srmc46.wildapricot.org/>

Note: Annual Membership: \$35.00

Last Verified On: 05/26/2021

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/tZAqdu2srDlpH9I0Pxao1jRBmFsygHHt9ImX2>

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

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

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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BREASTFEEDING SUPPORT SERVICES

Sonoma County Department of Health Services – Breastfeeding Support

“Breastfeeding Resource Guides, Know Your Rights: Breastmilk Expression in the Workplace, Helpful Tips.”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Breastfeeding-Support/>

Last Verified On: 05/26/2021

Free Breastfeeding Café – Better Beginnings

“We meet each Monday, Wednesday and Friday morning, for free breastfeeding support, tea and cookies!”

Note: Visit website for locations/times

Website:

<https://www.betterbeginningsforbabies.org/free-breastfeeding-support.html>

Last Verified On: 05/26/2021

USDA Tips for Breastfeeding Moms

“Tips for breastfeeding moms”

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

Last Verified On: 05/26/2021

Le Leche League

“Provide support, encouragement, information, and education to families who want to breastfeed.”

Contact: (707) 347-9484

Website:

<https://www.facebook.com/LLLsonomacounty/>

International Website: <https://www.llli.org/>

Last Verified On: 05/26/2021

Breastfeeding Home Visit Program – Better Beginnings

“Provides mothers with free, in-home assistance. This service is available to all women regardless of income, where you live, or where you gave birth.”

Contact: (707) 902-3031

Website:

<https://www.betterbeginningsforbabies.org/breastfeeding.html>

Last Verified On: 05/26/2021

Sonoma County Breastfeeding Coalition Resource Guide:

“Agencies listed here have International Board Certified Lactation Consultants (ILBCC’s) who are the most qualified to help moms experiencing breastfeeding problems.

English:

<file:///P:/Users/ncurreri/Downloads/Breastfeeding%20Resource%20Guide%20English%202019.pdf>

Spanish:

<file:///P:/Users/ncurreri/Downloads/Breastfeeding%20Resource%20Guide%20Spanish%202019.pdf>

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HOUSING

Redwood Gospel Mission – The Rose

“A 30-day emergency shelter for single women and women with children (girls of all ages and boys 11 and under).”

Contact: (707) 573-0490

Website: <https://www.srmission.org/ministries>

Last Verified On: 05/26/2021

Community Action Partnership Sonoma County – Sloan House

“A 22-bed shelter that offers temporary housing and supportive services to women and their children. Can serve women with up to two children.”

Contact: (707) 544-6911

Website:

<https://www.capsonoma.org/temporary-housing/>

Last Verified On: 05/26/2021

The Living Room Center – Mother and Child Program

“Women’s Program, Mother & Child (MAC) Program Room, Resource Room”

Location: 1207 Cleveland Avenue
Santa Rosa, CA 95401

Contact: (707) 579-0138

Website:

<https://thelivingroomsc.org/resources/#resources>

Last Verified On: 05/26/2021

SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES

Santa Rosa Office

“Helpful social services and programs for residents of all ages.”

Location: 3600 Westwind Boulevard
Santa Rosa, CA 95403

Contact: (707) 565-5800

Website:

<https://sonomacounty.ca.gov/Human-Services/>

Last Verified On: 05/26/2021

Maternal, Child, and Adolescent Health

“Pregnancy and Women’s Health, Infant and Children’s Health, Teen Health, Get Health Insurance/Find a Doctor”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/>

Last Verified On: 05/26/2021

South County Center

“Find in-person help with applications and support for these programs: Adult & Aging, Economic Assistance, Employment & Training, Family, Youth & Children, and Other Services”

Location: 5350 Old Redwood Highway, Suite 100

Petaluma, CA 94954

Contact: (707) 565-5800

Website: <http://sonomacounty.ca.gov/Human-Services/Locations/South-County-Center/>

Last Verified On: 05/26/2021





SONOMA COUNTY PERINATAL RESOURCES

SONOMA COUNTY DEPARTMENT OF HUMAN SERVICES, Continued

Economic Assistance

“Many low-income individuals and families with children, disabled or unemployed persons, children in foster homes and former foster youth can apply for benefits.”

Location: 2550 Paulin Drive
Santa Rosa, CA 95403

Contact: (877) 699-6868

Website:

<https://sonomacounty.ca.gov/Human-Services/Economic-Assistance/>

Last Verified On: 05/26/2021

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>

Last Verified On: 05/24/2021