

NEVADA 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: 05/15/2026

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: 05/15/2026

The Nest Family Resource

“The Nest Family Resource is your place for finding real-life guidance and down-home community through the parenthood journey.”

Contact: (530) 637-8411

Website:

<https://www.thenestfamilyresource.com/>

Last Verified On: 05/15/2026



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: 05/15/2026

Mariposa Birth

“Providing supportive and empowering care to each family every step of their journey.”

Website: <https://www.mariposabirth.com/>

Last Verified On: 05/15/2026



NEVADA 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: 05/15/2026

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/?fwc_country_search=united-states&fwc_state_search_united_states=ca

Last Verified On: 05/15/2026

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: (530) 891-0302

Toll Free: (800) 607-9200

Website: <http://ac-nc.org/>

Last Verified On: 05/15/2026

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: 05/15/2026

Kiononia Family Services

“Koinonia Family Services is a nationally accredited, premier foster and adoption agency with over 39 years of experience and office throughout California and Nevada.”

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

Last Verified On: 05/15/2026

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: 05/15/2026

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: 05/15/2026

Standford Sierra Youth & Families

“We provide a continuum of care to empower youth and families to overcome challenges together, as well as connects youth in foster care to the permanent loving families they need and deserve.”

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

Last Verified On: 05/15/2026



NEVADA 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: 05/15/2026

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: 05/15/2026

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: 05/15/2026

HOME VISITING PROGRAMS

Nevada County Public Health Department

“The Maternal, Child and Adolescent Health (MCAH) Program provides pregnant parents and families with young children free home visits that are tailored to the families’ specific needs.”

Location: 500 Crown Point Circle
Grass Valley, CA

Contact: (530) 847-8293

Website:

<https://www.nevadacountyca.gov/551/Public-Health>

Last Verified On: 05/15/2026

Child Advocates of Nevada County

“A Home Visitor from Healthy Babies (HB) has the time to answer your questions and show you ways to encourage your baby at every stage of development.”

Location: 200 Providence Mine Road, Suite 210
Nevada City, CA 95959

Contact: (530) 265-9550

Website: <https://caofnc.org/healthy-babies/>

Last Verified On: 05/15/2026



NEVADA COUNTY PERINATAL RESOURCES

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: 05/15/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 05/15/2026

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: 05/15/2026

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: 05/15/2026

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: 05/15/2026



NEVADA 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: 05/15/2026

Insights Counseling Group (May or may not work, located in Placer County)

"Insights Counseling Services, in partnership with First5 Placer, offers no cost counseling for the prevention and treatment of various Perinatal Mood and Anxiety Disorders (PMADs), including postpartum depression and postpartum anxiety."

Location: 265 Nevada Station

Auburn, Ca

Contact: (530) 887-1300

Website:

<https://insightscounselinggroup.org/mom-squad/>

Last Verified On: 05/15/2026

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: 05/15/2026

Moving Beyond Depression Program

"A free, in-home cognitive behavioral therapy program for Nevada County parents who are experiencing depression during or after pregnancy. The family must be enrolled in one of the local home visiting programs to participate in Moving Beyond Depression.."

Contact: (530) 265-5811

Website:

<https://www.nevadacountyca.gov/3546/Maternal-Child-Adolescent-Health>

Last Verified On: 05/15/2026

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

Last Verified On: 09/16/2025

Nevada County WIC – Brighton Green Resource Center

Location: 988 McCourtney Road

Grass Valley, CA 95949

Contact: (530) 265-1454

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Nevada County WIC – Truckee

Location: 10075 Levon Avenue, Suite 202

Truckee, CA 96161

Contact: (530) 582-7814

Website:

Last Verified On: 05/15/2026