

SOLANO COUNTY PERINATAL RESOURCES

PREGNANCY SUPPORT SERVICES

Alpha Pregnancy Center

“It’s not uncommon for women who choose abortion to experience the same feelings of loss that accompany a miscarriage or stillbirth. If you or a loved one are struggling with grief, depression, or other challenges following any of these circumstances, don’t face it alone. Our staff can help you through the healing process and equip you with the tools you need for a full recovery. If you’re hurting, don’t stay silent. Schedule an appointment today.”

Location: 1005 Alamo Drive
Vacaville, CA 95687

Contact: (707) 449-8991

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

Last Verified On: 05/30/2025

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



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

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



SOLANO 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: 05/31/2024

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

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: 05/31/2024



SOLANO 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: 05/30/2025

NorthBay Outpatient Lactation Clinic

Location: NorthBay Women’s Resource Center

1860 Pennsylvania Avenue
Fairfield, CA 94533

Contact: (707) 646-5024

Appointments: (707) 646-5022

Website:

<https://www.northbay.org/services/womens-services/lactation-support.html>

Last Verified On: 05/30/2025

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

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

Solano Car Seat Connection

“Solano Car Seat Connection is here to help you learn how to use car safety seats from before your baby’s birth through when your child is at least 4’9” tall or 8-years-old. And remember, if you’re expecting a baby, you’ll need a car seat for the ride home from the hospital.”

Contact: (707) 784-8638

Website: <http://www.vibesolano.com/be-informed/injury-prevention/solano-car-seat-connection/>

Last Verified On: 05/30/2025



SOLANO COUNTY PERINATAL RESOURCES

EQUITY & PREGENACY

Black Moms Connect

“This group is for Black mothers who are seeking peer support during the perinatal period up to 2 years postpartum. Our online groups are here to help you connect with other moms, talk about your experience, and learn about helpful tools and resources. Whether you are going through stress, adjustment to parenting, baby blues, or pregnancy or postpartum depression/anxiety, our groups are here for you.”

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

Last Verified On: 05/30/2025

Solano HEALS – Exclusively Black Virtual Prenatal Groups

“Pregnant Black women living in Solano County who are seeking a supportive environment to learn how to process their trauma and develop techniques to support their pregnancy journey.”

Email: solanoheals@gmail.com

When: Mondays and Wednesdays from 6 p.m. – 7 p.m. the whole month of March

Flyer:

https://partnershiphp.org/Community/Documents/Solano/March2026_PrenatalGroupFlyer.jpg

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

Last Verified On: 01/26/2026

HOME VISITING PROGRAMS

Nurse-Family Partnership (NFP)

“A prenatal home-visiting program that matches first-time moms with nurses who give support & provide education.”

Location: 275 Beck Avenue
Fairfield, CA 94533

Contact: (877) 784-2229

Website:

<https://www.solanocounty.com/depts/ph/mch/prgrams/nfp/default.asp>

Last Verified On: 05/30/2025

Public Health Nursing (PHN)

“Provides nurse home-visits to monitor health, provide advice & resources on breastfeeding, newborn growth & development.”

Location: 275 Beck Avenue
Fairfield, CA 94533

Contact: (877) 784-2229

Website:

<http://www.solanocounty.com/depts/ph/mch/prgrams/phn.asp>

Last Verified On: 05/30/2025



SOLANO 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

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

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

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

Paternal Postpartum Depression Guide

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

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



SOLANO 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

Dear Mama, We Got You!

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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

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

Vallejo WIC Office

Location: 365 Tuolumne Street
Vallejo, CA 94590

Contact: (707) 553-5381

Last Verified On: 05/30/2025

Vacaville WIC Office

Location: 1119 E. Monte Vista Avenue
Vacaville, CA 95688

Contact: (707) 469-4555

Last Verified On: 05/30/2025

Fairfield WIC Office

Location: 2101 Courage Drive
Fairfield, CA 94533

Contact: (707) 784-2200

Last Verified On: 05/30/2025

Dixon WIC Office

Location: 155 North Second Street
Dixon, CA 95620

Contact: (707) 469-4591

Last Verified On: 06/16/2025