

Sacramento County Pregnancy Resource Guide

Referral Resource for
Perinatal Medical Providers



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Table of Contents

Adoption Services -----	5
Birthing Centers -----	5
Breastfeeding Resources -----	5-6
Childbirth Classes -----	7
Children’s Services	
<i>Car Seat Fitting Stations/Resources/Classes</i> -----	7-8
<i>Health Insurance</i> -----	9
<i>Immunizations</i> -----	9
<i>Pediatricians</i> -----	9
<i>Other</i> -----	9-10
Dental Health Services	
<i>Dental Insurance Plans/Referrals</i> -----	10
<i>Free or Low Cost Dental</i> -----	11
Emergency/Crisis Services	
<i>Emergency Food Resources</i> -----	12
<i>Emergency Housing</i> -----	13
<i>Emergency Mental Health</i> -----	14
<i>Crisis Pregnancy</i> -----	14
<i>Child/Women/Adult Crisis Services</i> -----	15-16
Family Planning -----	16-17
Family Support Services -----	17-19
Genetic Services -----	19
Gestational Diabetes -----	20
Grief and Bereavement -----	20
Health Insurance – Free and Low Cost -----	21

Table of Contents

HIV/AIDS Referrals and Services	
<i>Hotlines</i> -----	22
<i>Medical Care/Case Management for Women with HIV/AIDS</i> -----	22
<i>HIV Resources</i> -----	22
<i>HIV/AIDS Advocacy</i> -----	23
Hospitals	
<i>Dignity Health: Mercy Hospitals</i> -----	23
<i>Sutter Hospitals</i> -----	23
<i>Kaiser Hospitals</i> -----	24
<i>UC Davis Hospitals</i> -----	24
Housing Assistance/Shelters -----	24-26
Mental Health -----	26-27
<i>Serious Mental Health</i> -----	28
Mothers' Support Groups -----	28
Nutrition Resources -----	29
Parenting Classes/Resources -----	29-30
Prenatal Referrals -----	30
Comprehensive Perinatal Services Program (CPSP) & Medi-Cal Prenatal Providers	
<i>North Area</i> -----	31-32
<i>South Area</i> -----	32-33
Prenatal and Postpartum Programs -----	33-34

Table of Contents

Primary Health Care – Adult	34-35
<i>Community Clinics for Undocumented Residents</i>	34
Substance Treatment Programs	35-37
Teen Program and Services	37-39
Translation Services	39
Transportation	40
Utility Payment Assistance	40
Vision Care	40
Additional Resources	41

Adoption Services

County of Sacramento, Adoption Services ----- **916-875-5967**

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

3701 Branch Center Rd., Sacramento 95826

P.O. Box 269057, Sacramento 95826

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

www.chicksincrisis.org

9455 East Stockton Blvd., Elk Grove 958624

Services Provided: Open adoption services, parenting classes, clothes closet, life skills classes

Sacramento Adoption Center ----- **916-448-4418**

www.sacadopt.com

2618 J Street, Suite 3, Sacramento 95816

Birthing 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*

Breastfeeding Resources

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 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
 811 Grand Ave., Suite A-1, Sacramento 95838
 8986 Elk Grove Blvd., Elk Grove 95624

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

Sutter Medical Center Lactation Station (Patients Only) ----- **916-887-4037**

www.sutterhealth.org

1625 Stockton Blvd., Sacramento, 95816

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

Cost: \$30

UC Davis Medical Center (UCDMC) ----- **916-734-9797**

www.health.ucdavis.edu/wellness/classes/breastfeeding_babybasics.html

4900 Broadway, Suite 1630, Sacramento 95820

Cost: Price to Patients: \$35 | Price to Community: \$45

MiLC Clinic ----- **916-936-2229**

www.sacramentomnm.com/lactation-consultation

2025 P Street, Sacramento 95811

Childbirth Classes

UC Davis Medical Center (UCDMC) ----- **916-734-9797**

www.health.ucdavis.edu/wellness/classes/preparedchildbirth.html

4900 Broadway, Suite 1630, Sacramento 95820

Cost: Price to Patients: \$80 | Price to Community: \$95

Sutter Medical Center | Parent Education Department ----- **916-887-4039**

www.sutterhealth.org/childbirth-classes/pregnancy

1625 Stockton Blvd., Sacramento 95816

Classes open to the public: \$120 per couple

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

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

UC Davis Medical Center (UCDMC) ----- **916-734-9797**

www.health.ucdavis.edu/wellness/classes/carseatsafety.html

4900 Broadway, Suite 1650, Sacramento 95820

Services Provided: Monthly 2-Hour car seat safety class open to the public with low-cost seat available with proof of assistance. Car seat fittings by appointment only

