

DEL NORTE COUNTY PERINATAL RESOURCES

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

Hours: Monday – Friday 10 a.m. – 1a.m. EST,
Saturday & Sunday 10 a.m. – 6 p.m. EST

Website: <https://www.all-options.org/find-support/talkline/>

Last Verified On: 06/03/2026



Family Resource Center of the Redwoods – Awaiting Arrivals Program

“A six week prenatal class designed to answer questions and connect new parents with other families.”

Location: 494 Pacific Avenue
Crescent City, CA 95531

Contact: (707) 464-0955

Website:

<https://www.frcredwoods.org/programs>

Last Verified On: 06/03/2026

Sutter Coast Hospital Family Birth Center

“Sutter Coast Hospital's Family Birth Center is a family-centered facility for maternity and newborn care. We offer private all-in-one labor, delivery, recovery and postpartum rooms in a setting that is both caring and comfortable.”

Location: 800 East Washington Boulevard
Crescent City, CA 95531

Contact: (707) 464-8511

Website: <https://www.sutterhealth.org/find-location/facility/sutter-coast-hospital-birth-center>

Last Verified On: 06/03/2026

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/med-cal/Documents/Doula-Directory.pdf>

Last Verified On: 06/03/2026



DEL NORTE 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: 06/03/2026

International Abortion Federation

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

Contact: (202) 667-5881

Website: https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca

Last Verified On: 06/03/2026

ADOPTION RESOURCES

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.”

Contact: (800) 367-2367

Website: <https://adoptionnetwork.com/birth-mothers/adoption-planning-guide/adoption-choices/>

Last Verified On: 06/03/2026

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: 06/03/2026

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: 06/03/2026

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.ifcs.org/im-pregnant/>

Last Verified On: 06/03/2026



DEL NORTE 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: 06/03/2026

Off on Women’s Health, Breastfeeding

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

Contact: (800) 994-9662

Website:

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

Last Verified On: 06/03/2026

Sutter Coast Hospital Breastfeeding Support Services

“We offer breastfeeding support services including: Childbirth classes that include training on breastfeeding. Phone advice line for breastfeeding questions. In-hospital breastfeeding classes. Rental of breast pumps and purchase of breastfeeding supplies (breast pads, nipple creams) at our hospital shops. One-on-one support from lactation consultants.”

Location: 800 East Washington Boulevard
Crescent City, CA 95531

Contact: (707) 954-6628

Website:

<https://www.sutterhealth.org/services/Lactation-Support-Services>

Last Verified On: 06/03/2026

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: 06/03/2026

Del Norte Child Care Council

“Provides car seat safety information and car seat checks by certified Child Passenger Safety Technicians...car seats available to rent for a 6 month rental period...offers no cost car seats to income qualifying families.”

Location: 212 K Street
Crescent City CA 95531

Contact: (707) 464-8311

Website: <https://www.dnccc.com/parents/car-seats/>

Last Verified On: 06/03/2026



DEL NORTE COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Del Norte MCAH – Nurse Home Visiting Program

“We visit pregnant women & new mothers in their homes to provide support during a time of incredible change. We answer health questions, listen to concerns, help with breastfeeding, help to schedule OB appointments, provide birth control counseling, aid in transportation to medical appointments & connect mothers to community resources.”

Contact: (707) 464-7214

Website: <https://www.co.del-norte.ca.us/departments/PublicHealth/MCAH>

Last Verified On: 06/03/2026

The Pregnancy Care Center

“We connect you to the nearest free service using the best technology and highly trained staff. We understand that you may have an urgent question regarding pregnancy and other medical and non-medical services.”

Location: 110 W Washington Blvd
Crescent City, CA 95531

Contact: (707) 464-3233

Website: <https://optionsforpregnancy.com/free-clinic/the-pregnancy-care-center-of-crescent-city/>

Last Verified On: 06/03/2026

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: 06/03/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 06/03/2026

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: 06/03/2026

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: 06/03/2026

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: 06/03/2026



DEL NORTE COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Oxford House

“Recovery Services for Men, Women, and Children”

Location: 230 Lauff Avenue

Crescent City, CA 95531

Contact: (707) 460-6089

Website: <http://www.co.del-norte.ca.us/departments/health-human-services/social-services-branch/adult-and-family-services/community-resources>

Last Verified On: 06/03/2026

POSTPARTUM SUPPORT SERVICES

Del Norte Child Care Council

“Supporting services for Del Norte County by bringing families and professionals resources in, childcare subsidy, family childcare referrals, food program, after school care and more.”

Location: 212 K Street

Crescent City CA 95531

Contact: (707) 464-8311

Website: <https://www.dnccc.com/contact-us/>

Last Verified On: 06/03/2026

Circle of Moms, Pregnant and New Mothers Support Group

“Let’s support each other’s breastfeeding needs. Get breastfeeding questions answered, assistance with latching, meet other new moms, baby weigh check, and more.”

Location: 494 Pacific Avenue

Crescent City, CA 95531

Contact: (707) 464-7293

Website:

<https://www.themotherbabycenter.org/classes-videos/support-groups/>

Last Verified On: 06/03/2026



DEL NORTE COUNTY PERINATAL RESOURCES

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.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>

Last Verified On: 09/16/2025

Del Norte County WIC Office

“The Del Norte County WIC Program serves low to medium income families living in California, including families who are newly pregnant, who just had a baby, or have children under 5 years old.”

Location: 440 L Street
Crescent City, CA 95531

Contact: (707) 464-0942

Website: <https://www.co.del-norte.ca.us/departments/PublicHealth/WIC>

State Website:

<https://www.myfamily.wic.ca.gov/>

Last Verified On: 06/03/2026