

SHASTA 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

North State Care Clinic

“We provide free, verified pregnancy testing and sonograms to qualifying patients in their first trimester. Our Learning For Life program allows our clients to “earn while you learn.”

Location: 2460 Athens Avenue
Redding, CA 96001

Contact: (530) 246-7075

Website: <https://northstatecareclinic.org/>

Last Verified On: 08/20/2025



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/medicaid/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2025

Life Light Pregnancy Center

“All services provided by Life Light are free and confidential, regardless of age, race, religion, or marital status. Life Light is a non-profit lay-counseling and pregnancy help center offering support and accurate information to girls, women, or men regarding their pregnancy, sexual health and relationships.”

Location: 2919 Bechelli Ln.,
Redding, CA 96002

Contact: (530) 222-5200

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

Last Verified On: 05/31/2025



SHASTA COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES, Continued

Teenage Pregnancy and Parenting Program (TAPP)

*“TAPP is designed for expecting and parenting youth, enrolled before their 19th birthday. *19 years old on exception.”*

Location: 240 Washington Avenue
Redding, CA 96001

Contact: (530) 247-3329

Website: <https://nvcss.org/programs/tapp-teen-services/>

Last Verified On: 05/31/2025

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: 05/31/2025

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.**”

Contact: (530) 891-0302

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.”

Website:

<https://lifetimeadoption.com/birthmothers/adoption-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/free_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.ifcs.org/im-pregnant/>

Last Verified On: 05/31/2024



SHASTA COUNTY PERINATAL RESOURCES

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: 05/31/2024

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

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

Shasta County – Child Safety Seats

“Public Health is excited to offer a free car seat to expecting mothers who attend a child safety seat class! Low cost car seats are available for low-income Shasta County residents.”

Toll Free Contact: (530) 225-5850

Website:

<https://www.shastacounty.gov/health-human-services/page/child-safety-seats>

Last Verified On: 05/31/2025

HOME VISITING PROGRAMS

Nurse Family Partnership

“Nurse-Family Partnership is a free home visiting program that partner’s 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: (530) 225-5394

Website: <https://www.shastacounty.gov/health-human-services/page/nurse-family-partnership-nfp>

Last Verified On: 05/31/2025

Pathways to Hope - Parent Partner Program

“Family Resource Parent Partners are available for home visiting and walk-in services for any family in Shasta County. Parent Partners help families identify and connect to needed resources such as affordable housing, food, clothing and parenting education.”

Location: 2280 Benton Dr. Suite B
Redding, CA 96001

Contact: (530) 242-2020

Website: <https://hopeshasta.org/parent-partner-programs/>

Last Verified On: 05/31/2025





SHASTA COUNTY PERINATAL RESOURCES

HOME VISITING PROGRAMS, Continued

Healthy Families Shasta County

“Healthy Families Shasta is the nationally recognized, evidence-based home visiting program that builds a strong foundation for safe and secure relationships between caregiver and child, maximizing opportunities for all children to reach their full potential. Healthy Families Shasta can provide a home visitor to support any pregnant or parenting families who are NOT eligible for NFP. Mom can enroll at any time during her pregnancy or until the baby is three months of age and must reside in Shasta County.”

Contact: (530) 247-3312

Email: lharrison@nvcss.org

To Self-Refer: <https://nvcss.org/shasta-baby-steps-questionnaire/>

Website: <https://nvcss.org/programs/healthy-families-shasta/>

Facebook:

<https://www.facebook.com/nvcss.hfashasta>

Last Verified On: 05/31/2025

Shasta County Public Health – Maternal Child Adolescent Health Program

“Offers the **Healthy Moms, Healthy Babies Program**, which assists pregnant women, teens, and mothers of children under age 2 by connecting them to compassionate care and local resources tailored to their needs.

Services are FREE of charge to residents of Shasta County. The Healthy Moms, Healthy Babies Program provides support for Maternal Depression and Anxiety during pregnancy or after giving birth: Connections to appropriate treatment resources, Tools to strengthen the bond between mother and infant, Support from a caring Public Health Nurse.”

Contact: (800) 225-5122

Website:

<https://www.shastacounty.gov/health-human-services/page/maternal-depression-and-anxiety>

Last Verified On: 08/24/2025

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

Paternal Postpartum Depression Guide

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

Last Verified On: 05/30/2025



SHASTA 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: 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

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

Outpatient Alcohol and Drug Program

“The outpatient program focuses on treatment of alcohol and drug abuse and provides individual and group counseling, substance abuse education, crisis intervention, assessment and referral services.”

Location: 1506 Market Street
Redding, CA 96001

Contact: (530) 225-5200

Crisis Access Line: (530) 225-5252

Website: <https://www.shastacounty.gov/health-human-services/page/substance-use-treatment>

Last Verified On: 05/31/2025

Women’s Connect to Wellness & Recovery

“Program that is aimed at reducing the number of babies being exposed to substances during pregnancies.”

Contact: (530) 225-5850

Website: <https://womensconnectshasta.com/>

Last Verified On: 05/31/2025



SHASTA COUNTY PERINATAL RESOURCES

PERINATAL SUBSTANCE USE RESOURCES, Continued

Women’s Recovery & Resiliency Services

“The Perinatal Program is for women who are pregnant or have recently given birth and have a substance abuse problem. Services include day treatment; individual and group counseling; parenting skills development; and case management. An on-site child care co-op and transportation are available. Babies under the age of 4 months can remain with their mothers during treatment.”

Location: 1506 Market Street
Redding, CA 96001

Contact: (530) 245-6411

Website:

<https://www.211ca.org/detail/?idServiceAtLocation=211norcal-52654377&location=san%20benito%20county%20ca&user=>

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



SHASTA 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

Enterprise WIC Office

Location: 2757 Churn Creek Road, Suite C
Redding, CA 96002

Contact: (530) 224-4200

Fax: (530) 224-4878

Last Verified On: 04/10/2025

Anderson WIC Office

Location: 2889 East Center Street, Suite 102,
Anderson, CA 96007

Contact: (530) 225-5168, or (530) 225-3715

Fax: (530) 229-8201

Last Verified On: 04/10/2025

Burney WIC Office

Location: 36911 Main Street, Burney, CA
96013

Contact: (530) 335-5166

Fax: (530) 224-4878

Last Verified On: 04/10/2025

McArthur WIC Office

Location: Intermountain Fairgrounds, 44218 A
St., McArthur, CA 96056

Contact: (530) 225-5168

Fax: (530) 224-4878

Last Verified On: 04/10/2025

Public Health WIC Office

Location: 36911 Main Street, Burney, CA
96013

Contact: (530) 225-5168

Fax: (530) 224-4878

Last Verified On: 04/10/2025