Languages Offered: Spanish

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 9th 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 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

County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- **916-875-7151**
www.dhs.saccounty.net/PUB/CHDP/Pages/CHDP-Home.aspx
9616 Micron Ave., Suite 950, Sacramento 95827

Medi-Cal Access Program (MCAP) ----- **800-433-2611**
www.mcap.dhcs.ca.gov

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

Sacramento Covered ----- **866-850-4321**
www.sacramentocovered.com

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

PEDIATRICIANS

County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- **916-875-7151**
www.dhs.saccounty.net/PUB/CHDP/Pages/CHDP-Home.aspx
9616 Micron Ave., Suite 950, Sacramento 95827

Children's Services

OTHER

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

Children's Services

OTHER

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 640, Sacramento 95827

Child Action ----- **916-369-0191**
www.childaction.org
 9800 Old Winery Place, Suite A, Sacramento 95827

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

Poison Action Line ----- **800-222-1222**
www.calpoison.org

County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- **916-875-7151**
www.dhs.saccounty.net/PUB/CHDP/Pages/CHDP-Home.aspx
 9616 Micron Ave., Suite 950, Sacramento 95827

Services Provided: Referrals to pediatricians, dental, and other health providers
Languages Offered: Spanish

Dental Health Services

DENTAL INSURANCE PLANS/REFERRALS

Medi-Cal Dental ----- **800-322-6384**
www.denti-cal.ca.gov
<https://smilecalifornia.org/>
Services Provided: Call to find a dental plan or change dental plans

Medi-Cal Dental Plans (GMC) ----- **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**

Through Medi-Cal GMC or Health Services

County of Sacramento, DHHS, Child Health & Disability Prevention (CHDP) ----- **916-875-7151**
www.dhs.saccounty.net/PUB/CHDP/Pages/CHDP-Home.aspx
 9616 Micron Ave., Suite 950, Sacramento 95827

Sacramento Covered ----- **866-850-4321**
www.SacramentoCovered.org
Services Provided: Assist in locating free or low cost health insurance for children and adults.

Dental Health Services

FREE OR LOW-COST DENTAL

Carrington College ----- **916-361-5168**

8909 Folsom Blvd., Sacramento 95826

Services Provided: Free dental 4-hour cleaning. Call for an appointment

Sacramento City College ----- **916-558-2303**

www.scc.losrios.edu/dentalhealthclinic/

3835 Freeport Blvd., Sacramento 95822

Services Provided: Low-cost dental clinic (3-Hour visit)

Cost: Initial free. Cleaning, x-rays, sealants

Sacramento Native American Clinic ----- **916-341-0575**

www.snahc.org

2020 J St., Sacramento 95811

Services Provided: General dentistry for adults and children.

Cost: Must pay fee the day of appointment (No payment plan available)

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 65th St., Suite C, Sacramento 95820 ----- **916-822-8958**

