

SONOMA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Infant and Children's Health – County of Sonoma

"Sonoma County Maternal Child and Adolescent Health is dedicated to promoting physical, social, and emotional health and well-being for pregnant persons, children, adolescents, and their families through information, education, and resources. We are committed to inclusion, diversity, and anti-racist values. All community members are welcome and safe to use our services."

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Infants-and-Children-Health/>

Last Verified On: 06/01/2026

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: 06/01/2026

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: 06/01/2026



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: 06/01/2026

Sonoma County Doula Directory

"Do you have Medi-Cal Insurance, Partnership Health Plan or Kaiser Medi-Cal? Connect with a doula to find support for your pregnancy, birth, and after. These plans cover at least 9 visits with a doula, including prenatal and postpartum care up to 12 months after delivery."

Directory: <https://sites.google.com/view/sc-doula-directory/home>

Last Verified On: 06/01/2026



SONOMA 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: 06/01/2026

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://nationalabortionfederation.org/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca

Last Verified On: 06/01/2026

ADOPTION RESOURCES

TLC Child & Family Services

“TLC provides comprehensive quality foster care and adoption services, residentially-based services, special education services, transitional housing and counseling.”

Location: 1800 N. Gravenstein Highway
Sebastopol, CA 95472

Contact: (707) 823-7300

Website: <https://tlc4kids.org>

Last Verified On: 06/01/2026

Liliput Families

“Adoption, Resource Family Approval/Family Evaluation, Kinship Support Services Program”

Location: 2255 Challenger Way, Ste. 100
Santa Rosa, CA 95407

Contact: (707) 603-3500

Website:

<https://www.wayfinderfamily.org/program/children-and-family-services>

Last Verified On: 06/01/2026

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: 06/01/2026

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: 06/01/2026

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: 06/01/2026



SONOMA COUNTY PERINATAL RESOURCES

BREASTFEEDING & LACTATION SUPPORT SERVICES

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

Sonoma County Department of Health Services – Breastfeeding Support

“Breastfeeding Resource Guides, Know Your Rights: Breastmilk Expression in the Workplace, Helpful Tips.”

Website:

<https://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Breastfeeding-Support/>

Last Verified On: 06/01/2026

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: 06/01/2026

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://lllnorcal.org/>

Last Verified On: 06/01/2026

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: 06/01/2026



SONOMA COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Sonoma County Home Visiting

“Home visits provided by a Public Health Nurse to low-income pregnant women, and women parenting a child under 5 years of age, who have medical and/or social risk factors.”

Location: 625 5th Street
Santa Rosa, CA 95404

Contact: (707) 565-4494

Toll Free Line: (800) 427-8982

Website:

<http://sonomacounty.ca.gov/Health/Public-Health/Maternal-Child-and-Adolescent-Health/Home-Visiting/>

Last Verified On: 06/01/2026

Child Parent Institute

“Offers in-home parenting services for parents who are unable to attend classes or who may want individual attention for a particular parenting or child behavior challenge.”

Location: 3650 Standish Avenue
Santa Rosa, CA 95407

Contact: (707) 585-6108

Website: <http://calparents.org/>

Last Verified On: 06/01/2026

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: 06/01/2026

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: 06/01/2026

Paternal Postpartum Depression Guide

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

Last Verified On: 06/01/2026



SONOMA 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: 06/01/2026

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: 06/01/2026

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: 06/01/2026



SONOMA 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: 06/01/2026

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: 06/01/2026

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://sonomacounty.gov/health-and-human-services/health-services/divisions/public-health/woman-infants-and-children-\(wic\)](https://sonomacounty.gov/health-and-human-services/health-services/divisions/public-health/woman-infants-and-children-(wic))

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Santa Rosa WIC Office

Location: 1450 Guerneville Road
Santa Rosa, CA 95403

Contact: (707) 565-6590

Last Verified On: 06/01/2026

Petaluma Health Center

Location: 1179 North McDowell Boulevard
Petaluma, CA 94954

Contact: (707) 565-6590

Last Verified On: 06/01/2026

Guerneville WIC Office

Location: 16390 Main Street
Guerneville, CA 95446

Contact: (707) 565-6590

Last Verified On: 06/01/2026

Sonoma WIC Office

Location: 19080 Lomita Ave
Sonoma, CA 95476

Contact: (707) 565-6590

Last Verified On: 06/01/2026