

# YUBA COUNTY PERINATAL RESOURCES

## **PREGNANCY SUPPORT SERVICES**

### **DHCS Doula Directory**

“The Doula Directory lists Medi-Cal enrolled doulas by county who opted to be included in the directory. It includes their specialties, language, ethnicity, contact information, and other information that doulas shared with DHCS for the directory.”

**Website:**

<https://www.dhcs.ca.gov/provgovpart/Pages/Doula-Services.aspx>

**Directory:**

<https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/21/2024

### **A Woman's Friend Pregnancy Resource Clinic**

“A Woman’s Friend Pregnancy Resource Clinic is a licensed community care clinic providing medical consultations, pregnancy testing, ultrasound exams, STD & STI education, prenatal education, nutrition information, fetal development education, referrals and practical support. We know that you may be facing a life changing choice and our staff is here to help walk you through your options. Our registered nurses and support staff are highly trained and dedicated to meeting your health care needs. We are here to offer you a safe place to ask questions and get answers.”

**Location:** 961 Live Oak Blvd, Yuba City, CA 95991

**Contact:** (530) 741-0556

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

Last Verified On: 05/21/2024



### **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: 05/21/2024

### **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: 05/21/2024

## 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: 05/21/2024

### 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:** (888) 517-5580

**Website:**

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

Last Verified On: 05/21/2024

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

Last Verified On: 05/21/2024

### 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: 05/21/2024

## BREASTFEEDING SUPPORT

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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:** (707) 485-1940

**Website:** <http://lllnorcal.org/groups/reddingca>

Last Verified On: 05/21/2024



# YUBA COUNTY PERINATAL RESOURCES

## WOMEN, INFANTS & CHILDREN (WIC)

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### Yuba County WIC

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. Services are offered in Yuba and Colusa Counties.”

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

Last Verified On: 05/21/2024

### Marysville WIC

**Location:** 1114 Yuba St, Marysville, CA 95901

**Contact:** (530) 749-4830

Last Verified On: 05/21/2024

### Beale AFB WIC

**Location:** 15301 Warren Shingle Rd., Beale AFB, CA 95903

**Contact:** \*By appointment only

Last Verified On: 05/21/2024

### Olivehurst WIC

**Location:** 4957 Olivehurst Ave., Olivehurst, CA 95961

**Contact:** (530) 743-1678

Last Verified On: 05/21/2024

## HOME VISITING PROGRAMS

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### First 5

“In partnership with the community, Sutter County Children & Families Commission coordinates services that support families to ensure that each child enters school healthy and ready to learn.”

**Location:** 1114 Yuba St., Suite 141, Marysville, CA 95901

**Contact:** (530) 749-4877

**Website:** <https://www.first5yuba.org/>

Last Verified On: 05/21/2024



# YUBA COUNTY PERINATAL RESOURCES

## HOUSING RESOURCES

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### CalWORKS Housing Support Program

“Yuba County's housing assistance program offers services and access to resources for individuals and families who are currently homeless. For information on housing services offered, go directly to the Life Building Center located at 131 F Street.”

**Location:** 539 Garden Hwy # A, Yuba City, CA 95991

**Contact:** (530) 749-6811.

**Website:**

[https://www.yuba.org/departments/health\\_and\\_human\\_services/i\\_want\\_to\\_apply\\_for.php](https://www.yuba.org/departments/health_and_human_services/i_want_to_apply_for.php)

Last verified on: 05/21/2024

## MATERNAL MENTAL HEALTH

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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: 05/21/2024

### 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: 05/21/2024

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/21/2024



# YUBA COUNTY PERINATAL RESOURCES

## PERINATAL SUBSTANCE USE RESOURCES

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### **Mother To Baby**

“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: 05/21/2024

### **Sutter County – First Steps Treatment Program**

“The First Steps Perinatal Program provides SUD outpatient and intensive outpatient treatment services to pregnant or parenting women struggling with a Substance Use Disorder. The program provides a supportive, women only, environment, evidence-based treatment, individual and group counseling, parenting, and life skills.”

**Location:** 1965 Live Oak Blvd.,  
Yuba City, CA 95991

**Contact:** (530) 822-7200 ext. 1922

**Website:**

<https://www.suttercounty.org/government/count-y-departments/health-and-human-services/adult-services-branch/adult-substance-use-disorder-services-suds/first-steps-perinatal-treatment-program>

Last Verified On: 05/21/2024

## 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:** (503) 894-9453

**Text Spanish:** (971) 420-0294

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

Last Verified On: 05/21/2024

### **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:** 1-800-944-8766, code 73162#

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

Last Verified On: 05/21/2024



# YUBA COUNTY PERINATAL RESOURCES

## SUPPORT GROUPS

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### **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: 05/21/2024

### **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/>

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