One Community Health ----- **916-443-3299**

www.onecommunityhealth.com

1500 21st St., Sacramento 95811

1442 Ethan Way, Sacramento 95825

Elica Health Centers ----- **855-354-2242**

www.elicahealth.org

1750 Wright St., Sacramento 95825

3701 J St., Suite 201, Sacramento 95816

Sacramento Community Clinic (HALO) ----- **916-642-1867**

www.halocares.org

5524 Assembly Ct., Sacramento 95823

2138 Del Paso Blvd., Sacramento 95815

7275 E. Southgate Dr., Suite 204-206, Sacramento 95823

3030 Explorer Dr., Sacramento 95827

Emergency/Crisis Services

EMERGENCY FOOD RESOURCES

California Emergency Food Link ----- 916-387-9000

www.foodlink.org

P.O. Box 292700, Sacramento 95829

St. Johns Food Closet ----- 916-444-0874

www.stjohnslc.org

1701 L St., Sacramento 95815

**Hours of Service: 3-5PM M-F*

General Assistance & Food Stamps ----- 916-874-3100

www.saccounty.net/services/Pages/General-Assistance.aspx

1725 28th St., Sacramento 95816

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

www.sacloaves.org

1321 North C St., Sacramento 95811

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

**Not a shelter*

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

Transitional Living & Community Support ----- 916-441-0123

www.tlcssac.org

2230 9th St., Sacramento 95814

Services Provided: Provides emergency housing and supportive services program for adults with a targeted psychiatric disability who are homeless or are at risk of homelessness.

**24 hour staffing*

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

Francis House ----- 916-443-2646

www.francishousecenter.org

1422 C St., Sacramento 95814

Services Provided: Provides emergency housing vouchers for families with children, bus tickets, CA IDs, employment program and help with getting birth certificates. For emergency housing vouchers, call on Tuesdays at 9am

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

www.saintjohnsprogram.org

4410 Power Inn Rd., Sacramento 95826

The Salvation Army: Sacramento Bethsaida Corps ----- 916-442-0331

www.salvationarmy.org

1200 North B St., Sacramento 95814

Bishop Gallegos Maternity Home ----- 916-395-9370

www.bgmhsacramento.org

6423 Lang Ave., Sacramento 95823

Services Provided: Housing for pregnant women

Next Move Family Shelter ----- 916-454-2120

www.nextmovesacramento.org

Services Provided: 60-day family emergency shelter and assistance for women, families, and single fathers

**Must have at least one child under 18 years old*

Sacramento Mutual Housing Association ----- 916-453-8400

www.mutualhousing.com

3321 Power Inn Rd., Suite 320, Sacramento 95826

Emergency/Crisis Services

EMERGENCY MENTAL HEALTH

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

WIND Youth Services ----- **916-561-4900**
24-Hour Line ----- **800-339-7177**
www.windyouth.org

815 S Street, Sacramento 95811

Services Provided: Crisis resolution, individual, group & family counseling, support groups, and skills-building workshops for youth

Adult Mental Health Access ----- **916-875-1055**
3331 Power Inn Rd., Sacramento 95826

Services Provided: Access to mental health services for Medi-Cal recipients in Sacramento County, referrals to treatment and counseling, and resources to mental health clients in Sacramento
**Clients must be available to speak on phone themselves*

Mental Health Treatment Center ----- **916-875-1000**
www.dhs.sacounty.net/BHS/Pages/Mental-Health-Services.aspx
2150 Stockton Blvd., Sacramento 95817

Services Provided: 24-hour phone and walk-in crisis intervention for children and teens

Suicide Prevention Services ----- **916-368-3111**
www.wellspacehealth.org

Services Provided: 24-hour crisis intervention and suicide prevention by highly trained professionals

Emergency/Crisis Services

CRISIS PREGNANCY

Emergency Contraception
<https://ec.princeton.edu/>

Services Provided: Clinics and pharmacies that dispense emergency contraception pills

Sac Valley Pregnancy Clinic ----- **916-451-2273**
www.svpclinic.com

2316 Bell Executive Lane, Sacramento 95825

Services Provided: Pregnancy testing, non-diagnostic limited ultrasound, STD testing, well-woman exam, PAP smear
**Locations across Sacramento*

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

A Community for Peace ----- **916-728-5613**

Crisis Line ----- **916-728-7210**

www.acommunityforpeace.org

3401 2nd Ave., Sacramento 95817

3101 Fulton Ave., Sacramento 95821

3841 4th Ave., Sacramento 95817

Services Provided: Trauma informed social justice center for victims and survivors of domestic violence, family violence, and sexual assault

Emergency/Crisis Services

CHILD/WOMEN/ADULT CRISIS SERVICES

Sexual Assault Hotline ----- **800-656-4673**
24-Hour line

Domestic Violence Hotline ----- **800-799-7233**
24-Hour line

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

Sacramento Life Center | Sac Valley Pregnancy Clinic ----- **916-451-4357**
www.saclife.org
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 Planning

