

Maternal, Child, and Adolescent Health Resource Guide



2025 Maternal, Child and Adolescent Health Resource Guide

Introduction

Sacramento County Public Health's goal is to provide equal access for all adults, children, and their families to appropriate and needed care within an integrated and seamless system.

Sacramento County Public Health created the Maternal, Child, Adolescent Health Resource Guide to assist pregnant individuals with the resources and referrals needed to provide integrated care.

The resource guide is organized by categories of resources, sub-categories of resources, and alphabetized by the organization's name. Each resource follows the format below:

RESOURCE CATEGORY

NAME OF ORGANIZATION/PROVIDER PHONE NUMBER

WEBSITE

ADDRESS

SHORT DESCRIPTION OF SERVICES **REFERRAL NEEDED/SPECIAL NOTES* (if applicable)

HOURS (if applicable)

COST (if applicable)

LANGUAGE OFFERED (if applicable)

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Adoption Services

County of Sacramento, Adoption Services ----- **916-875-5967**
 5967 <https://dcfas.saccounty.gov/CPS/Pages/Adoptions/SP-Adoptions.aspx>
 3701 Branch Center Road, Sacramento, CA 95827
 Services: Public adoption agency assessing if adoption is the best plan for children and matching them with qualified families.

Chicks in Crisis ----- **916-441-1243**
www.chicksincrisis.org
 9455 East Stockton Blvd., Elk Grove 958624
 Services: Independent adoption services, parenting classes, life skills classes, and baby items closet.

Alternative Family Services ----- **(916) 254-5200**
<https://www.afs4kids.org/locations/sacramento-office/>
 8 50 Cal Center Dr, Bldg 2, Suite 40
 Sacramento, CA 5826

Sacramento Adoption Center ----- **916-448-4418**
www.sacadopt.com
 2618 J Street, Suite 3, Sacramento 95816
 Services: Independent adoption services.

Birth Centers

The Birth Center ----- **916-344-1860**
www.sactobirth.com
 5440 Laurel Hills Dr., Sacramento 95841

The Midtown Birth Center ----- **916-936-2229**
www.sacramentomnm.com/birth-center
 2025 P Street, Sacramento 95811

Breastfeeding Resources

Community Resource Project WIC (CRP WIC) ----- 916-326-5830

www.cresource.org

2143 Hurley Way, Suite 150, Sacramento 95825
 3268 Madison Ave. Suite 16, North Highlands 95660
 7640 Greenback Lane, Citrus Heights 95610
 602 C Street, Suite 300, Galt 95632
 8231 E. Stockton Blvd., Suite B., Sacramento 95828
 2020 J Street, Sacramento, 95811
 8031 Fruitridge Rd., Suite D, Sacramento 95820
 14181 Grove Street, Walnut Grove, 95690

Services Provided: Classes, lactation consultations, breast pumps and other products

The Birth Center -----916-344-1860

www.sactobirth.com

5440 Laurel Hills Dr., Sacramento 95841

Services Provided: Comprehensive lactation services including tongue and lip tie diagnosis and release

Black Mothers United -----916-

<https://blackmothersunited.org/>

625 44th Street Suite 13, Sacramento, CA 95820

Services Provided: Community-based network supporting Black pregnant individuals with doula care, lactation support, health and wellness services, and support groups.

WellSpace Health ----- 916-392-2290

www.wellspacehealth.org

7601 Hospital Drive, Suite 220, Sacramento 95823
 2425 Alhambra Blvd, Sacramento 95817
 2433 Marconi Ave., Sacramento 95821
 3946 Norwood Ave., Sacramento 95838
 6015 Watt Ave., Suite 2, North Highlands 95660

Kaiser Permanente (Members Only)

www.kp.org

2155 Iron Pt. Rd., Folsom 95630 ----- 916-817-5278
 1600 Eureka Rd., Roseville 95661 ----- 916-474-6610
 6600 Bruceville Rd., Sacramento 95823 ----- 916-688-2754
 24-Hour Line ----- 916-784-4150

Services Provided: Classes, lactation consultations, support groups, breast bumps and products

La Leche League ----- 916-956-1999

www.llnocal.org/groups/sacramentoca

24-Hour Line ----- 877-452-5324

Sacramento Breastfeeding Coalition

<https://www.sacbfc.org/>

Services Provided: Connection to resources for feeding services and education and infant milk donation ban

Sacramento County, DHHS, Women, Infants and Children Program (WIC) ----- 916-876-5000 www.dhs.sacounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx 7171 Bowling Drive, Suite 1000, Sacramento 95823 4600 Broadway, Suite 2100, Sacramento 95820 20 Data Dr., Rancho Cordova 95670 840 osin Ct. Suite 200, Sacramento 58 4 8986 Elk Grove Blvd., Elk Grove 95624 <i>Services Provided: Classes, lactation consultations, support groups and breast pumps and products</i>
Sutter Medical Center Lactation Station (Patients Only) ----- 916-887-4037 www.sutterhealth.org 1625 Stockton Blvd., Sacramento, 95816 <i>Services Provided: Classes, lactation consultations, support groups and breast pumps and products.</i> <i>Cost: \$30</i>
UC Davis Medical Center (UCDMC) ----- 916-734-9797 www.health.ucdavis.edu/wellness/classes/breastfeeding_babybasics.html 4900 Broadway, Suite 1630, Sacramento 95820 <i>Cost: Price to Patients: \$35 Price to Community: \$45</i>
Midtown Lactation Consultants (MiLC) at Midtown Birth Center ----- 916-936-2229 https://www.sacramentomnm.com/lactation-consultation 2025 P Street, Sacramento, CA 95811 <i>Services Provided: Classes, lactation consultations, and support groups.</i> <i>Cost: \$100</i>

Childbirth Classes

UC Davis Medical Center (UCDMC) ----- 916-734-9797 www.health.ucdavis.edu/wellness/classes/preparedchildbirth.html 4900 Broadway, Suite 1630, Sacramento 95820 <i>Cost: Price to Patients: \$80 Price to Community: \$95</i>
Sutter Medical Center Parent Education Department ----- 916-887-4039 www.sutterhealth.org/childbirth-classes/pregnancy 1625 Stockton Blvd., Sacramento 95816 <i>Classes open to the public: \$120 per couple</i>
Kaiser Permanente www.kp.org 1600 Eureka Rd., Roseville 95661 ----- 916-474-6610 6600 Bruceville Rd., Sacramento 95823 ----- 916-688-2754
WellSpace Health ----- 916-392-2290 www.wellspacehealth.org 6015 Watt Ave., Suite 2, North Highlands 95660

Children's Services

CAR SEAT FITTING STATIONS/RESOURCES/CLASSES	
<p>Alameda County</p> <p>Alameda County Child Support Services 1000 California Street, Suite 100 Alameda, CA 94601 (415) 778-7200 www.alameda.courts.ca.gov</p>	<p>Alameda County</p> <p>Alameda County Child Support Services 1000 California Street, Suite 100 Alameda, CA 94601 (415) 778-7200 www.alameda.courts.ca.gov</p>

California Rural Indian Health Board ----- 916-929-9761
www.crihb.org
 1020 Sundown Way, Roseville 95661
Services Provided: Car seat fittings available to Native American families by appointment only

Greater Sacramento Safe Kids Coalition ----- 916-864-5779
www.safekidssacramento.org
 6501 Coyle Ave., Carmichael 95608
Spanish Line ----- 916-904-3799
Hmong Line ----- 916-864-5541
Russian Line ----- 916-864-5566
Services Provided: Car seat safety checks at Mercy San Juan Medical Center and Methodist Hospital, offered once a week, please call for date and location. Low-cost car seat program available for low-income families with proof of assistance. Program includes two hour car seat education class and inspection appointment with low-cost car seat.

