



# COLUSA COUNTY PERINATAL RESOURCES

## **PREGNANCY SUPPORT SERVICES**

### **Maternal Child Adolescent Health Program (MCAH)**

“The Maternal, Child and Adolescent Health (MCAH) program strives to develop systems that protect and improve the health of women, infants, children, adolescents and their families.”

**Location:** 251 East Webster Street  
Colusa, CA 95932

**Contact:** (530) 458-0380

**Toll Free:** (800) 655-3110

**Website:**

[https://www.co.shasta.ca.us/index/hhsa\\_index/Health\\_and\\_Safety/Pregnancy/CPSPPublic.aspx](https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Pregnancy/CPSPPublic.aspx)

Last Verified On: 05/31/2024

### **Family Action Centers of Colusa County – Arbuckle**

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

**Location:** 812 King Street  
Arbuckle, CA 95912

**Contact:** (530) 476-0822

**Website:** <https://www.afackids.org/>

Last Verified On: 05/31/2024

### **Teenage Pregnancy and Parenting Program (TAPP)**

“TAPP is designed for expecting and parenting youth, enrolled before their 19th birthday.\*19 years old on exception.”

**Location:** 240 Washington Avenue  
Redding, CA 96001

**Contact:** (530) 247-3329

**Website:** <https://nvcss.org/programs/tapp-teen-services/>

Last Verified On: 05/08/2023



### **Family Action Centers of Colusa County – Williams Center**

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

**Location:** 602 12<sup>th</sup> Street  
Williams, CA 95987

**Contact:** (530) 473-5400

**Website:** <https://www.afackids.org/>

Last Verified On: 05/31/2024

### **Family Action Centers of Colusa County – First 5 Colusa Office**

“Our mission is to provide a safe and comfortable setting to network, share and acquire skills, to access services and create a better childhood for our youngest citizens.”

**Location:** 217 9<sup>th</sup> Street Suite B  
Colusa, CA 95932

**Contact:** (530) 458-5555

**Website:** <https://www.afackids.org/>

Last Verified On: 05/31/2024

### **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: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## PREGNANCY SUPPORT SERVICES, Continued

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### 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: 05/31/2024

### Women’s Connect

“Women’s Connect is an anonymous, confidential way to learn about the options and benefits of quitting substance use. We provide links to helpful websites, videos, apps, and anonymous drug and alcohol assessments with feedback. Whether the substance is alcohol, prescription drugs, other drugs, or tobacco, women can consider cutting back, quitting, or asking for assistance in meeting those goals.

**Contact:** (530) 225-5850

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/31/2024

## ABORTION INFORMATION

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### I Need An A

“Provide simple, up-to-date, and localized source of information for people seeking abortions.”

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

Last Verified On: 05/31/2024

### International Abortion Federation

“Abortion is still available and there are resources to help you get the care you need.”

**Contact:** (800) 772-9100

**Website:** [https://prochoice.org/patients/find-a-provider/?fwp\\_country\\_search=united-states&fwp\\_state\\_search\\_united\\_states=ca](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 05/31/2024

## ADOPTION SERVICES

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### 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: 05/08/2023

### 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://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## ADOPTION SERVICES, Continued

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### 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](https://www.americanadoptions.com/pregnant/free_info)

Last Verified On: 05/31/2024

### 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: 05/31/2024

## CAR SEAT PROGRAMS

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### Child Safety Seat Program

“Classes are currently being held at the local Family Action Centers and First 5 Colusa by a certified car seat technician. Classes are held monthly in English and in Spanish. As part of the class, the technician will assist in the proper installation of your car seat. Families may qualify for a free car seat.”

#### Arbuckle

**Location:** 812 King Street  
Arbuckle, CA 95912

**Contact:** (530) 476-0822

**Website:**

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

#### Williams Center

**Location:** 602 12<sup>th</sup> Street  
Williams, CA 95987

**Contact:** (530) 473-5400

**Website:**

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

#### First 5 Colusa Office

**Location:** 217 9<sup>th</sup> St Suite B  
Colusa, CA 95932

**Contact:** (530) 458-5555

**Website:**

<https://www.countyofcolusa.org/279/Child-Safety-Seat-Program>

Last Verified On: 05/31/2024

### 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.”

**Toll Free Contact:** (916) 509-3030

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

Last Verified On: 05/31/2024

### Child Safety Seats – Health and Human Services

“Offer a free car seat to expecting mothers who attend a child safety seat class! To earn a free coupon for the class, participants must be seen by a participating doctor, receive Medi-Cal, and attend three Comprehensive Perinatal Services Program (CPSP) classes”

**Contact:** (530) 225-5168

**Website:**

<https://www.co.shasta.ca.us/index/hhsa/health-safety/child-safety-seats>

Last Verified On: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## HOUSING

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### Colusa County Housing Assistance Programs

“Colusa County believes in utilizing a Housing First approach, which includes housing individuals without preconditions and helping customers secure permanent housing as soon as possible.

**Location:** 251 East Webster Street  
Colusa, CA 95932

**Contact:** (530) 458-0259

**Website:**

<https://www.countyofcolusa.org/800/Housing-Assistance-Programs>

Last Verified On: 05/31/2024

### Colusa County CalWORKs Housing Support Program (HSP)

“The CalWORKs Housing Support Program (HSP) gives housing stability for families experiencing, or at risk of, homelessness in the CalWORKs program. HSP offers financial assistance and housing-related supportive services, including but not limited to: rental assistance, housing navigation, case management, security deposits, utility payments, moving costs, interim shelter assistance, legal services, and credit repair.

**Location:** 251 East Webster Street  
Colusa, CA 95932

**Contact:** (530) 458-0259

**Website:**

<https://www.countyofcolusa.org/800/Housing-Assistance-Programs>

Last Verified On: 05/31/2024

## BREASTFEEDING SUPPORT SERVICE

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### La Leche League of Northern California and Hawaii

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

**Contact:** (877) 375-6645 Ext. 3

**Website:** <https://llnocal.org/>

Last Verified On: 05/08/2023

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

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### Women, Infants and Children (WIC) - Colusa

“WIC serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods, information on healthy eating, and referrals to health care.”

**Location:** 515 Fremont Street  
Colusa, CA 95932

**Contact:** (530) 458-5503

**Website:** <https://www.amplahealth.org/wic/>

Last Verified On: 05/31/2024

### Women, Infants and Children (WIC) - Arbuckle

“WIC serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk”

**Location:** 89 Putnam Way  
Arbuckle, CA 95912

**Contact:** (530) 458-5503

**Website:** <https://www.amplahealth.org/wic/>

Last Verified On: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES

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### Carelon Behavioral Health (formerly Beacon)

“Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions.”

**Contact:** (855) 765-9703

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

Last Verified On: 05/31/2024

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/31/2024

## POSTPARTUM SUPPORT SERVICES

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### 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: 05/31/2024

### 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:** 1-800-944-4773

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

Last Verified On: 05/31/2024

## PERINATAL SUBSTANCE USE RESOURCES

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### Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

**Contact:** (530) 225-5850

**Website:** <https://womensconnectshasta.com/>

Last Verified On: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## PHC MEMBER BENEFITS

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### 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: 05/31/2024

## SUPPORT GROUPS

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### 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:** 1-800-944-4773

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

Last Verified On: 05/31/2024

### 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: 05/31/2024