



Marin County

Perinatal Services Guide for Providers

Updated March 2018



This Resource Guide was developed by the Marin County Department of Health and Human Services, Maternal Child Health Program. This guide is not an endorsement of any particular resource or organization. Additional private providers may be identified through many of these organizations. For more information, please call 415-473-4340.

Information provided includes:

- Service area served by organization
- Organization name
- Service information, including eligibility
- Language capacity
- Contact information

Please note that this guide is not a comprehensive list of all providers and is a work-in-progress. For changes or additions to the guide, please contact Jenny Stephens at 415-473-4340 or jstephens@marincounty.org.

www.marinhhs.com/psnguide



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Emergency Resources

Organization/Program	Details/Eligibility	Language	Contact
HHS Division of Community Mental Health Psychiatric Emergency Services (PES)	Provides 24-hour mental health crisis intervention services, information, referral, and emergency psychiatric care. Evaluates and provides appropriate referrals of the hospitalization of clients to assist and promote their return to the community.	Spanish	415-473-6666

Telephone Counseling/Hotlines/Warmlines

Organization/Program	Details/Eligibility	Language	Contact
Bay Area Postpartum Depression Stress Line	Free and confidential telephone counseling for postpartum mood disorders provided by volunteers who are survivors of postpartum mood disorders. Provides support for women experiencing postpartum mood disorders.	English only	1-800-773-7090 9 a.m. - 9 p.m. 7 days a week 1-800-773-6667 after 9 p.m.
Center for Domestic Peace	Free 24-hour hotline for women who have experienced domestic violence.	Spanish	415-924-6616 (English) 415-924-3456 (Spanish) Men's number: 415-924-1070
Matrix Parent Network and Resource Center	A Parent Training and Information Center, designated by the U.S. Department of Special Education; A Family Resource Center, as part of California Early Start for families of children birth to age three; A Family Empowerment Center through the California Department of Education. Empowers families of children with special needs to understand and access the systems that serve them. Serves families of children birth through age 26 in Marin, Napa, Solano and Sonoma Counties.	Spanish	1-800-578-2592 HELPLINE is free and available M - Th, 9:00am-2:00pm. www.matrixparents.org
Suicide Prevention and Community Counseling (FSA)	Free 24-hour hotline	Mostly English at this point – may change soon	415-499-1100

The National Child Abuse Hotline	Free 24-hour hotline	Many languages	1-800-422-4453
The National Suicide Prevention Lifeline	Free 24-hour hotline	Spanish available	1-800-784-2433 1-888-628-9454 – (Spanish only)
California Smokers' Helpline	Free tobacco cessation counseling. Includes users of chewing tobacco.	Many languages & services for hearing-impaired.	1-800-45-NO BUTTS (English) 1-800-45-NO FUME (Spanish) 7 a.m. – 9 p.m. M-F 9 a.m. – 1 p.m. Sat.
Children and Family Services (CFS)	This is a 24 hours hotline available to make a report of child abuse or speak to a CFS Worker about a child protective situation.	English and Spanish	415-473-7153 24 hours a day/7 days a week

Information and Referral

Organization/Program	Details/Eligibility	Language	Contact
Bay Area 2-1-1 (A program of United Way of the Bay Area)	Help clients connect with resources in a variety of areas: childcare, legal aid, health care, counseling, immigration assistance, food/shelter/clothing resources. Services are free and available 24/7.	150 languages	Dial 2-1-1 or www.211BayArea.org

