

SISKIYOU 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

Maternal, Child, & Adolescent Health Perinatal Care Guidance (PCG)

“The PCG Program provides help with finding a doctor for your pregnancy, WIC enrollment, child birth classes, transportation information, resources on nutrition, prenatal care, labor and delivery, breast feeding, ISDS, child development and will provide assistance with enrollment to Medi-Cal.”

Website:

<https://www.co.siskiyou.ca.us/publichealth/page/maternal-child-and-adolescent-health-mcah>

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/medicaid/Documents/Doula-Directory.pdf>

Last Verified On: 05/31/2025

Fairchild Medical Center

“Childbirth is a very special time, and Fairchild Medical Center’s Labor & Delivery department is proud to be a part of your birth. We recently renovated our OB birthing unit to all private suites. Each tastefully decorated suite is equipped with a modern birthing bed, private bath, blue tooth speaker, and sleeping facilities for your birthing partner.”

Contact: (530) 842-4121

Website: <https://fairchildmed.org/labor-and-delivery>

Last Verified On: 05/31/2025



SISKIYOU COUNTY PERINATAL RESOURCES

CHOICES PREGNANCY CENTERS

Choices Pregnancy Center

“Choices is a non-profit organization that responds to pregnancy, parenting and sexuality-related situations with respect, dignity, and compassion. Services are provided at no charge and include emotional and practical (most baby needs) ongoing support.”

Website: <https://choicesmtshasta.me/>

Choices Yreka Pregnancy Center

Location: 409 S. Main St.
Yreka, CA 96097

Contact: (530) 331-3762

Last Verified On: 05/31/2025

Choices Mt. Shasta Pregnancy Center

Location: 215 W. Alma Street
Mt. Shasta, CA 96067

Contact: (530) 926-6726

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: <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/adopt-ion-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

Last Verified On: 05/30/2025





SISKIYOU 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://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

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.”

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Toll Free Contact: (916) 509-3030

Website: <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 05/31/2024

HOME VISITING PROGRAMS

Siskiyou County Public Health

Location: 700 South Main Street, #1
Yreka, CA 96097

Contact: homevisiting@co.siskiyou.ca.us

Last Verified On: 05/31/2025

Shasta Head Start - Siskiyou County

“Shasta Head Start provides individual services to each family in order to create opportunities for success.”

Location: 375 Lake Blvd., Suite 100
Redding, California 96003 USA

Contact: (530) 241-1036

Fax: (530)241-2703

Website: <https://shastaheadstart.org/family-services/>

Last Verified On: 05/31/2025





SISKIYOU COUNTY PERINATAL RESOURCES

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

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

First 5 Siskiyou Nurturing Parenting Classes

“Special emphasis on parents in recovery. In these classes, parents will learn practical skills in dealing with stress, anger, and challenging behavior – and get support in dealing with addiction issues.”

When: Times for classes may vary

Contact: (530) 459-3981

Website: <https://first5siskiyou.org/parenting-education-classes/>



SISKIYOU COUNTY PERINATAL RESOURCES

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

First 5 Siskiyou Nurturing Parenting Classes

“Online Parenting Classes and Workshops.”

Website: <https://first5siskiyou.org/parenting-education-classes/>

Last Verified On: 05/31/2025

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/help-for-dads/>

Last Verified On: 05/31/2025

Postpartum Support International Online Support Meetings

“Black Mamas Matter Support Group, Perinatal Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss”

Website: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Last Verified On: 05/31/2025

PALS – Pregnancy After Infant Loss Online Support Groups

“Pregnancy After Loss Support moderates 14 online support groups on Facebook. These group encourage peer-to-peer support during the stages after pregnancy loss.”

Website:

<https://pregnancyafterlosssupport.org/get-support/pals-private-groups/>

Last Verified On: 05/31/2025



SISKIYOU 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

Yreka WIC Office

Location: 700 South Main St., Ste. 1,
Yreka, CA 96097

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Weed Community Center

Location: 161 East Lincoln Ave.
Weed, CA 96094

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Happy Camp Community Center

Location: 38 Park Way
Happy Camp, CA 96039

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Mt. Shasta Office

Location: 629 Alder Street,
Mt. Shasta, CA 96067

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Dorris Office

Location: 307 South Main Street
Dorris, CA 96023

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Tulelake Office

Location: 810 Main Street
Tulelake, CA 96134

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Fort Jones Office

Location: 11960 East Street
Fort Jones, CA 96032

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

Dunsmuir Office

Location: 5844 Dunsmuir Avenue
Dunsmuir, CA 96025

Contact: (530) 841-2170

WIC Cell Phone: (530) 598-5826

Last Verified On: 04/14/2025