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

Friends Care ----- **916-446-3838**

5890 Newman Ct., Sacramento 95819

Services Provided: Services to families of incarcerated inmates, transportation, emergency referrals for food, clothing, housing, children's activities, and support groups

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

www.vlsp.org

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

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

Spanish Line ----- **916-922-1490**

www.warmlinefrc.org

2424 Castro Way, Sacramento 95818

Services Provided: Resources and support to families of children with special needs

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*

Family Support Services

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

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.impactscac.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

Family Support Services

<p>Sac Building Healthy Communities----- 916-431-7485 Fruitridge/Stockton Community Incubator Lead (CIL) www.sacbhc.org 4625 44th Street, Suite 10 Sacramento 95820</p> <p><i>Services Provided:</i> 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.</p>
<p>Rose Family Creative Empowerment Center----- 916-376-7916 Meadowview Community Incubator Lead (CIL) www.rfcecenter.org 2251 Florin Road, Suite 116 Sacramento 95822</p> <p><i>Services Provided:</i> 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.</p>
<p>Greater Sacramento Urban League----- 916-732-3699 Oak Park Community Incubator Lead (CIL) www.gsul.org 2331 Alhambra Blvd., Suite 300 Sacramento 95817</p> <p><i>Services Provided:</i> Serving zip codes 95817. Provides under-represented youth and adults with educational, career training and employment opportunities in order to achieve economic self-reliance.</p>
<p>South Sacramento Christian Center----- 916-681-6791 Valley Hi Community Incubator Lead (CIL) http://southsacramentochristiancenter.org/ 7710 Stockton Blvd. Sacramento 95823</p> <p><i>Services Provided:</i> Serving zip codes 95823 and 95828. Empower our community through education and activities that promote unity and wholeness for spirit, soul and body.</p>

Genetic Services

<p>Sacramento Maternal Fetal Medicine ----- 916-758-6670 www.valleychildrens.org/womens-services/maternal-fetal-center-sacramento 1792 Tribute Rd., Suite 200, Sacramento 95815</p>
<p>UC Davis Medical Center (UCDMC), Prenatal Diagnosis ----- 916-734-6900 www.health.ucdavis.edu 4860 Y St., Suite 2500, Sacramento 95817</p>

Gestational Diabetes

Sutter “Sweet Success” Diabetes and Pregnancy Program ----- 916-887-4013

www.sutterhealth.org

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

7601 Hospital Dr., Sacramento 95823 | Wed 8AM-4PM

Grief and Bereavement

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

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

Services Provided: Support for parents who have lost a child

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

Health Insurance – Free and Low Cost

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

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.aidshotline.org

MEDICAL CARE/CASE MANAGEMENT FOR WOMEN WITH HIV/AIDS

Center for AIDS Research, Education & Services (CARES) ----- **916-443-3299**
www.onecommunityhealth.com
 1500 21st St., Sacramento 95811

Services Provided: Case Management program including medical and dental care, counseling and other services for people living with HIV/AIDS

Rx Staffing & Home Care AIDS Project ----- **916-485-8200**
www.rxnursing.com
 4640 Marconi Ave., Suite 1, Sacramento 95821

Services Provided: Medical and psychosocial case management and personal care for symptomatic HIV positive and AIDS client

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

HIV RESOURCES

WellSpace Health
www.wellspacehealth.org
 8233 E. Stockton, Suite D, Sacramento 95828 ----- **916-313-8433**

Services Provided: Psychiatric services for adolescents with HIV/AIDS. Also provides counseling and therapy for children and adults

Alternate Test Site ----- **916-874-7720**
Services Provided: Free, anonymous HIV testing by appointment only

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: HIV testing, counseling, and referrals

HIV Referrals and Services

HIV/AIDS ADVOCACY

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

www.vlsp.org

501 12th Street, Sacramento 95814

Services Provided: Free legal services to low-income clients

Sutter Women’s & Children’s Services (WE CARE Program) ----- **916-262-9035**

1625 Stockton Blvd., Suite 120, Sacramento 95816

Services Provided: Outreach, referrals & medical case management to women of childbearing age at high risk