Counseling/Support Groups

Organization/Program	Details/Eligibility	Language	Contact
<p>Family Works Therapy and Life Skills Center</p>	<p>Payment is on a sliding scale and statements for third party payors are provided. Motherhood Groups, Childcare Center Consultation Services and Developmental Disabilities Services are FREE.</p> <p><i>Therapy and Counseling (English and Spanish)</i> Psychotherapy for couples, adults, children, teens, families, and groups for anxiety, depression, anger management, stress-reduction, transitions, couples, AD/HD, bipolar disorder, co-parenting, parenting. Includes parent-child and family interactive therapy and Triple P parenting services. (Home & school visits available.)</p> <p><i>Positive Parenting and Life Skills</i></p> <p><i>Explorando la Maternidad Juntas</i> (Spanish): FREE weekly drop in groups for expectant and new mothers and their infants 0-12 mos. Groups meet from 10 to noon at Marin Community Clinic each Thursday in San Rafael, and each Tuesday in Novato.</p> <p><i>Exploring Motherhood Together</i> (English): FREE weekly drop-in groups for expectant and new mothers and their infants 0-12 months, from 10 to noon, each Tuesday, at the Novato Marin Community Clinic and on Thursdays from 10-12 at the San Rafael Marin Community Clinics. Contact Hilda for questions at hildaC@familyworks.org</p> <p><u>Temperament Assessments & Training:</u> For adults, children & childcare centers</p> <p><u>Parenting Today Class:</u> Call for Dates</p> <p><u>Co-Parenting Today Class</u></p> <p><u>Developmental Disabilities Program:</u> (Spanish) FREE in-home parenting, counseling and life-skills training for parents and their children served by GGRC.</p>	<p>Some Spanish – see program details</p>	<p>415-492-0720 www.familyworks.org 415-492-0720</p> <p>M-F 9a.m. – 5 p.m. (office) M-Sun 8 a.m. – 9 p.m. (counseling)</p> <p>4 Joseph Court San Rafael, CA 94903</p>

<p>Bay Area Community Resources – Adult Tobacco Cessation Services</p>	<p>Provides frequent free or low-fee tobacco cessation classes and tobacco education services. Consultation, training and technical assistance are available to behavioral health and medical staffs who would like to assist their clients/patients with quitting tobacco. Other services include: off-site, community-based cessation groups and youth prevention and cessation services. Nicotine patches available to qualified participants at reduced cost.</p>	<p>English only</p>	<p>415-755-2334 or www.bacr.org/programs/tobacco</p> <p>9 a.m. – 5 p.m. M-F plus evening hours for cessation classes as-needed</p>
<p>BACR Positive Changes Women’s Groups</p>	<p>Positive Changes provides women’s outpatient treatment for women with addiction issues. Offer group counseling, individual counseling and case management services in an outpatient setting.</p>	<p>English only</p>	<p>415-528-6269 or 415-444-6135 www.Bacr.org/programs/alcohol-drug</p>
<p>Community Institute for Psychotherapy (CIP)</p>	<p><u>CIP</u> offers low-fee counseling and psychotherapy for adults, children, families, and couples. Also offers crisis intervention, short-term therapy, group therapy, and seminars for the community. Sliding scale fees and Medi-Cal is accepted.</p>		<p>415-459-5999 www.cipmarin.org</p> <p>M-F 8:30 a.m. – 5:30 p.m. (office) M-Sat. 8 a.m. – 8 p.m.(counseling)</p>
<p>Family Service Agency, a Division of Buckelew</p>	<p>Child and Family Treatment: Provides family, couple, individual and group psychotherapy for adults and children, specializing in families with children ages 0-5 and in treating trauma in individuals and families of all ages, including the trauma of childhood sexual abuse.</p> <ul style="list-style-type: none"> • Parent-Child Interaction Therapy (PCIT) is provided to families with children 2-8. (Spanish may be available; please inquire) • The Parent Aide Program provides mentors to isolated families. • Parent/Partnership Project- home visiting program • “Parenting Apart,” - for separating and divorcing parents • Groupo Esperenza-Spanish language Support Group for mothers- Every Friday. Contact Misleidys at 415-846-0720x 302 <p>Victims of Crime coverage and Medi-Cal are accepted.</p>	<p>Some services available in Spanish; please inquire</p>	<p>415-491-5700 M-F 8 a.m. – 8 p.m. Saturdays by appointment</p> <p>Direct Number: 415-491-5709</p> <p>Groupo Esperenza: 415-846-0720 x 302</p>

