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: 05/30/2025

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: 05/31/2025

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: 05/31/2025

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

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: 05/31/2024

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
Last Verified On: 05/31/2024

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:
https://www.facebook.com/people/Adoption-Choices-of-Northern-California/100063484603015/
Last Verified On: 05/31/2025

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: 05/30/2025

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.jfcs.org/im-pregnant/
Last Verified On: 05/31/2025

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://lllnorcal.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

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: 05/31/2025

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: 05/31/2025

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: 05/31/2025

HOME VISITNG 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) 464-0861 ext. 2811
Website: https://www.co.del-norte.ca.us/departments/PublicHealth/MCAH
Last Verified On: 05/31/2025

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: 05/31/2025

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: 05/30/2025

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

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

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: 05/31/2025

POSTPARTUM SUPPORT SERVICES

Del Norte Child Care Council
"Supporting services for Del Norte County by bringing families and professionals resources in, child care subsidy, family child care 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: 05/31/2025

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: 05/31/2025

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 St.,
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: 04/01/2025