

HUMBOLDT COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Humboldt County Maternal, Child & Adolescent Health

"MCAH services and administer special projects in the area of maternal and child health, provide professional and community health education, and conduct the applicable programs for all women, infants, children, and adolescents in Humboldt County to have full access to preventive care, health care, and dental care."

Contact: (707) 445-6210

Care Line for Family Health: (800) 698-0843

Website:

<https://humboldt.gov/1013/Maternal-Child-Adolescent-Health>

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

Paso a Paso, (Step by Step)

"Paso a Paso offers preventative information and support to the Latino community. The bilingual staff provides childbirth education, breast feeding support, parenting classes, home visits, resource referrals and support groups."

Location: 2700 Dolbeer St. Eureka, CA 95501

Contact: (707) 296-0618

Website: <https://www.stjoehumboldt.org/for-community/paso-a-paso-step-by-step/>

Last Verified On: 05/31/2025



Perinatal Services – Public Health

"Goal of the Perinatal Services Program is to improve the health of low-income pregnant women and give their babies a healthy start in life by connecting individuals to resources and services."

Location: 908 Seventh Street, Eureka, CA 95501

Contact: (707) 445-6210

Website: <http://humboldt.gov/656/Perinatal-Services>

Last Verified On: 05/31/2025

North Country Prenatal Services

"Childbirth Education classes offered in Arcata and Eureka, Yoga classes offered in Eureka, Parenting and Breastfeeding groups offered in McKinleyville and Eureka. Please call for more information."

Location: 3800 Janes Rd, Suite 101 Arcata, CA 95521

Contact: (707) 822-1385

Website:

<https://opendoorhealth.com/locations/northcountry-prenatal-services/>

Last Verified On 05/31/2025



HUMBOLDT 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: 05/31/2025

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: 05/31/2025

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: 05/31/2025

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/adopt-ion-kit/>

Last Verified On: 05/30/2025

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/ree_info

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://llnocal.org/>

Last Verified On: 05/31/2025



HUMBOLDT COUNTY PERINATAL RESOURCES

BREASTFEEDING & LACTATION SUPPORT SERVICES, Continued

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

Breastfeeding Task Force of Humboldt County

"The Breastfeeding Task Force of Humboldt County promotes and protects breastfeeding as a norm in our community. We do this through advocacy, education and support in a culturally sensitive way."

Contact: (707) 269-2283

Website:

<https://humboldt.gov.org/2273/Breastfeeding-Task-Force>

Last Verified On: 05/31/2025

La Leche League of California

"Helping breastfeeding mothers through mother-to-mother support, encouragement, information, and education."

Website: <https://llusa.org/la-leche-league-of-california/>

Last Verified On: 05/31/2025

Humboldt County Breastfeeding Task Force

Location: 908 7th Street

Eureka, CA 95501

Contact: (707) 441-5573

Website:

<http://californiabreastfeeding.org/coalition-information/communitycoalitions/members/humboldt/>

Last Verified On: 05/31/2025

MilkLove

"Rose Rodriguez Phelan, BA, is a bilingual lactation consultant who offers one-on-one breastfeeding support."

Contact: (707) 498-5763

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



HUMBOLDT COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS

Nurse Family Partnership

“Nurse-Family Partnership is a free home visiting program that partners nurses with first-time moms early in their pregnancy. A free Registered Nurse can give you the support, advice and information you need as a new mom.”

Contact: (707) 268-2105

Toll Free: (855) 707-9355

Website: <https://humboldt.gov.org/578/Nurse-Family-Partnership>

Last Verified On: 05/31/2025

Southern Humboldt Family Resource

“Family health care providers in the Garberville-Redway area. Providing family counseling services, teen pregnancy & parenting support, nutritional guidance, and home visits.”

Location: Garberville / Redway, California

Contact: (707) 923-1147

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

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

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.”

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



HUMBOLDT COUNTY PERINATAL RESOURCES

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: 05/30/2025

St. Joseph Hospital – Eureka

“St. Joseph Hospital, Eureka is committed to meeting the highest standards in health care delivery while ministering to the needs of the whole person – body, mind and spirit.”

Location: 2700 Dolbeer St. Eureka CA 95501

Contact: (707)445-8121

Website:

<https://www.providence.org/locations/norcal/st-joseph-hospital-eureka/classes-and-events>

Last Verified On: 05/31/2025

Open Door Community Health Center

“6-week Childbirth Education classes emphasize the basic anatomy and physiology of birth.”

Location: 3800 James Road Suite 101, Arcata CA 95521

Contact: (707)822-1385

Website: <https://opendoorhealth.com/patient-resources/pregnancy-resources/>

Last Verified On: 05/31/2025

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: 05/30/2025

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



HUMBOLDT 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

Eureka WIC Clinic

Location: 908 Seventh St.

Eureka, CA 95501

Contact: (707) 445-6255

Last Verified On: 04/02/2025

Garberville WIC Clinic

Location: 727 Cedar St.

Garberville, CA 95542

Contact: (707) 923-2779

Last Verified On: 04/02/2025

Fortuna WIC Clinic

Location: 3306 Renner Drive

Fortuna, CA 95540

Contact: (707) 726-9427

Last Verified On: 04/02/2025

McKinleyville WIC Clinic

Location: 1615 Heartwood Drive

McKinleyville, CA 95519

Contact: (707) 445-6255 or (707) 839-1173

Last Verified On: 04/02/2025