<p>Parent Services Project</p>	<p>Parent Services Project engages and strengthens families to take leadership for the well-being of their children, families, and communities. PSP programs include: Family Engagement, Literacy and Child Development, Community Organizing and Resource and Referral. We provide training, coaching and professional development tailored to the unique roles and needs of family leaders, early childhood programs, community-based service providers, educational institutions and others.</p> <p>Our playgroup, Aprendiendo Juntos/Learning Together, is offered weekly. Contact Patricia at pbrawley@parentservices.org for more information.</p> <p>For more information about school-based technical assistance, Raising a Reader, Leaders for Change, the Passport Project, Earn It Keep It Save It, or other community resources, contact the main office.</p>	<p>English and Spanish</p>	<p>www.parentservices.org family@parentservices.org</p> <p>T: 415.454.1870 F: 415.454.1752 79 Belvedere St. Suite 101, San Rafael CA 94901</p>
<p>Jewish Family and Children's Services</p>	<p>Insurance accepted for some services and some sliding scale fees may be available.</p> <p>Parents Place Family Resource Center - A family resource center serving families with children of all ages. Offers parenting workshops and consultation, support for new parents, individual and family counseling, play therapy, developmental assessments, socialization groups, support groups. Also provides on-site consultation and training to preschools, early childhood centers, schools, synagogues, summer camps and other organizations.</p> <p>JFCS Adult and Children's Services - Offers psychotherapy for adults, adolescents, children couples, families and groups. Sliding scale accepted for some counseling services.</p>		<p>415-491-7959 www.jfcs.org</p> <p>Parents Place Family Resource Center 415-491-7959 www.parentsplaceonline.org/marin M-F 8:30 a.m. – 5 p.m. and evenings by appointment</p> <p>JFCS Adult and Children's Services 415-491-7960 M-F 8:30 a.m. – 12 noon and 1 p.m. – 5 p</p>
<p>Canal Alliance</p>	<p>Canal Alliance offers family resources available to low-income, Spanish speaking immigrants living in Marin County. Services include Family Support services, Behavioral Health services, healthcare access, domestic violence prevention, supplemental food pantry, legal referrals, and wage recovery assistance. Mental health support groups provide supportive intervention for Alcohol and Other Substance Use. In Spanish.</p> <p>Also, the Fathers Parenting Group is held on Monday's from 5:30-7 pm.</p>	<p>English and Spanish</p>	<p>Sandy Ponok Director of Family Services sandyp@canalalliance.org 415-306-0422</p> <p>www.canalalliance.org</p>

<p>Novato Youth Center Youth and Family Counseling Program</p>	<p>Adult, Group, Child and Family Therapy - Provides mental health counseling through multiple approaches to assist individual adults, children, adolescents/transitional age youth, and families with a variety of issues including relationship challenges, parenting, depression, anxiety, stress, trauma, divorce, and grief/loss. Cont. NYC Parent-Child Interaction and Attunement Therapy (PCIT/PCAT) Children ages 0-7 and families. Parent-Child Attunement Therapy (PCAT) is an adaptation of PCIT. It uses PCIT techniques that have been altered to be more developmentally appropriate for children younger than 30 months of age (e.g. reduced session length: 30-45 min). Like PCIT it has two purposes: 1) strengthen caregiver's relationship with their children; and 2) facilitate caregiver's learning of appropriate child management techniques. It supports infants and toddlers who have experienced attachment difficulties. Goals for PCAT include: Enhancing the child-caregiver relationship, reducing the caregiver's level of stress and associated depression, increasing the caregiver's understanding of child development</p> <p>Reduced fees are available, please call for more information</p>	<p>English Call to see if Spanish is available</p>	<p>415-892-1643 x 239 (English/Spanish) www.novatoyouthcenter.org</p> <p>M-F 10 a.m. -8 p.m. by appointment</p>
<p>Family Partners, Community Action Marin</p>	<p>Positive Parenting In Challenging Times – Free weekly drop-in class to support all parents to enjoy raising their children.</p> <p>Class meets every Thursday from 6:30- 8:00pm at 3230 Kerner Blvd, San Rafael. Free child care and snack is provided.</p>	<p>English</p>	<p>Please RSVP to : Michelle Kemp MSW at (415) 368-5221 or Leticia McCoy (415) 716-2747.</p>
<p>Doctora Marisol</p>	<p>Spanish Language Parenting Class Series – Free weekly parenting class series for parents with children of all ages. You can attend at any point in the series. Class meets every Wednesday from 6:00-7:30 pm at 3230 Kerner Blvd. Free child care is provided. To register contact Doctor Marisol at (415) 473-6787 and leave a message with following information. Name, phone number, email address, ages of children who require child care.</p>	<p>Spanish</p>	<p>415-473-6787</p>
<p>“In This Together”/ Center for Domestic Peace</p>	<p>“In This Together” therapy is offered in English and Spanish for Parents alone, Children alone, and/or Parents and Children together. A mobile, bilingual clinical team is accepting appointments in: San Rafael, Point Reyes/Inverness, Tomales/Bodega Bay, Bolinas/Stinson, and Marin City/Southern Marin. Sliding scale accepted; however, no one will be turned away.</p>	<p>English and Spanish</p>	<p>For more information call: 415-526-2553 www.c4dp.org</p>
<p>Pathways/ Family Birth Center at Marin</p>	<p>Support Group for Postpartum Moms–gather to share experiences and support each other. Babies are welcome. 6-week series/ cost is \$150 for 6 sessions</p>	<p>English</p>	<p>Family Birth Center, Greenbrae Contact 1-888-996-9644 for info</p>