Children's Services

CAR SEAT FITTING STATIONS/RESOURCES/CLASSES

<p>UC Davis Medical Center (UCDMC) ----- 916-734-9798</p> <p>https://health.ucdavis.edu/injuryprevention/childhoodsafety/child_passenger_safety.html</p> <p>4900 Broadway, Suite 1650, Sacramento 95820</p> <p><u>Services Provided:</u> Car seat education and inspections open to the community; virtual options available. They offer a low-cost car seat program with specific eligibility criteria.</p> <p><u>Languages Offered:</u> Spanish</p>

County of Sacramento, DHHS, Childhood Illness and Injury Prevention (CHIIPP) ----- 916-875-5869
www.dhs.saccounty.net/PUB/Pages/Childhood-Illness-Injury-Prevention-Program/SP-Childhood-Illness-Injury-Prevention-Program.aspx
 9616 Micron Ave., Suite 670, Sacramento 95827
Services Provided: Car seat and youth seat belt violator program by appointment and court referral only.
Languages Offered: Spanish

Yolo County Health Department ----- **530-406-4410**
137 N. Cottonwood Street, Woodland 95695
Services Provided: Car seat and youth seat belt violator program by appointment and court referral only

California Highway Patrol	
www.chp.ca.gov	
1801 9 th St., Sacramento 95811 -----	916-341-4740
5109 Tyler St., Sacramento 95841 -----	916-348-2300
6 Massie Ct., Sacramento 95823 -----	916-681-2300
11336 Trade Center Dr., Rancho Cordova 95742 -----	916-464-1450
2555 1 st Ave., Sacramento 95818 -----	916-731-6300

2555 1st Ave., Sacramento 95818 ----- 916-731-6300

Services Provided: Car seat fittings by appointment only. Some stations offer free car seats based on income in exchange for defective seat

Languages Offered: Spanish

Fire Departments

10573 E. Stockton Blvd., Elk Grove 95624 ----- **916-405-7114**

1050 Wilson Blvd., El Dorado Hills 95762 ----- **916-933-6623**

535 Glenn Drive, Folsom 95630 ----- **916-533-4120**

Services Provided: Car seat fittings by appointment only

Children's Services

HEALTH INSURANCE

BenefitsCal- Medi-Cal low-cost healthcare for families-----

916-875-7151

www.benefitscal.com

Medi-Cal Access Program (MCAP) -----

800-433-2611

www.mcap.dhcs.ca.gov

Languages Offered: Spanish, Chinese, Korean, Vietnamese, Cambodian, Lao, and Russian

Community HealthWorks -----

916-414-8333

www.cohewo.org

Services Provided: Staff is focused on reaching families throughout Sacramento County with children who are eligible for subsidized programs including: Medi-Cal, Healthy Families, Kaiser Permanente's Child Health Plan, Healthy Kids and Medi-Cal Access Program (MCAP). Citizenship is not required for some programs.

*Translators are available to help applicants

Children's Services

IMMUNIZATIONS

County of Sacramento, DHHS, Immunization Assistance Program (IAP) ----- **916-875-7468**

[www.dhs.saccounty.net/PUB/Pages/Immunization-Assistance-Program/Immunization-Assistance-Program-\(IAP\).aspx](http://www.dhs.saccounty.net/PUB/Pages/Immunization-Assistance-Program/Immunization-Assistance-Program-(IAP).aspx)

7001 East Parkway, Suite 600A, Sacramento 95823

*For families with children with no insurance. Call for an appointment

Children's Services

DEVELOPMENTAL DISABILITIES

Alta California Regional Center ----- **916-978-6400**

www.altaregional.org

2241 Harvard St., Suite 100, Sacramento 95815

Services Provided: Assists people with developmental disabilities and their families

County of Sacramento, DHHS, California Children's Services (CCS) ----- **916-875-9900**

www.dhs.saccounty.net/PUB/Pages/California-Childrens-Services/SP-California-Childrens-Services.aspx

9616 Micron Ave., Suite 70, Sacramento 95827

Services Provided: Diagnostic and treatment services, medical case management, and physical and occupational therapy services to children and young adults under 21 years of age with eligible medical conditions

Help Me Grow Sacramento ----- **916-822-8744**

<https://www.helpmegrowsac.org>

Services Provided: Family Resources and Developmental Screening Info

Warmline Family Resource Center ----- **916-455-9500**

<http://www.warmlinefrc.org/>

2424 Castro Way, Sacramento, CA 95818

Services Provided: Support and resources for parents of children with developmental disabilities.

Children's Services

OTHER

Child Action ----- **916-369-0191**

www.childaction.org

10540 White Rock Road #180, Rancho Cordova, CA 95670

Services Provided: Free child care referrals are available online, by phone, or walk in.

Poison Action Line ----- **800-222-1222**

www.calpoison.org

Dental Health Services

DENTAL INSURANCE PLANS/REFERRALS

Medi-Cal Dental -----	800-322-6384
www.denti-cal.ca.gov	
https://smilecalifornia.org/	
<i>Services Provided: Call to find a dental plan or change dental plans</i>	
Sacramento County GMC Health Plans -----	
800-707-6453 Access Dental Plan -----	
877-821-3234 www.premierlife.com	
Health Net Dental Plan -----	877-550-3868
Liberty Dental Plan -----	877-550-3875
<i>Through Medi-Cal GMC or Health Services</i>	

Dental Health Services

FREE OR LOW-COST DENTAL

Carrington College -----	916-361-5168
https://carrington.edu/location/sacramento-dental-hygiene-clinic/	
8909 Folsom Blvd., Sacramento 95826	
<i>Services Provided: Free dental 4-hour cleaning. Call for an appointment</i>	
Sacramento City College Dental Hygiene Program -----	916-558-2303
https://scc.losrios.edu/academics/programs-and-majors/dental-hygiene	
3835 Freeport Blvd., Sacramento 95822	
<i>Services Provided: Low-cost dental clinic (3-Hour visit)</i>	
<i>Cost: Initial free. Cleaning, x-rays, sealants</i>	
Sacramento Native American Clinic -----	916-341-0575
https://www.snahc.org/dental/	
2020 J St., Sacramento 95811	
<i>Services Provided: General dentistry for adults and children.</i>	
<i>Cost: Must pay fee the day of appointment (No payment plan available)</i>	
WellSpace Health	
www.wellspacehealth.org	
216 N Lincoln Way, Galt 95632 -----	209-268-0560

6015 Watt Ave., Suite 2, North Highlands 95660 -----	916-822-8958
3415 Martin Luther King Jr. Blvd., Sacramento 95817 -----	916-822-8958
8231 E Stockton Blvd., Suite C, Sacramento 95828 -----	916-822-8958
10423 Old Placerville Rd., Sacramento 95827 -----	916-822-8958
7777 Sunrise Blvd., Citrus Heights 95610 -----	916-822-8958
3535 65 th St., Suite C, Sacramento 95820 -----	916-822-8958
One Community Health -----	916-443-3299
https://onecommunityhealth.com/services/dental/	
1500 21 st St., Sacramento 95811	
1442 Ethan Way, Sacramento 95825	
Elica Health Centers -----	855-354-2242
https://www.elicahealth.org/dental-care/	
77 Cadillac Drive, Ste. 200, Sacramento, CA 95825	
5385 Franklin Blvd. Suite K, Sacramento, 95820	
1276 Halyard Drive, West Sacramento, 95691	
3701 J Street Suite 201, Sacramento, 95816	
4815 Watt Avenue, North Highlands, 95660	
<i>Services Provided: Comprehensive dentistry for children and adults</i>	
<i>Cost: If no insurance, a sliding fee discount program is available.</i>	
Sacramento Community Clinic (HALO) -----	916-642-1867
www.halocares.org	
3030 Explorer Drive, Sacramento, 95827	
7275 E. Southgate Drive Suite 106, Sacramento, 95823	
965 El Camino Avenue, Sacramento, 95815	
5524 Assembly Court, Sacramento, 95823	
2138 Del Paso Blvd., Sacramento, 95815	
4986 Watt Avenue, North Highlands, 95660	
<i>Services Provided: General dentistry for children and adults.</i>	

Medi-Cal Doula Services

Department of Healthcare Services Doula Directory:

<https://www.dhcs.ca.gov/services/medi-cal/Documents/Doula-Directory.pdf>

Emergency/ Crisis Services

EMERGENCY FOOD SERVICES

General Assistance & Food Stamps ----- 1-800-560-0976

www.BenefitsCal.com

Loaves and Fishes, Friendship Park Maryhouse ----- 916-446-4961

www.sacloaves.org

1 21 North C St., Sacramento 5811

Services Provided: Breakfast, showers, and drug/alcohol counseling.

River City Community Services ----- **916-446-2627**

www.rivercityfoodbank.org

1800 28th St., Sacramento 95816

2300 Edison Ave., Sacramento 95821

Services Provided: Provides a three-day supply of emergency food, including baby food and formula, emergency rental assistance and motel voucher program.

**Photo ID required*

Sacramento Food Bank Services ----- **916-456-1980**

www.sacramentofoodbank.org

3333 3rd Ave., Sacramento 95817

Services Provided: Emergency food distributed in Oak Park, Del Paso Heights, and North Sacramento, transitional housing, case management, clothes closet and Mother Baby Program

Wellspring Women's Center ----- **916-454-9688**

www.wellspringwomen.org

3414 4th Ave., Sacramento 95817

Services Provided: Breakfast served, referrals provided, and other resources

**For mothers and children*

Emergency/Crisis Services

EMERGENCY HOUSING

Hope Cooperative ----- **916-441-0123**

<https://hopecoop.org/>

650 Howe Avenue Bldg 400A, Sacramento, CA 95825

Services Provided: Offers a variety of housing types interim, transitional, and permanent supportive housing, mental health recovery programs, and other services.

WIND Youth Services ----- **916-561-4900**

www.windyouth.org

815 S Street, Sacramento 95811

Services Provided: Emergency shelter, transitional housing and supportive services for runaway, homeless, and other at-risk youth, individual and family counseling and support groups for parents

St John's Shelter for Women ----- **916-453-1482**

www.saintjohnsprogram.org

4410 Power Inn Rd., Sacramento 95826

Services Provided: Transitional housing, mental health services, life skills training, education programs, and employment training.

