

For additional services not listed here,  
call **2-1-1** or visit **www.211shasta.org**

### IMPORTANT PHONE NUMBERS

Emergency dial 911

Doctor: \_\_\_\_\_

Dentist: \_\_\_\_\_

Hospital: \_\_\_\_\_

Babysitter: \_\_\_\_\_

Police: \_\_\_\_\_

Poison Control: 1(800) 222-1222

Other important people in this family's life:

\_\_\_\_\_  
\_\_\_\_\_

**Shasta County Health & Human Services Agency**

Supported by funds received from the California Department of Public Health,  
Maternal, Child and Adolescent Health Division

Revised January 2019



## Recipe For a Healthy Baby

**Serves: 1 Family**

**Prep Time: 9 months**

### Ingredients:

- ◆ Early Prenatal Care and Dental Care
- ◆ Good Nutrition and Exercise
- ◆ Safe Environment
- ◆ Take Folic Acid Everyday

### Instructions:

- ◆ Mix together well.
- ◆ Bake with love and patience.
- ◆ Avoid all alcohol, drugs, or tobacco.

## Prenatal Resource Guide



Shasta County  
**Health & Human  
Services Agency**



## Family Planning



Family planning and women's health services: birth control; STD testing; pregnancy testing and verification; education and counseling.

### Family Planning Services & Pregnancy Counseling & Testing

#### Anderson

Shasta Community Health Ctr. 378-0486

#### Cottonwood

Lassen Medical Group 347-3418

#### Happy Valley

Satellite of Shasta Community Health Center 357-2860

#### Eastern Shasta County

Burney Health Center 335-5457

Fall River Valley Health Center 336-6535

Hill Country Health & Wellness 337-5750

Pit River Health Services 335-5090

Shingletown Medical Center 474-3390

#### Redding

Hill Country Community Clinic 241-4100

Shasta Maternity Center 229-1981

Planned Parenthood 351-7100

Redding Rancheria 224-2700

Shasta Community Health 246-5710

Women's Health Specialists 221-0193

Mercy Family Health Center 225-7800

#### Shasta Lake

Shasta Lake Family Health 276-9168

#### UC Davis Genetic Counseling

Prenatal diagnostic (916) 734-6900

## Preparing for Childbirth



Education on birthing techniques, including Lamaze. Call about additional services.

#### Childbirth Education Classes

Breastfeeding Support Services (call for schedule) 245-6466

Mercy Medical Center 246-3729

#### Delivery Hospitals

Mercy Medical Center Redding 225-6000



## Other Resources



#### Adoptions

Adoption Choices 891-0302

Bethany Christian Services 209-522-5121

Shasta County Adoptions 225-5791

#### Disabilities

Help for developmentally disabled individuals and parents of disabled children.

California Children Services 225-5574

Early Childhood Services 225-2999

Far Northern Regional Center 222-4791

Rowell Family Empowerment of Northern California 226-5129

Shasta Head Start/Early Head Start 241-1036

#### HIV & STD testing and counseling -Anonymous and free.

Planned Parenthood (Outreach) 351-7100

Women's Health Specialists 221-0193

#### Counseling

Shasta County Alcohol & Drug Perinatal Treatment (Group Counseling) 245-6411

Kids' Turn: separation/divorce 244-5749

Hill Country Community Clinic 337-5750

Hill Country CARE Center 691-4446

Northern Valley Catholic Social Service 241-0552

Bridges to Success 225-0350

Chemical People 241-5958

Crime Victim Assistance Center 225-5220

Wright Education Service 223-5122

NAMI (National Alliance for Mental Illness) 691-4450

Helpline (Crisis 24 hour) 225-5252, 1-888-385-5201

Beacon (Partnership Health Plan Members) 1-855-765-9703

#### Family Violence

Children & Family Services 24-hour line to report child abuse 225-5144

One Safe Place (24 hour, collect calls accepted) 244-0117

Wright Education Services 223-5122

Wright Education Services (Anger Management) 223-5122

## Being Healthy



### Breastfeeding

Breastmilk provides the best nutrition for your baby. Find education, support, and breast pumps.

### Education and Support

WIC Breastfeeding Support, Shasta Mom Circle, peer counselors	229-8446
La Leche League Redding	524-1130
La Leche League of Greater Redding	247-7406
Mercy Breastfeeding Resource Center	225-7485

### Breast Pumps

#### Redding

Breastfeeding Support Services - WIC	229-8446
Growing Together Perinatal Program (Partnership Health Plan)	1-800-809-1350

#### Burney

Intermountain Community Center/Bright Futures	335-4600
---	----------

### Nutrition

Women, Infants and Children (WIC) Supplemental Nutrition Program	225-5168
Seven locations in Shasta County. Nutrition, financial help and food assistance.	