General			
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Child Development

Organization/Program	Details/Eligibility	Language	Contact
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HHS Children’s Services/Family Connections	<p>Marin Family Connections is a resource for families and providers who are concerned about a child’s health, development, behavior, and or learning. We connect to community resources and provide care coordination.</p>	Spanish services available	415-473-6008 https://www.marinhhs.org/marin-family-connections marinfamilyconnections@marincounty.org smedina@marincounty.org
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Children’s Medical Coverage	<p>Medi-Cal is a public health insurance program that provides medical coverage for low-income individuals that are disabled, those under 21 years of age, and the parents of children deprived of parental support due to unemployment, absence, disability, or death of a parent. Eligibility for the program depends on residency, citizenship or immigration status, age, income, resources/assets, family composition and other factors. This program provides qualified applicants with a medical card that may be used for services at participating pharmacies, hospitals, and doctor's offices.</p> <p>For additional information about the program please visit the California Department of Health Care Services website at http://www.dhcs.ca.gov/services/medi-cal/pages/default.</p>	Spanish services available	415-473-3434 https://www.marinhhs.org/medi-cal
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Head Start	<p>Marin Head Start is a child and family development program that provides low-income families and their children with comprehensive health services, education services and social services. Expectant families are also included. Families are supported as they make positive changes in their lives that will benefit them now and in the future.</p>	English and Spanish	Administrative offices: 359 Bel Marin Blvd. Novato, CA 94949 415-883-3791
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Easter Seals	<p>Easter Seals provides early intervention for children at risk of disabilities. They offer services for physically and developmentally disabled children. Services include speech, language and occupational therapy, information and referral,</p>		925-849-8999 BAY AREA http://www.easterseals.com/bayarea/our-programs/childrens-services/
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	and a parent support group. The early infant intervention program is offered to developmentally disabled children (age 0-3).		
Blind Babies Foundation/Junior Blind	Blind Babies Foundation/Junior Blind provides services to children with a wide range of vision impairment from low vision to total blindness, including children with multiple impairments. Program services are provided free of charge to families of children from birth to six years of age in Northern California.		415-342-1228 www.blindbabies.org
Golden Gate Regional Center (GGRC)	<p>Golden Gate Regional Center (GGRC) Early Start Program serves infants and toddlers (birth to 3 years of age) who either have developmental delays or are at risk for having a developmental disability and their families. A variety of Early Intervention services may be provided, such as home teaching, physical therapy, speech therapy, etc.</p> <p>The Early Start Program (The California Early Intervention Program) –Infants and toddlers birth to age 36 months may be eligible for early intervention services through Early Start if, through documented evaluation and assessment, they meet specific requirements. Please contact the referral line at 1-888-339-3306 for more information.</p> <p>Ongoing (Lanterman) Services is a state and federal program for individuals ages birth to adult who have been diagnosed with a developmental disability per the Lanterman Act. Included in this definition of developmental disability are conditions such as intellectual disability cerebral palsy, epilepsy, autism or disabling conditions found to be closely related to intellectual disability. Eligible individuals are provided supportive case management and service planning as identified through their Individual Person Plan (IPP).</p>		<p>Any organization or individual can make a referral for Early Start Program.</p> <p>For Ongoing Services (Lanterman) the individual being referred or the guardian or the individual must refer. The Regional Center has a one door referral process for any infant/toddler with a developmental delay. Referrals can be faxed, emailed, or mailed in.</p> <p>Please see website www.ggrc.org for parent or 3rd party referral form.</p> <p>Referral Line: 1-888-339-3306. Email: intake@ggrc.org</p>
Center for Domestic Peace	<p>Center for Domestic Peace: Child and Youth Therapy Program offers a 10-week program for children aged 0-18 who have witnessed domestic violence, and for their survivor parent. The sessions are two hours long with separate sessions for parents and children as well as time together.</p> <p>There is a sliding fee schedule; however, no one will be turned away due to inability to pay. Medical insurance is not taken at this time.</p>	Spanish	415-526-2553 www.centerfordomesticpeace.org