The Salvation Army: Center of Hope ----- **916-442-0331**

www.salvationarmy.org

1200 North B St., Sacramento 95814

Community Against Sexual Harm

(CASH)----- **916-856-2900**

Oak Park, Sacramento

www.cashsacramento.org

Services Provided: Assists commercially sexually exploited women through survivor-led peer support and harm reduction services.

Bishop Gallegos Maternity Home ----- 916-395-9370 www.bgmhsacramento.org 6423 Lang Ave., Sacramento 95823 <i>Services Provided: Housing for pregnant women</i>
Next Move Family Shelter ----- 916-454-2120 www.nextmovesacramento.org St. Francis House Center 1422 C Street, Sacramento, 95814 <i>Services Provided: Emergency housing vouchers for families with children, bus tickets, CA IDs, employment programs, and help with getting birth certificates. For emergency housing vouchers, call on Tuesdays at 9 am.</i>
Sacramento Mutual Housing Association ----- 916-453-8400 www.mutualhousing.com 3321 Power Inn Rd., Suite 320, Sacramento 95826
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Emergency/Crisis Services

EMERGENCY MENTAL HEALTH

Mental Health Crisis Line, Sacramento County (24-Hour) ----- 888-881-4881 Local Suicide Prevention Hotline (24-Hour) ----- 916-368-311 National Suicide and Crisis Prevention Lifeline (24-Hour) ----- 988 Mental Health of Northern California's Consumer-Operated Warm Line ----- 916-366-4668 <i>Services Provided: Non-crisis phone line for those living with mental illness. The staff offers supportive listening, coaching, mentoring, referrals, and linkage to community resources catered to their needs.</i>
Asian Pacific Community Counseling (APCC) ----- 916-383-6783 http://apccounseling.org/ 7273 14th Avenue Suite 120B, Sacramento, CA 95820 <i>Services Provided: Mental health services and counseling to the Asian and Pacific Islander community.</i>
California Youth Crisis Line ----- 800-843-5200 www.calyouth.org <i>Services Provided: Confidential crisis intervention counseling, resources, referrals, and message center service to at-risk youth and their families</i>
Genesis Mental Health Services ----- 916-669-1536 401 North 12th Street, Sacramento, CA 95814 <i>Services Provided: Free individual counseling and group counseling referrals for individuals experiencing homelessness.</i>

La Familia Counseling Center https://lafcc.org/ 5523 34th Street, Sacramento, CA 95820 ----- 916-453-3601 3301 37 th Avenue, Sacramento, CA 95824 ----- 916-210-8773 <i>Services Provided: Parenting classes, support services, training and education, crisis intervention, counseling & support groups. Languages Offered: Spanish, Hmong</i>	
WIND Youth Services ----- 916-561-4900 24-Hour Line ----- 800-339-7177 www.windyouth.org 815 S Street, Sacramento 95811 <i>Services Provided: Crisis resolution, individual, group & family counseling, support groups, and skills-building workshops for youth</i>	
Mental Health Access Team ----- 916-875-1055 https://dhs.saccounty.gov/BHS/Pages/GI-BHS-Mental-Health-Access-Team-Brochures.aspx <i>Services Provided: Over-the-phone assessment and linkage to an appropriate mental health service provider.</i>	
Mental Health Urgent Care Clinic ----- 916-520-2460 www.dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx 2130 Stockton Blvd., Sacramento 95817 <i>Services Provided: Walk-in basis services to individuals of all ages experiencing mental health or co-occurring substance abuse crises.</i>	
NAMI Sacramento Helpline (non-crisis) ----- 916-890-5467 https://namisacramento.org/ <i>Services Provided: Peer-led programs and support groups to learn about mental health conditions and coping skills and promote mental health wellness.</i>	

Emergency/Crisis Services

CRISIS PREGNANCY

Planned Parenthood https://www.plannedparenthood.org/ 201 29th St., Suite B, Sacramento 95816 ----- 916-446-6921 1125 10th St., Sacramento 95814 ----- 916-444-7966 5385 Franklin Blvd., Suite A-D, Sacramento 95820 ----- 916-452-7305 5700 Watt Avenue, North Highlands, CA 95660 ----- 916-332-5715 <i>Services Provided: Various locations for emergency contraception pills</i>	
Sac Valley Women's Health- ----- 916-451-4357 Pregnancy Support Line (24-Hour) ----- 916-451-2273 www.svwhealth.com 2316 Bell Executive Lane, Sacramento 95825 <i>Services Provided: Comprehensive reproductive health services, including STI/HIV counseling and testing, pregnancy testing, counseling, and gynecology services.</i>	

Emergency/Crisis Services

CHILD/WOMEN/ADULT CRISIS SERVICES

Sacramento County, Child Protective Services----- **916-875-5437**

www.dcfas.saccounty.net/CPS/Pages/CPS-Home.aspx

3701 Bradshaw Rd., Sacramento 95827

Services Provided: Investigation of child abuse/neglect reports

Sacramento County, Adult Protective Services----- **916-874-9377**

www.saccounty.net/services/Pages/Adult-Protective-Services.aspx

3701 Bradshaw Rd., Sacramento 95827

Services Provided: Investigation of elder abuse/neglect reports

Children's Home Crisis Nursery

www.kidshome.org

4533 Pasadena Ave., Sacramento 95821 ----- **916-679-3600**

6699 South Land Park Dr., Sacramento 95831 ----- **916-394-2000**

Services Provided: Respite care for parents in crisis, temporary care of children ages 0 to 5 years, counseling, support & referral services to families, and emergency childcare (daytime only)

**Call for appointment and bed availability*

Women Escaping A Violent Environment (WEAVE)----- **916-448-2321**

24-Hour Line ----- **916-920-2952**

www.weaveinc.org

1900 K Street, Sacramento 95811

Services Provided: Temporary shelter, support services, emergency response, escort to report rape and receive medical attention, counseling, and legal assistance to batterer women and children in crisis

My Sister's House----- **916-930-0626**

24-Hour Line ----- **916-428-3271**

www.my-sisters-house.org

Services Provided: 24-hour help for women and children impacted by domestic violence in the Central Valley Asian and Pacific Islander community

Sexual Assault Hotline----- **800-656-4673**

24-Hour line

Domestic Violence Hotline----- **800-799-7233**

24-Hour line

Community Against Sexual Harm

(CASH)----- **916-856-2900**

Oak Park, Sacramento

www.cashsacramento.org

Services Provided: Assists commercially sexually exploited women through survivor-led peer support and harm reduction services.

Family Planning

Peach Tree Health Clinic ----- 916-779-7656

www.pickpeach.org

3810 Rosin Court, Suite 100, Sacramento 95834

Services Provided: Prenatal care, family planning, pregnancy and HIV testing, substance abuse counseling, and parenting and childbirth classes to patients

WellSpace Health ----- 916-392-2290

www.wellspacehealth.org

7601 Hospital Drive, Suite 220, Sacramento 95823

2433 Marconi Ave., Sacramento 95821

3946 Norwood Ave., Sacramento 95838

10423 Old Placerville Road, Sacramento 95827

Services Provided: A full range of reproductive health services, including family planning, birth control, STI/HIV counseling and testing, pregnancy testing, counseling and prenatal care, and gynecology

Sac Valley Women's Health ----- 916-451-4357

www.svwhealth.com

2316 Bell Executive Ln., Sacramento 95825

Services Provided: Offering pregnancy testing, counseling, non-diagnostic ultrasounds to confirm pregnancy, provide resources and referrals to community organizations and post abortion counseling services

Planned Parenthood

www.plannedparenthood.org

201 29th St., Suite B, Sacramento 95816* ----- 916-446-6921

1125 10th St., Sacramento 95814* ----- 916-444-7966

5385 Franklin Blvd., Suite A-D, Sacramento 95820 ----- 916-452-7305

5700 Watt Ave., North Highlands 95660 ----- 916-332-5715

Services Provided: Pregnancy testing and options, counseling, birth control, breast and cervical cancer screening annual gynecology checkups, STI testing and treatment, HIV testing, sterilization for men and women and referrals for adoptions. All sites except 1125 10th St. also provide abortion services

**Does not provide prenatal/postpartum care*

Family PACT (Planning Access Care Treatment) ----- 916-650-0414

www.familypact.org

Services Provided: Referrals to free confidential family planning services for short-term, long-term or permanent birth control for men and women. This includes emergency contraception, pregnancy testing, and STI and HIV testing

**Call for locations*

Family Support Services

Department of Child Support Services, County of Sacramento ----- **866-901-3212**

www.childsupportservices.saccounty.net/Pages/default.aspx

3701 Power Inn Rd., Sacramento 95826

Services Provided: Enforces child support orders, establishes paternity

Social Security Administration ----- **800-772-1213**

www.ssa.gov

8581 Folsom Blvd., Sacramento 95826

Legal Services of Northern California ----- **916-551-2102**

<https://lsnc.net/>

501 12th Street, Sacramento 95814

Services Provided: Free legal services to eligible low-income clients in civil law matters such as housing and public benefits

Superior Court of California, Family Law Facilitator ----- **916-875-3400**

www.saccourt.ca.gov

3341 Power Inn Rd., Sacramento 95826

Services Provided: Assistance with forms, instructions and referrals for family law, workshops, classes and individual assistance with divorce, separation, paternity, child custody, visitation, and child support

**Children's playroom available*

Cal-Learn ----- **916-887-4031**

www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs

1625 Stockton Blvd., Suite 210, Sacramento 95816

Services Provided: Provides assistance and referrals for legal issues, health care, domestic violence, housing, supportive services, childcare, transportation, and school expenses.