### Quit Smoking

California Smokers Helpline Tobacco Cessation	1-800-NO-BUTTS
Tobacco Education	229-8467
Tobacco Cessation Class (SCHC)	225-5134
Project Ex	229-5115
	244-7194

### Drugs & Alcohol

Drug and alcohol treatment for pregnant, postpartum and parenting women.

Resources for Women at <a href="http://www.WomensConnectShasta.com">www.WomensConnectShasta.com</a>	229-8431
Empire Residential	243-7470
Empire Outpatient	244-7074
Maternal, Child, and Adolescent Health	225-5850, 1-800-300-5122
Women's New Life Recovery Program at House of Hope	241-3608
Right Road Recovery	365-8523
Shasta County Perinatal Alcohol & Drug Program	245-6411
Shasta Options	224-5469
Visions of the Cross	722-1114

## Early Prenatal Care



### Prenatal Care Guidance Program

225-5850

Find doctors who will see you while applying for Medi-Cal. resource lists for doctors who provide OB care, dentists who see pregnant women, and family planning providers.

### Maternal, Child Adolescent, & Adult Health Program (MCAH)

225-5850

Toll Free

1-800-300-5122

**Visit C4Yourself.com to start your application for Medi-Cal or call 1-877-652-0731.**

### Growing Together Perinatal Program

1-800-809-1350

Gift cards, family planning, and breastfeeding support for Partnership Health Plan members. English and Spanish spoken.

### Text 4 Baby

Text **BABY** to 511411

Get free health text messages during pregnancy and baby's first year.

## Home Visits



Agencies offering home visits for parenting support services.

Early Head Start	241-1036
Nurse-Family Partnership®	225-5394
TAPP - Teenage Pregnancy and Parenting Program	241-0552
Shasta County Child Abuse Prevention Coordination Council - CAPCC	242-2020

## Baby Health Care



### Immunizations

Find a doctor/clinic that gives shots at no charge	225-5122
Shasta County HHSA Public Health Branch	225-5591

### Well Child Check-ups & Eye Care

Information about free check-ups, including referral to a doctor	225-5122
--	----------

### Pediatricians (Baby Doctors), Family Physicians and Dentists\* Accepting Medi-Cal

\* The American Dental Association recommends that your child's first dental visit is at 12 months of age.

Maternal, Child, and Adolescent Health Referral Line	225-5850
Toll-free	1-800-300-5122

## Child Resources



### Child Care

Child Care Assistance - Early Childhood Services (SCOE)	225-2999
Shasta College Childhood Education Center	242-7601
Shasta Head Start (Administration)	241-1036

### Child Safety

Children & Family Service (CFS)	225-5650
Poison Control	1-800-222-1222
SIDS information	225-5850

### Child Safety Seat—Classes & Car Seat Checks (call in advance)

CHP Area Office, 2503 Cascade Blvd., Redding	225-0500
CHP Northern Division, 2485 Sonoma Street, Redding	242-4300
WIC (classes)	225-5168
Shasta County HHS Public Health Branch	225-5850
Car seat classes (1st & 2nd Wednesday of the month)	Call 225-5850 to register or 1-800-300-5122

### Parenting Education

Bridges to School Success	225-0350
CAL-SAFE (California School Age Families Education Program for pregnant and parenting teens)	245-2672
Early Childhood Services	225-2999
Hill Country Community Clinic	337-5750
Love & Logic	244-2300
Northern Valley Catholic Social Service—TAPP Program	241-0552
Parents In Control	526-8380
Shasta Head Start	241-1036
Triple P Shasta (Positive Parenting Program)	1-855-275-8109

### Maternity and Baby Clothes

CareNet Pregnancy Center	246-7075
Life Light Help Center	222-5200
Living Hope	243-8066
People of Progress	243-3811
Salvation Army (Larkspur)	222-2207
Salvation Army (Westside)	244-2296



### Toy and Book Lending Library

Redding Library	245-7250
-----------------	----------

### Transportation

RABA- The Ride	241-2877
----------------	----------

## Teen Services



High school education, childbirth and parenting education, counseling in career choice, and personal development.

### Teen Pregnancy Services

#### Redding

Growing Together Perinatal Program	1-800-809-1350
Gift cards, family planning, and breastfeeding support for Partnership HealthPlan members. English and Spanish spoken.	
Planned Parenthood	351-7100
Or make appointments online at <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	
TAPP (Teenage Pregnancy and Parenting Program)	241-0552

### Teen Parenting Classes

#### Anderson

Parents in Control	526-8380
--------------------	----------

#### Redding

CAL-SAFE (California School Age Families Education Program)	245-2672
For pregnant and parenting teens	
Shasta Head Start	241-1036
TAPP (Teenage Pregnancy and Parenting Program)	241-0552
Bridges to Success	225-0350

### Other Teen Services

Ala-Teen (help with alcohol addiction)	376-0159
Anderson Teen Center	365-9021
Tobacco Education Program - Cessation for teens Project Ex	244-7194
Youth Violence Prevention Council	244-7194