Hospitals

DIGNITY HEALTH: MERCY HOSPITALS

Mercy General ----- **916-453-4545**

www.mercygeneral.org

4001 J St., Sacramento 95819

Mercy of Folsom ----- **916-983-7400**

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**

7500 Hospital Dr., Sacramento 95823

SUTTER HOSPITALS

Sutter Memorial ----- **916-454-2222**

www.sutterhealth.org

2825 Capitol Ave., Sacramento 95816

Sutter Roseville Medical Center ----- **916-781-1000**

www.sutterhealth.org

1 Medical Plaza Dr., Roseville 95661

Hospitals

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 ----- **916-492-2244**

www.shra.org

801 12th 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*

Housing Assistance/Shelters

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

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

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

Lance Apartments ----- **916-482-6460**
 4828 El Camino Ave., Carmichael 95608

Services Provided: Affordable housing for low income residents

Lutheran Social Services ----- **916-453-2900**
www.lssnorcal.org
 4390 47th Ave., Sacramento 95824

Services Provided: Case management, transitional housing for homeless families, crisis intervention, budgeting education and support services

Next Move Homeless Services ----- **916-454-2120**
www.nextmovesacramento.org
 8001 Folsom Blvd., Sacramento 95826

Services Provided: Shelter and assistance for families, children and individuals in crisis

Housing Assistance/Shelters

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

www.saintjohnsprogram.org

4410 Power Inn Rd., Sacramento 95826

Services Provided: Temporary housing to single women and women with children

**Males up to 14 years old*

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 ----- 916-875-1055

3331 Power Inn Rd., Sacramento 95826

Services Provided: Referral service for Medi-Cal patients with mental health issues

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

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

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

www.windyouth.org

815 S Street, Sacramento 95811

Services Provided: Crisis resolution, individual, group & family counseling, support groups, and skills-building workshops for youth

Mental Health

<p>La Familia Counseling Center ----- 916-453-3601 www.lafcc.org 5523 34th St., Sacramento 95820 <i>Languages Offered: Spanish, Hmong</i></p>
<p>County of Sacramento, DHHS, Mental Health Treatment Center (SCMHTC) ----- 916-732-3637 www.dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx 2150 Stockton Blvd., Sacramento 95817 <i>Services Provided: 24-Hour phone or walk-in crisis intervention and point of entry for evaluation and referral for adult inpatient and outpatient mental health care</i></p>
<p>Kaiser Permanente ----- 916-525-6100 www.kp.org 7300 Wyndham Dr., Sacramento 95823 <i>Services Provided: "Mood During Pregnancy and Postpartum" classes offered to Kaiser patients</i></p>
<p>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. Phone support offers supportive listening, coaching, mentoring and referrals and linkage to community resources catered to their needs</i></p>
<p>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 <i>Services Provided: Professional counseling for families, children, couples and individuals</i> <i>*Accepts Medi-Cal and sliding fee scale</i></p>
<p>Genesis Mental Health Services ----- 916-669-1536 401 North 12th St., Sacramento 95814 <i>Services Provided: Free individual counseling, group counseling referrals to homeless adults</i></p>
<p>Southeast Asian Assistance Center (SAAC) ----- 916-421-1036 www.saacenter.org 5625 24th St., Sacramento 95822 <i>Services Provided: Mental health program assists Russian, Southeast Asian, and Ukrainian people in obtaining mental health services</i> <i>Languages Offered: Chinese, Hmong, Lao, Mien, Cambodian, Vietnamese, Spanish, Russian, Romanian</i></p>
<p>Visions Unlimited, Incorporated ----- 916-394-0800 6833 Stockton Blvd., Suite 485, Sacramento 95816 <i>Services Provided: Individual, group, & family counseling</i> <i>*Medi-Cal accepted</i></p>

Mental Health

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

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*

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

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

201 29th St., Suite B., Sacramento 95816

Services Provided: Support group for teens to maintain family size and finish high school. There are weekly meetings and the teen receives \$10 for each time she attends and \$100 for every six months of participation. Free on-site child care, snacks, and scholarship opportunities available. There are several locations throughout the Sacramento region, including: Oak Park, Meadowview, Del Paso Heights