Birth and Beyond

**See page 33 for locations and phone numbers*

Employment Development Department (EDD)

www.edd.ca.gov

English Line ----- **800-300-5616**

Spanish Line ----- **800-326-8937**

Cantonese Line ----- **800-547-3506**

Mandarin Line ----- **866-303-0706**

Vietnamese Line ----- **800-547-2058**

TTY Line ----- **800-815-9387**

Services Provided: Unemployment information, disability insurance, and job search assistance

United and Guided----- **916-707-3358**

www.unitedandguided.org or email llucas@unitedandguided.org

180 S Street, Suite 101, Bo 255 Sacramento, CA 5811

United and Guided was formed in 2017, when a group of parents and youth advocates decided that they wanted to cultivate positive social change for Black and Brown families in Sacramento. Our Services:

- Conflict mediation
- Restorative Justice Mediation
- Career Coaching
- Collective Impact Consulting
- Neighborhood Outreach

Family Support Services

BLACK CHILD LEGACY COMMUNITY INCUBATOR LEADS (CILS)

Mutual Assistance Network----- 916-515-8096

<http://www.mutualassistance.org/about-us-1/>

2427 Marconi Ave., Sacramento 95821

Services Provided: Serving zip codes 95821, 95825, 95864. The organization is based on home-visiting programs and builds self-help and mutual assistance programs that enable residents to work together to achieve good health and successful lives.

Roberts Family Development Center----- 916-286-8687

Del Paso Heights/North Sacramento Community Incubator Lead (CIL)

<https://www.robertsfdc.org>

Greater Sacramento Urban League

3725 Marysville Blvd., Sacramento 95838

Services Provided: Serving zip codes 95815 and 95838. Provide a holistic approach focusing on PreK-12th grade academic support and enrichment, parent education and engagement, and community involvement and advocacy.

Liberty Towers----- 916-339-3515

North Highlands/Foothill Farms Community Incubator Lead (CIL)

www.LibertyTowers.org

www.impactsac.org

5132 Elkhorn Blvd.

Sacramento 95842

Services Provided: Serving zip codes 95660, 95841 and 95842. Community based and faith-based organization providing consumer led programs, resources, navigation, case management, and services

Sac Building Healthy Communities----- 916-431-7485

Fruitridge/Stockton Community Incubator Lead (CIL)

www.sacbhc.org

4625 44th Street, Suite 10

Sacramento 95820

Services Provided: Serving zip codes 95820 and 95824. Community based organization improving employment opportunities, education, housing, neighborhood safety, unhealthy environmental conditions, access to healthy foods and more.

Rose Family Creative Empowerment Center----- 916-376-7916

Meadowview Community Incubator Lead (CIL)

www.rfcecenter.org

2251 Florin Road, Suite 116

Sacramento 95822

Services Provided: Serving zip codes 95822 and 95833. Operates an Expanded Learning Program for scholars in Kindergarten through 12th Grades at 5 Elementary and High Schools in Meadowview. Partner with the school support centers who refer pregnant moms for prenatal services.

Greater Sacramento Urban League----- 916-732-3699

Oak Park Community Incubator Lead (CIL)

www.gsul.org

2331 Alhambra Blvd., Suite 300

Sacramento 95817

Services Provided: Serving zip codes 95817. Provides under-represented youth and adults with educational, career training and employment opportunities in order to achieve economic self-reliance.

South Sacramento Christian Center----- 916-681-6791

Valley Hi Community Incubator Lead (CIL)

<http://southsacramentochristiancenter.org/>

7710 Stockton Blvd.

Sacramento 95823

Services Provided: Serving zip codes 95823 and 95828. Empower our community through education and activities that promote unity and wholeness for spirit, soul and body.

Genetic Services

California Maternal Fetal Medicine ----- 916-603-5600

<https://www.californiamfm.com/>

8120 Timberlake Way Suite 208, Sacramento, CA 95823

UC Davis Medical Center (UCDMC), Prenatal Diagnosis ----- 916-734-6900

<https://health.ucdavis.edu/obgyn/specialties/mfm.html>

4860 Y St., Suite 2500, Sacramento 95817

Gestational Diabetes

Sutter "Sweet Success" Diabetes and Pregnancy Program ----- 916-887-4013

<https://www.sutterhealth.org/services/diabetes/sweet-success>

2825 Capitol Ave., Sacramento 95816 ----- 916-887-0000

1625 Stockton Blvd., Suite 120, Sacramento 95816 ----- 916-262-9035

Services Provided: Specialized programs for pregnant women and diabetes

**Physician referral required*

WellSpace Health "Sweet Success" ----- 916-737-5555

www.wellspacehealth.org

6015 Watt Ave., Suite 2, North Highlands 95660

Services Provided: Specialized programs for pregnant women and diabetes

**Physician referral required*

Diabetes in Pregnancy Program ----- 916-962-8873

www.dignityhealth.org/sacramento/services/family-birth-centers/prenatal-care/diabetes-in-pregnancy-program

6401 Coyle Ave., Suite 148, Carmichael 95608 | M, T, Th: 8AM-4PM

1600 Creekside Drive Suite 1500, Folsom, CA 95630 | Wed 8AM-12:30PM

Grief and Bereavement

Compassionate Friends ----- 916-282-4699

<https://tcfsacvalley.wixsite.com/tcfsv>

Services Provided: Support for parents who have lost a child

Bereaved Parents of USA, Sacramento Chapter ----- 916-755-2202

<https://bereavedparentscare.org/>

Services Provided: Support groups for bereaved parents.

Sudden Infant Death Syndrome (SIDS) Program ----- 916-558-1784

www.cdph.ca.gov/programs/CFH/DMCAH/SIDS/pages/default.aspx

Services Provided: Information, emotional support, and referral to a Public Health Nurse to families of SIDS infants

Sharing Parents ----- 916-424-5150

www.sharingparents.org

6 Medical Plaza Drive, Roseville 95661

Services Provided: Support groups for bereaved parents at Sutter Rehabilitation Institute

Health Insurance – Free and Low Cost

California Department of Health Services | Every Women Counts Cancer Detection Program ----- 800-511-2300

www.dhcs.ca.gov/services/cancer/EWC

1725 28th Street, Sacramento 95816

Services Provided: Free breast exams and mammograms for income-eligible women over age 40. Also provides gynecological exams for income-eligible women over age 25 and referrals for free treatment services

Family PACT (Planning Access Care Treatment) ----- 916-650-0414

www.familypact.org

Services Provided: Referrals to free confidential family planning services including short term, long term or permanent birth control, emergency contraception, pregnancy, STD and HIV testing

Sacramento Covered ----- 866-850-4321

www.sacramentocovered.com

Services Provided: Sacramento Covered staff is focused on reaching families throughout Sacramento County with children who are eligible for subsidized programs including: Medi-Cal, Healthy Families, Kaiser Permanente's child Health Plan, Healthy Kids and Medi-Cal Access Program (MCAP). Citizenship is not required for some programs.

**Translators are available to help applicants*

Medi-Cal Access Program (MCAP) ----- 800-433-2611

www.mcap.dhcs.ca.gov

Services Provided: State program that provides insurance services for pregnant women less than 30 weeks gestation who are not eligible for no-cost Medi-Cal

Health Insurance – Free and Low Cost

Medi-Cal

www.ha.saccounty.net/benefits/medi-cal/Pages/Medi-Cal.aspx

Walk-in Application Sites ----- 916-874-2072

Automated Phone Applications & Appointments ----- 916-874-2215

Medi-Cal Service Center ----- 916-874-3100

Medi-Cal Geographic Managed Care Plans (GMCs)

Kaiser Permanente ----- 800-464-4000

Molina ----- 888-665-4621

Health Net ----- 800-675-6110

Anthem Blue Cross ----- 800-407-4627

Presumptive Eligibility

www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/PE.aspx

Services Provided: Referral to physician office providing immediate, 60 day temporary insurance coverage for prenatal care while waiting for Medi-Cal approval. Must submit to Medi-Cal eligibility office even though she was approved for Presumptive Eligibility and is receiving early prenatal care and/or abortion services.

HIV Referrals and Services

HOTLINES

California HIV/AIDS, STD & Hepatitis Hotline ----- 800-367-2437

www.aids hotline.org

Services Provided: Free, anonymous HIV testing by appointment only.

MEDICAL CARE/CASE MANAGEMENT FOR WOMEN WITH HIV/AIDS

One Community Health ----- 916-914-6330

www.onecommunityhealth.com

1500 21st Street, Sacramento, CA 95811

Services Provided: STD/HIV testing, counseling, and other services for people with HIV/AIDS.

Gender Health Center ----- 916-455-2391

<https://www.genderhealthcenter.org/>

3823 V Street, Sacramento, CA 95817

Services Provided: STI/HIV testing, mental health services, and other services.

