



## Pregnancy and Family Planning

☺ = Spanish speaking agency

### ☺ West County Health Centers

**Sebastopol 824-9999, Occidental 874-2444, Russian River 869-2849**

All of West County Health Centers' locations provide complete obstetric care, with Spanish speaking physicians available. Please ask your provider about Centering Pregnancy classes that may be available.

### ☺ CA Department of Social Services Adoption Services: [www.childsworld.ca.gov](http://www.childsworld.ca.gov), 1-800-KIDS-4-US

The Division's Services include assistance in Adoptions, Foster Care, Children's Services and Child Welfare. Locate adoption services and certified agencies; information and references for adoption procedures.

### ☺ Family PACT: [www.familypact.org](http://www.familypact.org)

**Call 1-800-942-1054 to find participating providers**

State program provides free access to comprehensive family planning services for eligible low-income CA residents.

### ☺ Forestville Teen Clinic at CASA: 887-0427 [www.wchealth.org/services/teen-services](http://www.wchealth.org/services/teen-services)

**Open Mondays, Tuesdays, Wednesdays, Thursdays 2:30-5:30**

Offers free and confidential family planning services for youth ages 12-24 including birth control, education, STI testing, pregnancy testing, and options counseling. No appointment necessary.

### ☺ Kaiser Permanente Health Education: 393-4167

Childbirth education and preparation, breastfeeding support and supplies, parenting classes, and more.

### ☺ La Leche League: 523-8697 [www.llnocal.org](http://www.llnocal.org)

Local referrals for breastfeeding support and group meetings, phone help and breastfeeding books.

### ☺ Memorial Hospital Women & Children's Services: [www.stjosephhealth.org/Our-Services/Pregnancy](http://www.stjosephhealth.org/Our-Services/Pregnancy), 522-1544

Family birth center provides comprehensive pregnancy services; perinatal services include education, childbirth preparation, dietary counseling, lactation services (525-5212), breastfeeding classes, home-care nurses.

### **Nurse Family Partnership (NFP): <http://www.sonoma-county.org/health/ph/homevisiting/nfp.htm> 565-4440**

NFP is a voluntary home visiting program where first-time, low-income mothers are visited weekly to monthly by a Public Health Nurse beginning during pregnancy and continuing through the child's second birthday.

### ☺ Pregnancy Counseling Center of Sonoma County: [www.pccsonomacounty.org](http://www.pccsonomacounty.org), 575-9000

**Free** and confidential services include comprehensive counseling, pregnancy tests, medical clinic, post-abortion support, childbirth and parenting classes, education and information, one-on-one career/educational goal-setting

### ☺ Santa Rosa Junior College Family Planning Clinic: 527-4445

Pregnancy testing, birth control services and referrals are available to SRJC students; payment is sliding scale based on income; signup assistance with Medi-Cal.

☺ **Sonoma County Maternal, Child & Adolescent Health Dept:** [www.sonoma-county.org/health/ph/mcah](http://www.sonoma-county.org/health/ph/mcah)  
Coordinates maternity care for families; postpartum support; provides information and referrals to pregnancy resources in the community; breastfeeding support; children's health and safety consultation. **Call 565-4494.**

☺ **Sonoma County WIC:** [www.sonoma-county.org/health/wic](http://www.sonoma-county.org/health/wic) **565-6590**  
Free nutrition education and free drop-in support groups for pregnant and breastfeeding women. Spanish and English-speaking groups. Located at 2400 County Center Dr, Santa Rosa.

☺ **Sutter Women's Health Resource Center: 576-4800**  
Breastfeeding and lactation support and services including: weekly classes, workshops, telephone consultations, office visits by appointment or physician referral, breast pump rentals and sales, breastfeeding supplies, books.

☺ **"Sweet Success" at Memorial Hospital: 525-5212**  
Offers multidisciplinary services during preconception, pregnancy and postpartum for women who are diabetic or develop diabetes during pregnancy.

☺ **Think Pregnancy:** [www.thinkpregnancy.org](http://www.thinkpregnancy.org) **565-4552**  
Website (in English and Spanish) provides extensive information on the effects of alcohol, tobacco and other drugs on pregnancy; provides links to local resources related to substance abuse and/or family planning care.

☺ **Women's Health and Birth Center:** [www.womenshealthandbirthcenter.com](http://www.womenshealthandbirthcenter.com), **539-1544**  
Certified Nurse Midwives and doulas provide childbirth services in a homelike setting; personal support before, during & after your pregnancy include home visits by RN; lactation/breastfeeding consultation; physician-friendly.

☺ **Women's Health Specialists:** [www.womenshealthspecialists.org](http://www.womenshealthspecialists.org), **537-1171; for Español 1-800-714-8151**  
General feminist women's health care includes birth control, emergency contraception, pregnancy testing, preventative reproductive/fertility health care, abortion services, adoption referral, Medi-Cal/private insurance.

☺ **Vista Family Health Center:** [www.swhealthcenter.org](http://www.swhealthcenter.org) **303-8911**  
Confidential pregnancy prevention services are available at low cost; birth control; family planning services; pregnancy testing and services; counseling services; maternity care; 3569 Round Barn Circle