

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.countyofcolusaca.gov/285/Maternal-Child-Adolescent-Health-Program>

Last Verified On: 05/22/2026

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.facebook.com/AFACKids/>

Last Verified On: 05/22/2026

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: 05/22/2026



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: 315 9th St Suite A,
Williams, CA 95987

Contact: (530) 473-0212

Website:

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

Last Verified On: 05/22/2026

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 9th Street Suite B
Colusa, CA 95932

Contact: (530) 458-5555

Website:

<https://www.countyofcolusaca.gov/948/First-5>

Last Verified On: 05/22/2026



COLUSA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

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: 05/22/2026

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: 05/22/2026

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: 05/22/2026

ADOPTION RESOURCES

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: 05/22/2026

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: 05/22/2026

Adoption Connection

“Counselors are here to explain all of the steps in the adoption process.”

Location: 1710 Scott St.

San Francisco, CA 95115

Contact: (800) 972-9225

Website:

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

Last Verified On: 05/22/2026



COLUSA COUNTY PERINATAL RESOURCES

BREASTFEEDING & LACTATION SUPPORT SERVICES

***Please refer to the WIC listing below for additional breastfeeding and lactation support services.**

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: 05/22/2026

Off on Women’s Health, Breastfeeding

“Find health information on the benefits of breastfeeding and answers to common questions from new moms.”

Website:

<https://www.womenshealth.gov/patient-materials/health-topic/breastfeeding>

Last Verified On: 05/22/2026

CAR SEAT PROGRAMS

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.”

Contact: (530) 476-0822

Website:

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

Last Verified On: 05/22/2026

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.”

Williams Center

Location: 602 12th Street

Williams, CA 95987

Contact: (530) 473-5400

Website:

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

Last Verified On: 05/22/2026

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: 05/22/2026

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: 05/22/2026



COLUSA COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Colusa County Home Visiting Program

“The Colusa Home Visiting Program (CHVP) is focused on promoting positive parenting and child development by giving parents tools and knowledge to improve their parenting skills and relationships with their children.”

Contact: (530) 458-0380

Website:

<https://www.countyofcolusaca.gov/1120/21700/Home-Visiting-Program#:~:text=The%20Colusa%20Home%20Visiting%20Program,and%20relationships%20with%20their%20children.>

Last Verified On: 05/22/2026

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: 05/22/2026

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: 05/22/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 05/22/2026



COLUSA COUNTY PERINATAL RESOURCES

MATERNAL MENTAL HEALTH RESOURCES, continued

National Maternal Mental Health Hotline

“A free and confidential service offering 24/7 support via call or text to new and expecting moms and their loved ones. The Hotline’s trained counselors help thousands of women and their families needing emotional support during or after pregnancy. The Hotline is available in English and Spanish and offers interpreters in more than 60 languages.”

Call/text: (833) TLC-MAMA (833-852-6262)

Website: <https://mchb.hrsa.gov/national-maternal-mental-health-hotline/faq#:~:text=Call%20or%20text%20the%20National,%2D833%2D852%2D6262>

Last Verified On: 05/22/2026

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: 05/22/2026

PERINATAL SUBSTANCE USE RESOURCES

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: 05/22/2026

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: 05/22/2026



COLUSA 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: (503) 894-9453

Text Spanish: (971) 420-0294

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

Last Verified On: 05/22/2026

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: 05/22/2026

WOMEN, INFANTS & CHILDREN (WIC)

“WIC services include: Practical nutrition information and everyday healthy living tips for you and your family. Nutrition experts who specialize in nutrition for mothers and their children. Support and information about breastfeeding your baby, including access to breastfeeding experts. Help in finding health care and other valuable community services. Benefits to buy healthy foods, such as fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, tofu and more!

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

Last Verified On: 05/22/2026

Colusa WIC Office

Location: 515 Fremont Street

Colusa, CA 95932

Contact: (530) 458-5503

Last Verified On: 05/22/2026

Arbuckle WIC Office

Location: 89 Putnam Way

Arbuckle, CA 95912

Contact: (530) 458-5503

Last Verified On: 05/22/2026