Sunburst Projects ----- 916-440-0889

www.sunburstprojects.org

2143 Hurley Way, Suite 240, Sacramento 95825

Services Provided: Offers support groups, case management and respite child care for HIV positive women and their families

Golden Rule Services ----- 916-427-4653

<https://sacgrs.org/>

4433 Florin Road Suite 860, Sacramento, CA 95823

Services Provided: STD/HIV testing, case management, and other services.

Rx Staffing & Home Care AIDS Project -----	916-485-8200
https://www.rxnursing.com/hiv-aids-case-management/	
4640 Marconi Avenue, Sacramento, CA 95821	
<i>Services Provided: Case management and support services for HIV testing, counseling, and referrals.</i>	
Sac County Sexual Health Clinic -----	916-875-1551
https://dhs.saccounty.gov/PUB/SexualHealthPromotionUnit/Pages/Sacramento-County-Sexual-Health-Clinic-.aspx	
4600 Broadway Suite 1300, Sacramento, CA 95820	
<i>Services Provided: STD/HIV testing and treatment services.</i>	
Sutter Women’s & Children’s Services (WE CARE Program) -----	916-262-9035
1625 Stockton Blvd. Suite 120, Sacramento, CA 95816	
<i>Services Provided: Outreach, referrals & medical case management to individuals of childbearing age at high risk.</i>	
HIV RESOURCES	
WellSpace Health	
www.wellspacehealth.org	
8233 E. Stockton, Suite D, Sacramento 95828 -----	916-313-8433
<i>Services Provided: Psychiatric services for adolescents with HIV/AIDS. Also provides counseling and therapy for children and adults</i>	
Alternate Test Site -----	916-874-7720
<i>Services Provided: Free, anonymous HIV testing by appointment only</i>	
Planned Parenthood	
www.plannedparenthood.org	
201 29 th St., Suite B, Sacramento 95816 -----	916-446-6921
1125 10 th St., Sacramento 95814 -----	916-444-7966
5385 Franklin Blvd., Suite A-D, Sacramento 95820 -----	916-452-7305
5700 Watt Ave., North Highlands 95660 -----	916-332-5715
<i>Services Provided: HIV testing, counseling, and referrals</i>	

Hospitals	
DIGNITY HEALTH: MERCY HOSPITALS	
Mercy General ----- 916-453-4545 www.mercygeneral.org 4001 J St., Sacramento 95819	
Mercy of Folsom ----- 916-983-7400 https://www.dignityhealth.org/sacramento/locations/mercy-hospital-of-folsom 1650 Creekside Dr., Folsom 95630	
Mercy San Juan Medical Center ----- 916-537-5000 www.mercysanjuan.org 6501 Coyle Ave., Carmichael 95608	

Methodist Hospital of Sacramento ----- 916-423-3000	
https://www.dignityhealth.org/sacramento/locations/methodist-hospital-of-sacramento	
7500 Hospital Dr., Sacramento 95823	
SUTTER HOSPITALS	
Sutter Medical Center ----- 916-887-0000	
www.sutterhealth.org	
2825 Capitol Ave., Sacramento 95816	
Sutter Roseville Medical Center ----- 916-781-1000	
www.sutterhealth.org	
1 Medical Plaza Dr., Roseville 95661	
KAISER PERMANENTE HOSPITALS	
Kaiser Roseville Medical Center ----- 916-784-4000	
www.kp.org	
1600 Eureka Rd., Roseville 95661	
Kaiser Sacramento Medical Center ----- 916-973-5000	
www.kp.org	
2025 Morse Ave., Sacramento 95825	
Kaiser South Sacramento Medical Center ----- 916-688-2000	
www.kp.org	
6600 Bruceville Rd., Sacramento 95823	
UC DAVIS HOSPITALS	
UC Davis Medical Center	
2315 Stockton Blvd., Sacramento 95817	
Patient Resource Center ----- 916-734-2011	
Consumer Resource Center for New Patients ----- 800-282-3284	

Housing Assistance/Shelters

Bishop Gallegos Maternity Home ----- **916-395-9370**
www.bgmhsacramento.org
 6423 Lang Ave., Sacramento 95823

Sacramento Housing and Redevelopment Agency ----- **916-440-1390**
<https://www.shra.org/>
 630 I Street, Sacramento, 95814
Services Provided: Low income housing programs including Section 8

Family Promise of Sacramento ----- **916-443-3107**
www.familypromise.org
 1321 North C St., Sacramento 95814
Services Provided: Homeless assistance
**Not an emergency shelter*

Community Housing Opportunities Corporation (CHOC) ----- **707-759-6043**
Auberry Park Apartments ----- **916-681-5944**
 8120 Power Inn Rd., Sacramento 95827
Danbury Park Apartments ----- **916-725-7385**
 7840 Walerga Rd., Antelope 95843
Hallmark Apartments ----- **916-363-7060**
 2852 Paseo Rio Way, Sacramento 95827
Holly Court Apartments ----- **916-372-0160**
 445 Maple St., West Sacramento 95691
Services Provided: Affordable housing for families, seniors, and single people in Sacramento

Francis House ----- **916-443-2646**
www.francishousecenter.org
 1422 C St., Sacramento 95814
Services Provided: Client advocacy, counseling, referrals and housing vouchers for families with children

Hope Cooperative ----- **916-441-0123**
<https://hopecoop.org/>
 650 Howe Avenue Bldg 400A, Sacramento, 95825
Services Provided: Offers a variety of housing types interim, transitional, and permanent supportive housing, mental health recovery programs, and other services.

Lutheran Social Services ----- **916-453-2900**
www.lssnocal.org
 4390 47th Ave., Sacramento 95824
Services Provided: Case management, transitional housing for homeless families, crisis intervention, budgeting education and support services

St. John's Shelter for Women ----- **916-453-1482**
<https://saintjohnsprogram.org/>
 4410 Power Inn Road, Sacramento, 95826
Services Provided: Transitional housing, mental health services, life skills training, education programs, and employment training.

Sacramento Steps Forward ----- **916-577-9770**
www.Sacramentostepsforward.org
 2150 River Plaza Dr. Suite 85, Sacramento 95811

Housing Assistance/Shelters

WIND Youth Services ----- **916-561-4900**
24-Hour Line ----- **800-339-7177**

www.windyouth.org

815 S Street, Sacramento 95811

Services Provided: Long-term transitional housing and supportive services for homeless youth. Also provides counseling and short-term emergency shelter for runaways and other at risk-youth. Additional services available

Waking the Village ----- **916-601-2979**

www.wakingthevillage.org

Services Provided: Transitional living community serving young parents and their children and homeless youth

Mental Health

Sacramento County Medi-Cal Patients

For individual, group counseling, medication monitoring, and psychiatric consultation, clients contact their GMC health plan:

Anthem Blue Cross ----- **888-831-2246**

Health Net/Managed Health Network ----- **888-426-0030**

Molina Health Care ----- **888-562-5442**

Kaiser Psychiatric Department:

Sacramento/Roseville/Rancho Cordova/Folsom ----- **916-973-5300**

South Sacramento ----- **916-525-6100**

Adult Mental Health Access Team ----- **916-875-1055**

<https://dhs.sacounty.gov/BHS/Pages/GI-BHS-Mental-Health-Access-Team-Brochures.aspx>

Services Provided: Over-the-phone assessment and linkage to an appropriate mental health service provider.

Asian Pacific Community Counseling (APCC) ----- **916-383-6783**

www.apccounseling.org

7274 14th Ave., Suite 120B, Sacramento 95820

Services Provided: Mental health services and counseling to the Asian and Pacific Islander Community

California Youth Crisis Line ----- **800-843-5200**

www.calyouth.org

Services Provided: Confidential crisis intervention counseling, resources, referrals, and message center service to at-risk youth and their families

La Familia Counseling Center ----- **916-453-3601**

www.lafcc.org

5523 34th St., Sacramento 95820

Services Provided: Parenting classes, support services, training and education, crisis intervention, counseling & support groups

Languages Offered: Spanish, Hmong

Mental Health

Mental Health Urgent Care Clinic----- **916-732-3637**

www.dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx

2130 Stockton Blvd., Sacramento 95817

Services Provided: Walk-in basis services to individuals of all ages experiencing mental health or co-occurring substance abuse crises.

Kaiser Permanente----- **916-525-6100**

www.kp.org

7300 Wyndham Dr., Sacramento 95823

Services Provided: "Mood During Pregnancy and Postpartum" classes offered to Kaiser patients

WellSpace Health

www.wellspacehealth.org

3415 Martin Luther King Jr. Blvd., Sacramento 95817 ----- **916-233-4910**

8233 E. Stockton, Suite D, Sacramento 95828 ----- **916-313-8433**

Services Provided: Professional counseling for families, children, couples and individuals

*Accepts Medi-Cal and sliding fee scale

Genesis Mental Health Services----- **916-669-1536**

401 North 12th St., Sacramento 95814

Services Provided: Free individual counseling, group counseling referrals to homeless adults.

