

SIERRA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, CA 95661

Contact: (916) 624-8990

Website:

<https://sierraph.org/#:~:text=SPH%20also%20offers%20prenatal%20classes,accept%20federal%20or%20state%20funding.>

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

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



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: 05/31/2024

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



SIERRA 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

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#phpFaItem28>

Last Verified On: 05/31/2024



SIERRA COUNTY PERINATAL RESOURCES

ADOPTION SERVICES

Sierra Child & Family Services

“Our vision is to bring our services, at whatever level a child or family may need, to all of the communities we serve, overcoming whatever barriers may exist.”

Location: 4250 Fowler Lane #204
Diamond Springs, Ca 95619

Contact: (530) 626-3105

Website:

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

Last Verified On: 05/31/2024

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

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.”

Toll Free Contact: (916) 509-3030

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

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

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



SIERRA COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

California Home Visiting Program

“The birth of a baby is an exciting time. It can also be overwhelming, especially for those without a positive parenting model or support network to guide them. The California Home Visiting Program (CHVP) is designed for overburdened families who are at risk for Adverse Childhood Experiences (ACEs), including child maltreatment, domestic violence, substance use disorder and mental health related issues. Home visiting gives parents the tools and know-how to independently raise their children.”

Contact: (916) 650-0300

Website:

<https://www.cdph.ca.gov/Programs/CFH/DMC/AH/CHVP/Pages/default.aspx>

Last Verified On: 05/31/2024

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, Ca 95661

Contact: (916) 624-8990

Website: <https://sierraph.org/classes/>

Last Verified On: 05/31/2024

HOUSING

Housing & Homeless Program

“The Housing and Homelessness Division (HHD) is within the California Department of Social Services (CDSS). The Division is responsible for program development and oversight of statewide housing programs funded by the CDSS. The Division also serves as a statewide technical assistance provider to all of California’s social services agencies. The Division aims to streamline services on both the local and statewide level to promote equal access to safe and affordable housing for all Californians.”

Website:

<https://www.cdss.ca.gov/inforesources/cdss-programs/housing-programs>

Last Verified On: 05/31/2024



SIERRA COUNTY PERINATAL RESOURCES

BREASTFEEDING SUPPORT SERVICE

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: 05/31/2024

WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

Sierra County WIC

“The Women, Infants and Children (WIC) Supplemental Nutrition Program is a federally-funded health and nutrition program for women who are pregnant, breastfeeding, or just had a baby, children under 5 years old (including foster children), families with low to medium income.”

Location: 202 Front St, PO Box 7
Loyalton, CA 96118

Contact: (530) 993-6703

Website:

<https://www.sierracounty.ca.gov/284/Women-Infants-Children-WIC>

Last Verified On: 05/31/2024

MATERNAL MENTAL HEALTH RESOURCES

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

Sierra County Behavioral Health

“When someone is experiencing a severe mental health crisis they may need face to face response urgently. Mobile crisis providers will respond to wherever the crisis is occurring in the local community and will work to stabilize individuals in their home setting.”

Contact: (877) 757-0029

Website:

<https://www.sierracounty.ca.gov/181/Behavioral-Health>

Last Verified On: 05/31/2024





SIERRA 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

First 5 Sierra County

“First 5 Sierra supports the High Sierra’s Family Resource Center in offering a variety of family programs.”

Location: 701 Main St, PO Box 556

Loyalton, CA 96118

Contact: (530) 993

Website: <https://www.first5sierra.org/>

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

Sierra Pregnancy + Health Medical Clinic

“SPH is a unique organization providing no-cost physical, emotional, and spiritual health care to women and families before, during, and after pregnancy.”

Location: 1212 Coloma Way, Suite A
Roseville, CA 95661

Contact: (916) 624-8990

Website:

<https://sierraph.org/#:~:text=SPH%20also%20offers%20prenatal%20classes,accept%20federal%20or%20state%20funding.>

Last Verified On: 05/31/2024

PERINATAL SUBSTANCE USE RESOURCES

Women’s Recovery & Resiliency Services

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management.”

Location: 1506 Market Street

Redding, CA 96001

Contact: (530) 245-6411

Website:

<https://www.211ca.org/detail/?idServiceAtLocation=211norcal-52654377&location=san%20benito%20county%20ca&user=>

Last Verified On: 05/31/2024

Outpatient Alcohol and Drug Program

“The outpatient program focuses on treatment of alcohol and drug abuse and provides individual and group counseling, substance abuse education, crisis intervention, assessment and referral services.”

Location: 1506 Market Street

Redding, CA 96001

Contact: (530) 225-5200

Crisis Access Line: (530) 225-5252

Website: <https://www.shastacounty.gov/health-human-services/page/substance-use-treatment>

Last Verified On: 05/31/2024



SIERRA COUNTY PERINATAL RESOURCES

SUPPORT GROUPS

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

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