



MARIN COUNTY PERINATAL RESOURCES

ABORTION INFORMATION

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

Last Verified On: 05/31/2024

PREGNANCY SUPPORT SERVICES

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: 05/31/2024

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



Huckleberry Youth Programs

“Teen Tuesday Services Include: pregnancy tests, birth control, STI/STD testing, exams, health education, condoms, and counseling.”

Location: 361 Third Street, Suite G
San Rafael, CA 94901

Hours: Tuesdays from 1 pm–5 pm;
Teens ages 12-25

Contact: (415) 258-4944

Email: hyp@huckleberryyouth.org

Website: <https://www.huckleberryyouth.org/marin-health-care-health-education/>

Last Verified On: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

MARIN COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Health & Human Services

“Mission is to promote and protect the health, well-being, self-sufficiency, and safety of all people in Marin.”

Contact: (415) 473-3696

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

Last Verified On: 05/31/2024

Public Assistance

“Medi-Cal, CalFresh, CalWORKS”

Contact: (877) 410-8817

Website: <https://c4yourself.com/>

Website: <https://www.marinhhs.org/public-assistance>

Last Verified On: 05/31/2024

ADOPTION RESOURCES

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://adoptionconnection.jfcs.org/im-pregnant/>

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

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: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

CAR SEAT PROGRAMS

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. Also included in each county’s listing is the information for the local designated Child Passenger Safety (CPS) Coordinator.”

Contact: (916) 509-3030

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

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Healthy Families Marin Home Visiting

“Support parents, share information about child development and parenting, and provide information and referrals to families of infants and young children.”

Contact: (415) 473-6008

Email: healthyfamilies@marincounty.org

Website: <https://www.marinhhs.org/marin-family-connections>

Last Verified On: 05/31/2024

WOMEN, INFANTS, AND CHILDREN (WIC)

“Supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk.”

Contact: (415) 473-6889

Email: MarinCountyWIC@marincounty.org

Website: <https://www.marinhhs.org/wic-hours-locations>

San Rafael

Location: 3250 Kerner Boulevard
San Rafael, CA 94901

Last Verified On: 05/31/2024

Novato

Location: 1682 Novato Blvd. Ste. 102
Novato, CA 94945

Dates/Hours: Wednesdays and Fridays 8 a.m. – 4:30 p.m. Closed noon – 1 p.m. for lunch

Last Verified On: 05/31/2024

West Marin Services Center

Location: 1 Sixth Street
Pt. Reyes Station, CA 94956

Dates/Hours: 3rd Thursday 8 a.m. – 4:30 p.m.

Last Verified On: 05/31/2024

Marin City Health & Wellness Center

Location: 630 Drake Ave,
Marin City, CA 94965

Dates/Hours: 1st Friday of every month from 1:30 p.m. – 5 p.m. and 3rd Friday of every month from 8:30 a.m. – noon

Last Verified On: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

MATERNAL MENTAL HEALTH RESOURCES

Carelon Behavioral Health (formerly Beacon)

“Beacon’s system is built on a strong support structure of doctors, nurses, advocates, and mentors fulfilling members’ behavioral, physical, and social health needs.”

Contact: (855) 765-9703

TTY/TDD: (800) 735-2929

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

National Suicide Prevention Lifeline

“Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you and your loved ones.”

Crisis Line: 9-8-8

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

Last Verified On: 05/31/2024

Marin County Maternal, Child, and Adolescent Health – Maternal Mental Health Resource Inventory

Website PDF:

https://www.marinhhs.org/sites/default/files/files/servicepages/2018_04/maternal_mental_health_resource_inventory_v3.pdf

Last Verified On: 05/31/2024

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: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

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: (800) 944-4773

Text Spanish: (971) 203-7773

Website: <https://www.postpartum.net/>

Last Verified On: 05/31/2024

Family Works

“Provide one on one parenting support & life skills education for intellectually and developmentally disabled adults.”

Location: 365 Bel Marin Keys Blvd
Novato, CA 94949

Contact: (415) 492-0720

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

Last Verified On: 05/31/2024

Postpartum Support International Online Support Groups

“PSI offers over 50+ FREE and virtual support groups. Our groups are 90 minutes (1.5 hours) in length. The first ~30 minutes is providing information, education, and establishing group guidelines. The next ~60 minutes is ‘talk time,’ in which group members share and talk with each other.”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 12/03/2024

Postpartum Support Center

“Community-based nonprofit organization focused on the well-being of expectant and new parents and their families.”