Visions Unlimited, Incorporated----- **916-394-0800**

6833 Stockton Blvd., Suite 485, Sacramento 95816

Services Provided: Individual, group, & family counseling

*Medi-Cal accepted

Wind Youth Services----- **916-561-4900**

<https://www.windyouth.org/>

815 S Street, Sacramento, CA 95811

Services Provided: Emergency shelter, transitional housing, mental health services, and other supportive services for at-risk youth.

SERIOUS MENTAL HEALTH

Sacramento County Adult Access Team----- **916-875-1055**

24-Hour Line ----- **888-881-4881**

TTY Line ----- **916-876-8892**

Fax Number ----- **916-875-1190**

3331 Power Inn Rd., Suite 180, Sacramento 95826

Services Provided: Inpatient/outpatient services for those with serious, persistent psychiatric illness

Mental Health Crisis Line, Sacramento County (24-Hour)----- **888-881-4881**

Local Suicide Prevention Hotline (24-Hour) ----- **916-368-311**

National Suicide and Crisis Prevention Lifeline (24-Hour) ----- **988**

Mothers Support Groups

Birth and Beyond

Services Provided: Offers support for pregnant women or families with children ages 0-6

**See page 33 for locations and phone numbers*

Black Infant Health Program County of Sacramento, DHS ----- 916-875-2229

www.dhs.saccounty.net/PUB/Pages/Black-Infant-Health-Program/SP-Black-Infant-Health-Program.aspx

9616 Micron Ave., Suite 670, Sacramento 95827

Services Provided: Assistance and support services for pregnant and parenting African American women 18 and older and their children. Provides social support, group intervention, enhanced social service case management and health related services including Public Health Nursing services

**Bus vouchers for medical appointments are available*

Black Mothers United ----- 916-558-4809

<https://blackmothersunited.org/>

Just Between Moms Support Group----- 916-718-9501

www.happywithbaby.com

1116 22nd St., Sacramento 95816

Services Provided: Maternal mental health resource. Meets 2nd Monday at 10:00 AM, Led by Catherine O'Brien, LMFT

Dignity Health

Baby & Me: New Mother's Support Group ----- 888-981-2535

<https://www.dignityhealth.org/sacramento/services/family-birth-centers/pregnancy-and-parenting-classes/support-groups>

1580 Creekside Drive, Folsom, CA 95630

Services Provided: Support group led by an experienced childbirth educator to discuss motherhood

Hours: Wednesdays from 10 am to 11:30 am.

Email for more information at womensservices@dignityhealth.org

Sutter Health Sutter Health

Mother's Heart Support Group ----- 916-887-4037

<https://www.sutterhealth.org/services/pregnancy-childbirth/pregnancy-parenting-support-groups>

2825 Capitol Avenue, Sacramento, CA 95816

Services Provided: Resources for pregnant or post-partum individuals (up to one year) who are feeling depressed or anxious. Family members are welcome.

Hours: 1st and 3rd Wednesday of every month from 5:30 pm to 7 pm.

Young Mamas Group (YMG) ----- 916-325-1706

www.plannedparenthood.org/planned-parenthood-mar-monte/local-education-training/teen-success

<https://graemeseabrook.kartra.com/page/hXN142>

201 29th Street Suite B, Sacramento, CA 95816

Services Provided: Online peer coaching and resource navigation to help youth set, achieve their life and parenting goals, create a healthy and nurturing environment for their families, and obtain their high school diploma or pursue post-secondary pathways.

Nutrition Resources

Sacramento Food Bank & Family Services ----- 916-456-1980

<https://www.sacramentofoodbank.org/find-food>

Services Provided: A network of food closets and food pantries providing emergency food resources at various locations. Other services include clothing closet, CalFresh application assistance, parent education, immigration services, refugee resettlement, and utility assistance.

County of Sacramento, Department of Human Assistance (DHA), ----- 916-874-3100
General Assistance & Food Stamps Program

<https://ha.saccounty.gov/benefits/Pages/default.aspx#ga>

1725 28th St., Sacramento 95816

Services Provided: Apply for temporary short-term financial assistance, food assistance, and health insurance for eligible Sacramento residents.

Sacramento County, DHHS, Women, Infants and Children Program (WIC) ----- 916-876-5000

www.dhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx

7171 Bowling Drive, Suite 1000, Sacramento 95823

4600 Broadway, Suite 2100, Sacramento 95820

10665 Coloma Rd., Suite 400, Rancho Cordova 95670

840 osin Ct, Sacramento 58 4

8986 Elk Grove Blvd., Elk Grove 95624

Services Provided: Supplemental food vouchers and nutritional counseling to low-income pregnant or breastfeeding mothers. Lactation consultations, breastfeeding support services and breast pumps available.

Community Resource Project WIC (CRP WIC) ----- 916-326-5830

www.cresource.org

2143 Hurley Way, Suite 150, Sacramento 95825

3268 Madison Ave. Suite 16, North Highlands 95660

7640 Greenback Lane, Citrus Heights 95610

602 C Street, Suite 300, Galt 95632

8231 E. Stockton Blvd., Suite B., Sacramento 95828

3841 41st Avenue, Sacramento, CA 95824

8031 Fruitridge Rd., Suite D, Sacramento 95820

14181 Grove Street, Walnut Grove, 95690

Services Provided: Supplemental food vouchers and nutritional counseling to low-income pregnant or breastfeeding mothers. Lactation consultations, breastfeeding support services and breast pumps available

Sacramento Cultural & Linguistic Center ----- 916-421-1036

<https://teamsclc.org/>

5625 24th Street, Sacramento, CA 95822

Services Provided: Translation services, CalFresh application assistance, food distributions, counseling referrals, and resources.

Languages Offered: Vietnamese, Cambodian, Hmong, Mien, Lao, Cantonese/Mandarin, Russian, Ukrainian, Farsi, Arabic, Punjabi, Hindi, Urdu, Dari, Pushto, and Spanish

Parenting Classes/Resources

La Familia Counseling Center ----- **916-453-3601**

www.lafcc.org

5523 34th St., Sacramento 95820

Languages Offered: Spanish, Hmong

Chicks in Crisis ----- **916-441-1243**

www.chicksincrisis.org

9455 East Stockton Blvd., Elk Grove 958624

Services Provided: Parenting classes, open adoptions, clothes closet, life skills classes

Center for Fathers and Families ----- **916-568-3237**

www.cffsacramento.org

920 Del Paso Blvd., Sacramento 95815

Sutter Health, Teen Programs ----- **916-887-4031**

<https://www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs>

1625 Stockton Blvd., Suite 210, Sacramento 95816

Services Provided: Comprehensive case management services for pregnant or parenting adolescents ages 12-19 years without a high school diploma. It provides medical, educational, and legal services and referrals to parenting and child development classes. *Bus vouchers for emergency visits are also offered.*

Birth and Beyond

**See page 33 for locations and phone numbers*

Prenatal Referrals

County of Sacramento Public Health ----- **916-875-2229**

Toll-Free Pregnancy Line ----- **888-824-2229**

Services Provided: Referrals for pregnant women to local prenatal care providers and/or home visitation programs

Medi-Cal Obstetrics (OB) Prenatal Providers

NORTH AREA

Arden/Arcade

Capital OB/GYN ----- **916-920-2082**

77 Cadillac Dr., Suite 230, Sacramento 95825

Languages Offered: Spanish

WellSpace Health Arden Arcade ----- **916-822-8970**

2433 Marconi Ave., Sacramento 95821

Languages Offered: All language translations available

Carmichael	
Camellia Women's Health ----- 916-486-0411 5821 Jameson Ct., Suite 2, Carmichael 95608 <u>Languages Offered:</u> Spanish, Hmong, Lao, Armenian, Russian	
Del Paso Heights	
HALO – Sacramento Community Clinic ----- 916-428-3788 2200 Del Paso Blvd., Sacramento 95815 <u>Languages Offered:</u> All language translations available.	
East Sacramento	
Sutter Sweet Success ----- 916-733-7050 1625 Stockton Blvd., Suite 201, Sacramento 95816 <u>Languages Offered:</u> All language translations available	
Foothill Farms	
The Birth Center ----- 916-344-1860 5440 Laurel Hills Dr., Sacramento 95841 <u>Languages Offered:</u> Interpreter services available	
North Sacramento	
WellSpace Professional Health Care for Women ----- 916-515-1698 3946 Norwood Ave., Sacramento 95838 <u>Languages Offered:</u> Spanish	
Rancho Cordova	
WellSpace Health Rancho Cordova Community Clinic ----- 916-569-8600 10423 Old Placerville Rd., Rancho Cordova 95827 <u>Languages Offered:</u> Spanish	

Medi-Cal OB Prenatal Providers	
SOUTH AREA	
Midtown	
UC Davis Medical Center (UCDMC) Outpatient Obstetrics/Gynecology Clinic ----- 916-734-6900 4860 Y Street., Suite 2500, Sacramento 95817 <u>Languages Offered:</u> Interpreter services available	
One Community Health ----- 916-443-3299 1500 21st Street, Sacramento, 95811 Languages Offered: Interpreter services available.	
Midtown Nurse Midwives ----- 916-936-2229 2025 P Street, Sacramento, CA 95811 Languages Offered: Interpreter services available	