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

Kaiser Postpartum Conditions Group----- **916-614-4740**

Kaiser Point West, Conf Room #3, 650 Response Road Sacramento, CA 95815

Services Provided: Maternal mental health resource. Meets Tuesdays at 11:00 AM, Led by Dr. Priya Batra, PsyD

Nutrition Resources

Certified California Grown Farmers Markets

www.california-grown.com

County of Sacramento, Department of Human Assistance (DHA), ----- 916-874-3100

General Assistance & Food Stamps Program

www.saccounty.net/services/Pages/General-Assistance.aspx

1725 28th St., Sacramento 95816

**For individuals and families with no or low-income*

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

811 Grand Ave., Suite A-1, Sacramento 95838

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

2020 J Street, Sacramento, 95811

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

Parenting Classes/Resources

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

www.lafcc.org

5523 34th St., Sacramento 95820

Languages Offered: Spanish, Hmong

Parenting Classes/Resources

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

1625 Stockton Blvd., Suite 210, Sacramento 95816

Services Provided: Parenting classes available to clients only, ages 12-17 years

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

Birth and Beyond

**See page 33 for locations and phone numbers*

Prenatal Referrals

County of Sacramento DHHS ----- 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

Comprehensive Perinatal Services Program (CPSP) Providers & Medi-Cal 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
Languages Offered: Spanish, Hmong, Lao, Armenian, Russian

Del Paso Heights

HALO – Sacramento Community Clinic ----- **916-924-7988**
 2200 Del Paso Blvd., Sacramento 95815
Languages Offered: All

East Sacramento

Sutter Sweet Success ----- **916-733-7050**
 1625 Stockton Blvd., Suite 201, Sacramento 95816
Languages Offered: All language translations available

Foothill Farms

The Birth Center ----- **916-344-1860**
 5440 Laurel Hills Dr., Sacramento 95841
Languages Offered: Interpreter services available

North Sacramento

WellSpace Professional Health Care for Women ----- **916-515-1698**
 3946 Norwood Ave., Sacramento 95838
Languages Offered: Spanish

Rancho Cordova

WellSpace Health Rancho Cordova Community Clinic ----- **916-569-8600**
 10423 Old Placerville Rd., Rancho Cordova 95827
Languages Offered: Spanish

Comprehensive Perinatal Services Program (CPSP) Providers & Medi-Cal Prenatal Providers

NORTH AREA

Rancho Cordova

Kaiser Permanente Rancho Cordova ----- **916-631-3000**
10725 International Dr., Rancho Cordova 95670

Comprehensive Perinatal Services Program (CPSP) Providers & Medi-Cal Prenatal Providers

SOUTH AREA

Galt

Galt Medical Services ----- **209-745-6105**
387 Civic Dr., Galt 95632

Languages Offered: Spanish

Midtown

UC Davis Medical Center (UCDMC) | Outpatient Obstetrics/Gynecology Clinic ----- **916-734-6900**
4860 Y Street., Suite 2500, Sacramento 95817

Languages Offered: Interpreter services available

Oak Park

WellSpace Health Alhambra Community Health Center ----- **916-737-5555**
2425 Alhambra Blvd., Sacramento 95817

Languages Offered: Spanish

South Sacramento

Capital OB/GYN ----- **916-920-2082**
8120 Timberlake Way, Suite 201, Sacramento 95823

Languages Offered: Spanish, Russian

Sacramento Community Clinic ----- **916-428-3788**
5524 Assembly Ct., Sacramento 95823

Languages Offered: Many languages

WellSpace Health Healthcare for Women ----- **916-689-3433**
7601 Hospital Dr., Suite 220, Sacramento 95823

Languages Offered: Spanish

Comprehensive Perinatal Services Program (CPSP) Providers & Medi-Cal Prenatal Providers

SOUTH AREA

South Sacramento

One Community Health ----- 916-443-3299
1500 21st St., Sacramento 95811

Kaiser Permanente South ----- 916-688-2000
6600 Bruceville Rd., Sacramento 95823

Elk Grove

Kaiser Permanente ----- 916-478-5000
9201 Big Horn Blvd., Elk Grove 95758

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

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
*Bus vouchers for emergency visits also provided

