

# 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.co.shasta.ca.us/index/hhsa\\_index/Health\\_and\\_Safety/Pregnancy/CPSPPublic.aspx](https://www.co.shasta.ca.us/index/hhsa_index/Health_and_Safety/Pregnancy/CPSPPublic.aspx)

Last Verified On: 05/30/2025

### 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.afackids.org/>

Last Verified On: 05/30/2025

### 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: 05/31/2025



### 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:** 602 12<sup>th</sup> Street  
Williams, CA 95987

**Contact:** (530) 473-5400

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

Last Verified On: 05/30/2025

### Family Action Centers of Colusa County – 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 9<sup>th</sup> Street Suite B  
Colusa, CA 95932

**Contact:** (530) 458-5555

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

Last Verified On: 05/30/2025



# COLUSA COUNTY PERINATAL RESOURCES



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## PREGNANCY SUPPORT SERVICES

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### 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: 05/30/2025

### 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: 05/30/2025

## ABORTION INFORMATION

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### 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: 05/31/2024

### 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](https://prochoice.org/patients/find-a-provider/?fwp_country_search=united-states&fwp_state_search_united_states=ca)

Last Verified On: 05/31/2024

## ADOPTION RESOURCES

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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.”

**Contact:** (530) 891-0302

**Toll Free:** (800) 607-9200

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

Last Verified On: 05/31/2024

### 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: 05/30/2025

### 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: 05/31/2024

### 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: 05/30/2025



# COLUSA COUNTY PERINATAL RESOURCES

## BREASTFEEDING & LACTATION SUPPORT SERVICES

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**\*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: 05/31/2024

### 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: 05/30/2025

## CAR SEAT PROGRAMS

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### 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.”

**Location:** 812 King Street

Arbuckle, CA 95912

**Contact:** (530) 476-0822

**Website:**

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

Last Verified On: 05/30/2025

### 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 12<sup>th</sup> Street

Williams, CA 95987

**Contact:** (530) 473-5400

**Website:**

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

Last Verified On: 05/30/2025

### 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: 05/30/2025

### 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: 05/31/2024



# COLUSA COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### 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: 09/25/2025

## MATERNAL MENTAL HEALTH RESOURCES

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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: 05/30/2025

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2025

### 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: 05/30/2025



# COLUSA COUNTY PERINATAL RESOURCES

## MATERNAL MENTAL HEALTH RESOURCES, continued

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### 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: 05/30/2025

### 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: 05/30/2025

## 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: 05/30/2025

### 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: 05/30/2025



# COLUSA COUNTY PERINATAL RESOURCES

## 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: 05/30/2025

### 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: 05/30/2025

## WOMEN, INFANTS & CHILDREN (WIC)

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“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

### Colusa WIC Office

**Location:** 515 Fremont Street  
Colusa, CA 95932

**Contact:** (530) 458-5503

Last Verified On: 05/30/2025

### Arbuckle WIC Office

**Location:** 89 Putnam Way  
Arbuckle, CA 95912

**Contact:** (530) 458-5503

Last Verified On: 05/30/2025