Oak Park	
WellSpace Health Alhambra Community Health Center ----- 916-737-5555 2425 Alhambra Blvd., Sacramento 95817 <i>Languages Offered: Spanish</i>	
South Sacramento	
Capital OB/GYN ----- 916-920-2082 8120 Timberlake Way, Suite 201, Sacramento 95823 <i>Languages Offered: Spanish, Russian</i>	
Sacramento Community Clinic ----- 916-428-3788 5524 Assembly Ct., Sacramento 95823 <i>Languages Offered: Interpreter Services available.</i>	
WellSpace Health Healthcare for Women ----- 916-689-3433 7601 Hospital Dr., Suite 220, Sacramento 95823 <i>Languages Offered: Spanish</i>	

Prenatal and Postpartum Programs	
Adolescent Family Life Program/Cal-Learn (Sutter Teen Program) ----- 916-887-4031 www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs 1625 Stockton Blvd., Suite 210, Sacramento 95816 <i>Services Provided: Comprehensive case management services for pregnant or parenting adolescents ages 12-19 years. Also provides medical, educational and legal services and referrals to parenting and child development classes</i> <i>*Bus vouchers for emergency visits also provided</i>	
Black Infant Health Program County of Sacramento, DHHS ----- 916-875-2229 www.dhs.saccounty.net/PUB/Pages/Black-Infant-Health-Program/SP-Black-Infant-Health-Program.aspx 9616 Micron Avenue Suite 670, Sacramento, CA 95827 Services: Assistance and support services for pregnant and parenting African American women 16 and older through one year postpartum. Provides social support, group intervention, enhanced social service case management, and health-related services, including Public Health Nursing services. <i>Bus vouchers for medical appointments are available.</i>	
Child Abuse Prevention Center ----- 916-244-1900 https://www.thecapcenter.org/index1.php 4700 Roseville Road Sacramento, CA 95660	
Mutual Assistance Network ----- 916-927-7694 https://www.mutualassistance.org/ 811 Grand Street A-3, Sacramento, CA, 95838	
Nurse-Family Partnership County of Sacramento, DHHS ----- 916-875-0900 www.dhs.saccounty.net/PUB/Pages/Nurse-Family-Partnership/The-Nurse-Family-Partnership-Program.aspx 9616 Micron Ave., Suite 950, Sacramento 95827 <i>Services Provided: Home visitation by a Public Health Nurse for first time mothers. Visits begin in early pregnancy and continue until the first baby is 2 years old. Provides pregnancy and parenting education and assistance with finding transportation for medical appointments</i> <i>*Participants must enroll in the program no later than 28-weeks gestation</i>	

Prenatal and Postpartum Programs

Birth and Beyond

www.birthing-beyondfrc.com/

Arcade Community Center -----	916-514-8096
2427 Marconi Avenue Suite 103, Sacramento, CA 95821	
Firehouse Community Center -----	916-567-9567
810 Grand Avenue Suite A-3, Sacramento, CA 95383	
Folsom Cordova Community Partnership -----	916-361-8684
10665 Coloma Road Suite 200, Rancho Cordova, CA 95670	
La Familia Counseling Center -----	916-452-3601
5523 34th Street, Sacramento, CA 95820	
Meadowview Family Resource Center -----	916-394-6300
2251 Florin Road Suite 158, Sacramento, CA 95822	
North Sacramento Family Resource Center -----	916-679-3743
1217 Del Paso Blvd., Sacramento, CA 95815	
River Oak Family Resource Center -----	916-226-2725
4625 44th Street, Sacramento, CA 95620	
Valley Hi Family Resource Center -----	916-290-8281
7000 Franklin Blvd. Suite 820, Sacramento, CA 95823	
WellSpace Health North Highlands Community Health Center -----	916-679-3925
6015 Watt Avenue Suite 2, North Highlands, CA 95660	

Services Provided: Offers support for pregnant individuals or families with children ages 0-6.

Primary Health Care – Adults

Planned Parenthood Mar Monte

www.plannedparenthood.org

201 29 th St., Suite B, Sacramento 95816 -----	916-446-6921
1125 10 th St., Sacramento 95814 -----	916-444-7966
5385 Franklin Blvd., Suite A-D, Sacramento 95820 -----	916-452-7305
5700 Watt Ave., North Highlands 95660 -----	916-332-5715

County of Sacramento, DHS, Health Center ----- 916-874-9670

www.dhs.saccounty.net/PRI/pages/health%20center/gi-sacramento-county-health-center.aspx

4600 Broadway, Sacramento 95820

Services Provided: Travel immunizations, X-rays, pharmacy, family planning, adult immunizations, communicable disease testing and treatment and pregnancy testing

Mercy Clinic at Loaves and Fishes ----- 916-446-3345

www.sacloaves.org

1321 North C St., Sacramento 95811

Services Provided: Free general medical care for homeless with urgent medical needs and HIV and STD testing

Primary Health Care – Adults

WellSpace Health ----- **916-737-5555**

www.wellspacehealth.org

Services Provided: Multiple locations throughout the Sacramento region. Provides general medical care, family planning, STI and pregnancy tests, immunizations, physical exams, substance abuse treatment and free HIV tests and counseling by appointment

Primary Health Care – Adults

COMMUNITY CLINICS FOR UNDOCUMENTED RESIDENTS

Refugee Health Clinic ----- **916 874-9227**

4600 Broadway, Suite 2100, Sacramento, 95820 | M-F, 8AM-5PM

Substance Treatment Resources

County of Sacramento, DHHS, Alcohol and Drug System of Care ----- **916-874-9754**

www.dhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx

3321 Power Inn Rd., Suite 120, Sacramento 95826

Services Provided: Alcohol and other drug assessment, treatment and referrals

Drop-In Services: M-F 8AM-5PM (except county holiday)

Alcoholics Anonymous 24-Hour Line ----- **916-454-1100**

www.aa.org

BAART Program Norwood ----- **916-649-6793**

<https://baartprograms.com/baart-norwood/>

310 Harris Avenue Suite A, Sacramento, CA 95838

Services Provided: Drug and alcohol treatment centers in Sacramento.

MedMark Treatment Centers ----- **916-391-4293**

<https://medmark.com/medmark-treatment-centers-sacramento/>

7240 East Southgate Drive Suite G, Sacramento, CA 95823

Services Provided: Drug and alcohol treatment centers in Sacramento.

Narcotics Anonymous 24-Hour Line ----- **800-600-4673**

www.norcalna.org

Substance Treatment Resources

County of Sacramento, DHHS, Tobacco Education Program ----- **916-875-5869**
www.dhs.saccounty.net/PUB/Pages/Tobacco-Education-Program/SP-Tobacco-Education-Program.aspx

9616 Micron Ave., Suite 670, Sacramento 95827

Services Provided: Quit kits and referrals

National Council on Alcohol and Drug Dependence (NCADD) ----- **916-692-8565**
www.ncaddsa.org

1433 Fulton Ave., Sacramento 95825

Services Provided: Outpatient, partial hospitalization, day treatment

Your First Step ----- **866-612-3806**
<https://yourfirststep.org/treatment-centers/sacramento-ca/>

Services Provided: Drug and alcohol treatment centers in Sacramento.

Volunteers of America Options for Recovery ----- **916-929-1951**
<https://www.voa-ncnn.org/recovery-for-parenting-women>

3321 Power Inn Road Suite 120, Sacramento, CA 95826

Services Provided: Residential recovery services for 90 days for parents struggling with addiction

C.O.R.E. Medical Clinical, Inc. ----- **916-442-4985**
www.coremedicalclinic.com

2100 Capitol Ave., Sacramento 95816

Services Provided: Methadone maintenance and buprenorphine maintenance treatment for pregnant individuals, which includes medical lab testing, weekly urinalysis screening, participation in the Pregnancy and Parenting Support Group, and individual medical appointments with Program Physician.

California Smokers' Helpline
www.nobutts.org

Smokers Line -----	800-662-8887
Vape Users Line -----	844-866-8273
Tobacco Chewers Line -----	800-844-2439
Chinese Line -----	800-838-8917
Korean Line -----	800-556-5564
Spanish Line -----	800-456-6386
Vietnamese Line -----	800-778-8440
TDD Line -----	800-933-4833

WellSpace Health | J Street Community Center ----- **916-325-5556**
www.wellspacehealth.org

1820 J St., Sacramento 95811

Services Provided: Residential treatment, medically supervised detoxification, individual/group outpatient counseling.

