



Resource List

Pregnancy and Childbirth

Expecting the Best! 916.614.2229
 To register for prenatal care and get referrals to other resources.

CPSP916.614.2210
 Additional classes and other services for pregnant women with Medi-Cal or no insurance.

Breastfeeding

Mercy Women's Center..... 916.614.2200
 Monday–Friday, 9 a.m.–4 p.m.
 Breastfeeding advice, breastfeeding support group, breastfeeding classes for going back to work or school, private consultations and breast pumps. Partial scholarships may be available.

National Breastfeeding Network..... 1.800.TELL YOU
 Available 24 hours for referrals in your area.

WIC: resources for those enrolled in the WIC Program
 Sacramento County WIC 916.427.5500
 Placer County WIC 530.889.7187

Postpartum Depression

Postpartum Depression
 International Network..... 805.967.7636
 Depression After Delivery 1.800.944.4773

Infants & Families With Special Needs

Twins/Multiples 916.658.8588
 Bereavement Network Resources
 of Sacramento, Inc. 916.557.5882
 Referrals, resources, education and support groups on all aspects of grief and bereavement. This group has a complete list of support groups throughout the Sacramento area.

Sharing Parents of Sacramento 916.424.5150
 Provides grief support services.

Sudden Infant Death Syndrome
 (SIDS) 916.851.7437

Birth Certificate

Vital Records 916.875.5345
 7001-A East Parkway, Suite 650
 Sacramento, CA 95823

Social Security Card

Social Security Administration 1.800.772.1213

Healthcare for Baby

Child Health and Disability
 Program (CHDP)916.875.7151
 If you need help finding a doctor.
 9333 Tech Center Drive, #800
 Sacramento, CA 95826

Sacramento Family
 Medical Clinic, Inc. 916.339.2229
 6137 Watt Avenue
 North Highlands, CA 95660
 Pediatric care (takes all Medi-Cal).

Sacramento Family
 Medical Clinic, Inc. 916.363.2229
 2737 Woodberry Way, Suite 103
 Rancho Cordova, CA 95670
 Pediatric care and adult primary care (takes all Medi-Cal).

Sacramento Family
 Medical Clinic, Inc. 916.391.2229
 4730 47th Avenue
 Sacramento, CA 95824
 Pediatric care (takes all Medi-Cal).

MercyClinic Norwood 916.929.8575
 3911 Norwood Avenue
 Sacramento, CA 95838
 Pediatric care and adult primary care (takes all Medi-Cal).

Immunizations

Sacramento County Dept. of Health and
 Human Services Immunization
 Assistance Program916.875.7468
 Call this number to get local listings for immunization clinics, well baby clinics and WIC program clinics.

Placer County Health Department.....530.889.7141

Continued



Resource List, continued

Domestic Violence

- El Dorado Women's Center, Peace for Families
Placerville530.626.1131
- Peace for Families Crisis Line..... 1.800.575.5352
- Women's Center of San Joaquin County
Main Line.....209.941.2611
Crisis Line.....209.465.4878
- Women Escaping a Violent Environment
(WEAVE)..... 916.920.2952
- Yolo County Sexual Assault and Domestic
Violence Center..... 530.662.1133
916.371.1907
- Sacramento Crisis Nursery916.394.2000
Will give your child (up to age 6) a safe place to
stay in case of a sudden illness or accident, a
drug or alcohol problem, homelessness, feelings
of desperation or hopelessness, emotional distress,
frustration or any other situation you feel puts
your child in an unsafe environment. Services
are FREE. All information is confidential.

Addiction Services

- Mercy Perinatal Recovery Network..... 916.614.2240
Drug and alcohol treatment for women who are
pregnant or have babies or young children.
- AA Central.....916.454.1100
Provides information about 12 step meeting
locations and times.

Mental Health Support Groups

- Manic Depressive/Bipolar 916.363.8613
- Obsessive Compulsive Disorders 916.456.8239

Infants and Families with Special Needs

- Family Resource Center 1.800.660.7995
916.922.9276
Information, referrals and support groups for families
with "special needs" children.
- National Organization
for Rare Disorders..... 1.800.999.6673
Extensive database with information on over 900
rare diseases and disorders, information and referrals.
- Children's Craniofacial Association 1.800.535.3643
- Cleft Palate Foundation1.800.24.25338 (CLEFT)
- Cleft Palate Panel.....916.733.8146
- Deaf Mother..... TDD 1.800.735.2929
VOZ 1.800.735.2922
- Downs Syndrome.....530.885.0429
- Facial Disorders 1.800.332.2373
- Spina Bifida Association..... 1.800.621.3141
Serves all parents who have children
with spina bifida.
- Special Care Parents 916.658.8588
For parents who have experienced high-risk
pregnancies or have delivered high-risk or
premature infants.
- W.E.E. Care..... 530.626.5164
- Premature Baby; Special Needs Parents... 916.658.8588
- Special Needs; Warmline Network 1.800.660.7995