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 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

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

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
*Participants must enroll in the program no later than 28-weeks gestation

Prenatal and Postpartum Programs

Birth and Beyond

www.birth-beyondfrc.com/

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

Services Provided: Free and voluntary parent and family support services

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, DHHS, Health Center ----- 916-874-9670

www.dhs.sacounty.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

Tepati Clinic ----- **916-209-0912**

1820 J St., Sacramento 95811 | Saturdays, 8AM-4PM

Imani Clinic ----- **916-475-9582**

2425 Alhambra Blvd., Sacramento 95817 | Saturdays, 8AM-1PM

Bayanihan Clinic ----- **916-833-1112**

3030 Explorer Dr., Sacramento 95827 | Saturdays, 8AM-12PM

3647 40th Street, Sacramento 95817 ----- **916-456-4849**

Saturdays, 12PM-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 Behavioral Health Services, Inc. ----- **916-974-8090**

6127 Fair Oaks Blvd., Carmichael 95608

Services Provided: Outpatient substance abuse treatment, detox

Hours: M-F 6AM-2PM | Sat, Sun, & Holidays 7:15AM-10AM

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.ncaddsac.org

1433 Fulton Ave., Sacramento 95825

Services Provided: Outpatient, partial hospitalization, day treatment

Promise House ----- **916-452-3073**

2727 P St., Sacramento 95816

Services Provided: Residential long-term treatment

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

Services Provided: The 24-hour help line answers questions about drug use, HIV/AIDS and IV drug use and provides referrals to local support groups and drug treatment

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

Volunteers of America Options for Recovery ----- **916-929-1951**

1001 Grand Ave., Sacramento 95838

Services Provided: Residential short term, residential long term treatment for substance abuse. Provides residential women and children treatment

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

Diogenes Youth Services, Inc. ----- **916-369-5447**
 9719 Lincoln Village Dr., Suite 500, Sacramento 95827

Services Provided: Services for runaway, homeless, abandoned, abused and neglected youth including: crisis resolution, counseling, support groups, health education, emergency shelter and transitional housing

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: Comprehensive youth and family drug and alcohol treatment, anger management services, and other counseling services

Elk Grove Unified School District

www.egusd.net

Valley High School ----- **916-689-6500**
 6300 Ehrhardt Ave., Sacramento 95823

William Daylor High School ----- **916-427-5428**
 6131 Orange Ave., Sacramento 95823

Services Provided: Cal-Safe programs and support for parenting teens

Walnutwood High School Adolescent Parent Program ----- **916-294-9105**
 10848 Gadsten Way, Rancho Cordova 95670

Services Provided: Childcare

Hiram Johnson Family Education Center ----- **916-277-7047**
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

Carmazzi ----- 916-714-7848

8962 Beckington Dr., Elk Grove 95624

Languages Offered: Many languages

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

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

Services Provided: Referrals to over 2,400 community services in Sacramento

Community Services Directory, Sacramento, California ----- 916-447-7063

909 12th St., Suite 200, Sacramento 95814

County of Sacramento Perinatal Toll Free Line ----- 916-451-2273

www.anthem.com

Infoline Sacramento ----- 916-498-1000

Services Provided: Information and resources over the phone

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

www.warmlinefrc.org

2424 Castro Way, Sacramento 95818

Services Provided: Resources and support to families of children with special needs

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

www.dhs.saccounty.net/PR1/pages/health%20center/gi-sacramento-county-health-center.aspx

4600 Broadway, Suite 1100, Sacramento 95820

**Adults only – 21 to 65 years of age without dependents*



DEPARTMENT OF HEALTH SERVICES

Division of Public Health

Peter Beilenson, M.D., MPH, Director

County Health Officer

Olivia Kasirye, M.D.

www.scph.com

County of Sacramento

Board of Supervisors

Phil Serna, District 1

Patrick Kennedy, District 2

Susan Peters, District 3

Sue Frost, District 4

Don Nottoli, District 5

Nav Gill, County Executive

www.DHS.SacCounty.net

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For corrections or updates contact

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Comprehensive Perinatal Services Program

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