National Center for Substance Abuse Treatment ----- **800-662-4357**
www.ncsacw.samhsa.gov

Substance Treatment Resources

Panacea Services, Inc. ----- **916-854-4564**

www.panacea.worldbreak.com

3353 Bradshaw Rd., Suite 106/107, Sacramento 95827

5437 Palm Ave., Sacramento 95841

8517 Bond Rd., Elk Grove 95624

Services Provided: Community services organization that offers comprehensive youth and family drug and alcohol treatment, anger management counseling and other supportive counseling services throughout Sacramento County

Sobriety Brings About A Change ----- **916-454-4242**

4600 47th Ave., Suite 102, Sacramento 95824

Services Provided: Outpatient alcohol and drug abuse counseling, including dealing with anger and domestic violence issues

Languages Offered: Spanish

Strategies for Change

www.strategies4change.org

4441 Auburn Blvd., Suite E., Sacramento 95841 ----- **916-473-5764**

4343 Williamsborough Dr., Sacramento 95823 ----- **916-395-3552**

Services Provided: Alcohol and drug treatment, counseling and support

Teen Programs and Services

Adolescent Family Life Program ----- **916-887-4031**

www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs

1625 Stockton Blvd., Suite 210, Sacramento 95816

Services Provided: Comprehensive case management services for pregnant or parenting adolescents ages 12-19 years (mother and father), child development education, and parenting classes.

**Fathers must have custody of child to partake in medical, educational, and legal services*

Cal-Learn Program ----- **916-887-4031**

www.sutterhealth.org/services/pregnancy-childbirth/teen-smcs

1625 Stockton Blvd., Suite 210, Sacramento 95816

Services Provided: Services for pregnant or parenting adolescents under 19 years without a high school diploma

Teen Programs and Services

Sacramento Youth Center ----- 916-248-1081

<https://sacyouthcenter.org/>

1901 Del Paso Blvd., Sacramento, CA 95815

Services: Group mentoring, social/emotional classes, and parent guides.

Folsom Cordova Unified School District

Walnutwood High School Adolescent Parent Program ----- 916-294-9105

<https://www.fcusd.org/domain/2796>

10848 Gadsten Way, Rancho Cordova, CA 95670

Services Provided: Case management services for expectant or parenting teens under 18 years of age, transportation, and childcare services.

Elk Grove Unified School District

www.egusd.net

Valley SAFE Center ----- **916-681-7577**

6300 Ehrhardt Ave., Sacramento 95823

Davis Reesce SAFE Center ----- **916-382-9081**

7600 Lindale Drive Sacramento, CA 95828

Services Provided: Case management and resources for students and families facing challenges.

Sacramento County Office of Education

Project TEACH ----- 916-228-2542

https://www.scoe.net/divisions/ed_services/project_teach/

Services Provided: Assist students experiencing homelessness by connecting students with resources and referrals.

Hiram Johnson Family Education Center ----- 916-395-5500

www.scusd.edu/district-office/hiram-johnson-family-education-center

3535 65th Ave., Sacramento 95820

Services Provided: Alternative schools for pregnant/parenting teens under 18.

**Call for locations*

San Juan Unified School District Office ----- 916-971-7700

3738 Walnut Ave., Carmichael 95608

Services Provided: Support to parenting or pregnant students including on-site childcare, and Lamaze classes

National Runaway Safe Line ----- 800-786-2929

Services Provided: Crisis intervention, counseling and a confidential message center for kids and adults

Teen Success ----- 916-325-1706

www.teensuccess.org

Teen Programs and Services

Strategies for Change

www.strategies4change.org

4441 Auburn Blvd., Suite E., Sacramento 95841 ----- 916-473-5764

4343 Williamsborough Dr., Sacramento 95823 ----- 916-395-3552

Services Provided: Substance abuse treatment, support and referral services, and food and outreach services

WIND Youth Services ----- 916-561-4900

24-Hour Line ----- 800-339-7177

www.windyouth.org

815 S Street, Sacramento 95811

Services Provided: hot meals, showers, laundry facilities, emergency clothing, and emergency shelter for homeless or at-risk youth

Translation Services

All Global Solutions ----- 561-889-6488

www.allgsi.com

P.O. Box 3634, Lantana, FL 33465

Languages Offered: Many languages

Asian Resources ----- 916-454-1892

5709 Stockton Blvd., Sacramento 95824

Languages Offered: Chinese, Lao, Russian, Spanish, Vietnamese

Sacramento Cultural & Linguistic Center ----- 916-421-1036

<https://teamsclc.org/>

5625 24th Street, Sacramento, CA 95822

Services: Translation services, CalFresh application assistance, food distributions, counseling referrals, and resources.

Languages Offered: Vietnamese, Cambodian, Hmong, Mien, Lao, Cantonese/Mandarin, Russian, Ukrainian, Farsi, Arabic, Punjabi, Hindi, Urdu, Dari, Pushto, and Spanish.

Language World ----- 916-333-5247

www.languageworldservices.com

7220 Fair Oaks Blvd., Suite D, Carmichael 95608

Languages Offered: Many languages

South Count Services ----- 209-745-9174

www.southcountyservices.org/

431 S Lincoln Way, Galt 95632

Languages Offered: Spanish

Transportation

Anthem Blue Cross/Medi-Cal ----- **877-931-4755**

Services Provided: Bus voucher provided to pregnant women with Blue Cross/Medi-Cal for medical appointments
**Must give 7 days advance notice*

Paratransit ----- **916-429-2009**

www.paratransit.org

Services Provided: Provides transportation services within Sacramento County for disabled
**Call for schedules, requests, and fee information*

Regional Transit ----- **916-321-2877**

www.sacrt.com

1400 29th St., Sacramento 95816

Services Provided: Bus and Light Rail information

Health Net ----- **866-779-5165**

**24-Hour notice, Medi-Cal # and Health Net # required*

Utility Payment Assistance

Community Resource Project ----- **916-567-5220**

www.communityresourceproject.org

250 Harris Ave., Suite 6, Sacramento 95838

Services Provided: Home energy assistance program and weatherization assistance based on income eligibility

City of Sacramento ----- **916-808-5454**

<https://www.cityofsacramento.org/Utilities/Rate-Assistance-Program>

Services Provided: Income eligibility criteria for a monthly credit on water, sewer, and garbage bill.

The Salvation Army ----- **916-442-0331**

www.salvationarmy.org

1200 North B St., Sacramento 95814

Services Provided: Utility assistance, rental assistance and food boxes

Vision Care

Anthem Blue Cross Medi-Cal Vision Service Plan ----- **800-877-7195**

www.anthem.com

Molina Medi-Cal ----- **866-472-4585**

Services Provided: Customer Service Care Provider through Premier Vision Service

Additional Resources

211 Sacramento -----	Dial 2-1-1
www.211sacramento.org	
<i>Services Provided: Referrals to over 2,400 community services in Sacramento</i>	
Community Services Directory, Sacramento, California -----	916-447-7063
909 12 th St., Suite 200, Sacramento 95814	
County of Sacramento Perinatal Toll Free Line -----	916-829-2229
Infoline Sacramento -----	916-498-1000
<i>Services Provided: Information and resources over the phone</i>	
County of Sacramento, DHHS, Health Center -----	916-874-9670
www.dhs.sacounty.net/PRI/pages/health%20center/gi-sacramento-county-health-center.aspx	
4600 Broadway, Suite 1100, Sacramento 95820	
<i>*Adults only – 21 to 65 years of age without dependents</i>	

Health Insurance Plans

Anthem Blue Cross -----	800-407-4627
<i>Bus vouchers for pregnant people appointments: 877-931-4755</i>	
Interpreter Services: Call the Customer Care Center at 1-800-407-4627 (TTY 711)	
Anthem is available Mon -Fri 7 am to 7 pm PST. The call is free.	
Call the Customer Care Center at 800-407-4627 (TTY 711)	
-----	800-675-5165
Transportation: 866-77 -5165 (24 hour notice needed) (TTY/TDD 711)	
Language Assistance: For help, call us at the number listed on your Health Net ID card.	
Kaiser Permanente	
-----	855-839-7613 (English)
-----	800-788-0616 (Spanish)
-----	800-757-7585 (Chinese
Dialects)	
All Other: Help in your language: Call member Services, 24 hours a day, 7 days a week at 800-464-4000 (English)	
More than 150 languages using interpreter services: 1-800-788-0616 (TTY/TDD 711)	
Molina Healthcare of California Partner	
Plan -----	866-665-4621
-----	800-479-3310
https://www.molinahealthcare.com/members/ca/en-us/hp/medicaid/medicaid.asp	
Molina.AmericanLogistics.com	
Phone Numbers: American Logistics: Transportation	
(72 hour notice) -----	844-292-2688

Your Medi-Cal Managed Care Plan

Phone: The phone number is on your plan ID card and your plan's website.

Website: www.dhcs.ca.gov/mmchpd

Medi-Cal Member Help Line

Phone: (800) 541-5555 (TDD (800)430-7077)

Website: www.dhcs.ca.gov/myMedi-Cal

Medi-Cal Dental

Smile, California

Phone: (800) 322-6384 (TTY (800) 735-2922)

Website: www.smilecalifornia.org or www.dhcs.ca.gov/mcp

Mental Health

Phone: (888) 452-8609

Website: www.dhcs.ca.gov/cmhp



SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect

County Health Officer

Olivia Kasirye, M.D.

www.scph.com

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Board of Supervisors**

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www.DHS.SacCounty.gov

Updated 2025

For corrections or updates,

contact Leesa Hooks:

HooksL@saccounty.gov

Maternal, Child and Adolescent
Health Director