

# LAKE 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

### **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

### **Dear Mama, We Got You!**

“We are Elder Mamas, and we are here for you every step of the way. Whether you’re planning, expecting, postpartum, or parenting, Optimum Wellness Group, Inc walks with you. Grounded in compassion, community, and healing.”

**Contact:** (707) 802-8144

**Website:**

<https://www.optimumwellnessgroup.org/#services>

Last Verified On: 03/11/2026



### **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/med-cal/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2025



# LAKE COUNTY PERINATAL RESOURCES

## 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

### 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

### 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/option-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: 05/31/2024



# LAKE 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://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

## CAR SEAT PROGRAMS

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### **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



# LAKE COUNTY PERINATAL RESOURCES

## HOME VISITING PROGRAMS

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### Lake County Public Health Nursing

“MCAH services include: Resource Information, Referral and Technical Support of Prenatal, Parenting and Child Health issues to any resident or agency. MCAH staff provides coordination and consultation for the Comprehensive Prenatal Services Program (CPSP) providers. High risk infant home visitation (limited basis).”

**Location:** 922 Bevins Court Lakeport, CA 95453

**Contact:** (707) 263-1090

Last Verified On: 05/30/2025

### Lake County Tribal Health

“Gouk-Gumu Xolpelema Tribal Home Visiting Program – All People Coming Together. For all Native American families living in Lake County from expectant parents to those with infants, toddlers, and pre-school children (0-5 years).”

**Location:** 925 Bevins Court  
Lakeport, CA 95453

**Contact:** (707) 263-8382 extension 1302

**Website:**

<https://www.lcthc.com/services/human-services/home-visits/>

Last Verified On: 05/30/2025

### Lake County Family Resource Center

“The Adolescent Family Life Program (AFLP) serves pregnant and parenting teens living in Lake County. The program improves the health, social and financial well-being of teen parents and their children and enhances education opportunities.”

**Location:** 5350 Main Street Kelseyville, CA 95451

**Contact:** (707) 279-0563

**Website:** <https://www.lakefrc.org/project/our-programs/>

Last Verified On: 05/30/2025



# LAKE COUNTY PERINATAL RESOURCES

## 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

### 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

### Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2025

## 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



# LAKE COUNTY PERINATAL RESOURCES

## 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

## 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

### Dear Mama, We Got You!

“We are Elder Mamas, and we are here for you every step of the way. Whether you’re planning, expecting, postpartum, or parenting, Optimum Wellness Group, Inc walks with you. Grounded in compassion, community, and healing.”

**Contact:** (707) 802-8144

**Website:**

<https://www.optimumwellnessgroup.org/#services>

Last Verified On: 03/11/2026

### 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: 05/30/2025



# LAKE COUNTY PERINATAL RESOURCES

## 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

### **E Center Lakeport WIC Office**

**Location:** 831 Bevins Street,  
Lakeport, CA 95453

**Contact:** (707) 263-5253

**Email:** [lakewiconline@ecenter.org](mailto:lakewiconline@ecenter.org)

Last Verified On: 05/30/2025

### **E Center Clearlake WIC Office**

**Location:** 14085-4 Lakeshore Drive,  
Clearlake, CA 95422

**Contact:** (707) 263-5253

**Email:** [lakewiconline@ecenter.org](mailto:lakewiconline@ecenter.org)

Last Verified On: 05/30/2025

### **E Center Middletown WIC Clinic**

**Location:** 21244 State Highway 175,  
Middletown, CA 95461

**Hours:** Open first Friday of each month

**Contact:** (707) 263-5253

**Email:** [lakewiconline@ecenter.org](mailto:lakewiconline@ecenter.org)

Last Verified On: 05/30/2025

### **E Center Lucerne WIC Clinic**

**Location:** 3863 Country Club Drive,  
Lucerne, CA 95458

**Hours:** Open second Friday of the month

**Contact:** (707) 263-5253

**Email:** [lakewiconline@ecenter.org](mailto:lakewiconline@ecenter.org)

Last Verified On: 05/30/2025