Support Line: (415) 320-6707

Email: info@postpartumsc.org

Website: <https://www.postpartumsc.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

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/>

Last Verified On: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Women and Children's Programs – Center Point

“Provides comprehensive rehabilitation services to pregnant women with substance abuse issues.”

Location: 135 Paul Drive,
San Rafael, CA 94903

Contact: (415) 456-6655

Website:

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

Last Verified On: 05/31/2024

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.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 05/31/2024

SUPPORT GROUPS

Young Moms Marin

“A support group that provides parenting and personal support to teen and young mothers, ages 14-27 yrs.”

Contact: (415) 686-3273

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

Last Verified On: 05/31/2024

Helping After Neonatal Death (HAND) Support Group

“Peer support to parents during the grieving after a miscarriage, stillbirth, pregnancy that was wanted but interrupted, or infant death in the first year of life. Third Wednesday of the month.”

Location: P.O. Box 3693 Redwood City, CA 94064

Contact: (650) 367-6993

StarVista 24/7 Support Hotline: (650) 579-0350

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

Last Verified On: 05/31/2024

Pregnant & Postpartum Support Group – Cherished Mom

“You are not alone! We understand that the transition isn't always joyful, exciting or fun and we get it! We hope you can join us!”

Dates/Hours: Weekly, Tuesdays at 11 a.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://www.cherishedmom.org/perinatal-support-2/>

Last Verified On: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

SUPPORT GROUPS, CONTINUED

Postpartum Support International Online Support Meetings

“Weekly online support meetings”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/31/2024

Monthly Dad Support Group – Postpartum Support International

“Free online space for dads to connect with other dads and gain practical tips from managing stress, adjusting to parenting, Daddy Blues, or trying to figure out how best to support your partner.”

Call-In Number: 1-800-944-4774

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

Last Verified On: 05/31/2024

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: 05/31/2024

Perinatal Grief & Loss Support Group – Cherished Mom

“ ‘Like scattered seeds, memories bloom forever’ 1 in 4 people will experience a pregnancy or infant loss. Please join us as we connect with others in a safe, sacred space.”

Dates/Hours: Every other Friday at 4 p.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://www.cherishedmom.org/grieflossregistration/>

Last Verified On: 05/31/2024



MARIN COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT SERVICES

La Leche League of Marin

“Provides a safe space to breastfeed our babies and share experiences with other mothers and mothers-to-be in a cozy environment.”

Contact: (415) 721-2842

Note: Visit website for meeting locations/times

Website:

https://www.facebook.com/pg/lalechemarin/about/?ref=page_internal

Last Verified On: 05/31/2024

USDA Tips for Breastfeeding Moms

“Tips for breastfeeding moms”

Website:

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips for Breastfeeding Moms English.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Tips%20for%20Breastfeeding%20Moms%20English.pdf)

Last Verified On: 05/31/2024

HOUSING

Gilead House

“Provides housing, life skills, and mentoring for women. Housing limited to women and children.”

Location: 1024 7th Street

Novato, CA 94945

Contact: (415) 895-5575

Website: <https://gileadhouse.org>

Last Verified On: 05/31/2024

Homeward Bound of Marin – Family Center

“Provides shelter for 9 families at a shared home in San Rafael, we maintain a waiting list of families needing help. Services include counseling, support for employment and housing search, food assistance, tutoring and help with credit repair or other financial goals.”

Location: 430 Mission Avenue
San Rafael, CA 94901

Contact for Services: (415) 457-2115

Contact for Waiting List: (415) 456-7805
ext.14

Website: <https://hbofm.org/about-homeward-bound-of-marin/homeless-families/>

Last Verified On: 05/31/2024

PHC MEMBER BENEFITS

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



MARIN COUNTY PERINATAL RESOURCES

FOOD RESOURCES

Home-Delivered Groceries – SF Marin Food Bank

“We provide home-delivered groceries to support better health for low-income seniors, adults with disabilities, and families with small children. If you are currently pregnant, or a parent with children that are 3 years and younger, or a parent of children with cognitive or physical disabilities whose care makes attending a weekly food pantry difficult, you may also qualify for grocery delivery. Only for eligible residents of San Francisco or Marin Counties.”

Contact: (415) 282-1900

Email: hdg@sfmfoodbank.org

Website: <https://www.sfmfoodbank.org/home-delivered-groceries-lp/>

Sign Up:

https://forms.office.com/pages/responsepage.aspx?id=XvP_E-yJUkasgcl6nysswDri-l-SciVAtHrFN5RqxsIUMDU0WjE4OTAwWU9VOEpLNFNUOFVTREFDUy4u

Last Verified On: 05/31/2024

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: 05/31/2024