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Childcare Resources

Organization/Program	Details/Eligibility	Language	Contact
Marin Childcare Council	Childcare referrals information on family child care & child care centers by location, age, and hours. Free service. Must register as a participant for online help.	Spanish available	Main number is 415-472-1092 or 415-491-5777 www.mc3.org

Child Welfare/Advocacy

Organization/Program	Details/Eligibility	Language	Contact
Marin CASA Program	<u>Marin Court Appointed Special Advocates (Marin CASA)</u> speaks for abused, neglected and abandoned children in the Juvenile Dependency and Delinquency process. Using highly trained volunteers, the Marin CASA program strives to provide every child who needs an advocate with a voice in the court process.	Mostly English – some Spanish	415-785-3862 www.marincasa.org M-F 9 a.m. -5 p.m.

Mental Health/Psychiatry Services

Organization/Program	Details/Eligibility	Language	Contact
HHS Behavioral Health and Recovery Services	<p>Provides emergency and outpatient psychiatric treatment and prevention services for children, adults and seniors. Services include information and referral, consultation, evaluation, crisis intervention, and family and group therapy. Medi-Cal accepted.</p> <p>Outpatient Programs Minority Services A multi-cultural team provides psychotherapy and mental health services for African Americans, Latinos and Southeast Asians in a culturally appropriate manner. Medi-Cal accepted.</p>	Spanish and Vietnamese services available	415-473-6835 Vietnamese: 415-507-2741 Access Line: 1-888-818-1115 (24 hour toll-free) https://www.marinhhs.org/mental-health-services M-F 8:30 a.m. – 5 p.m.
Marin Community Clinics	<p>Licensed mental health professionals are available for brief therapy (group or individual sessions) as well as medication management services for Marin Community Clinic patients. Patients need a referral from their PCP or OB. Services are offered for stress, anxiety, chronic substance use, insomnia, grief/bereavement, coping with a new medical diagnosis, parenting concerns, and experiencing trauma. MCC's services also include childhood development screening and brief medication management/consultation for children and adults, upon referral from the medical provider.</p>	English and Spanish	To make an appointment call: 415-448-1500.
Marin County Psychological Association	<p>Provides a listing service for licensed psychologists who are current association members by city or zip code. Provides free assessment and referrals to member professionals for individuals seeking psychological services.</p>	Varies by provider	(415)-215-4924 www.marincountypsych.org info@marincountypsych.org
Marin Mental Health Plan (Access Line)	<p>Referral services for outpatient psychotherapy. Accepts Medi-Cal.</p>	Spanish services available	Access Line: 1-888-818-1115 (24 hour toll-free) https://www.marinhhs.org/mental-health-assessments-referrals
Marin Perinatal Therapy	<p>Independent collective of psychotherapists who specialize in supporting women during pregnancy planning, pregnancy, postpartum adjustment, pregnancy loss, and early parenting. Individual therapy and support groups. Some sliding scale fee accepted; call for more information.</p>	English	Email: support@marinperinataltherapy.com 415-413-7130

Maternity Services

Organization/Program	Details/Eligibility	Language	Contact
Marin Community Clinics: Women's Health	<p>Provides midwifery-based, maternity care including comprehensive prenatal care, counseling, prenatal birthing and parenting classes and nutritional and health education services for women giving birth through their services.</p> <p>Payment is on a sliding scale and Medi-Cal and selected other third-party payors are accepted. Clinics are located in San Rafael and Novato.</p>	Spanish and Vietnamese services available	415-448-1500 http://www.marinclinic.org/index.html M-F 8 a.m.-5 p.m.
Marin Family Birth Center	<p>The Marin Family Birth Center is a part of Marin City Health and Wellness Center's integrated healthcare model. The birth center in San Rafael offers a healthy and safe delivery option for low-risk mothers and babies. The Marin Family Birth Center accepts Medi-Cal, private insurance and offers a sliding fee scale payment option. A certified enrollment counselor is available to help.</p>	English and Spanish-language receptionists are available to assist	www.marinbirth.org 415-339-8813
Marin City Health and Wellness Center	<p>Provides family planning, prenatal care, postpartum care and newborn services in Marin City, as well as women's health and pediatric medical, dental and behavioral health.</p>	English and Spanish	415-339-8813
Pro Bono Doula Services of Marin	<p>Provides education and support to low-income women and families in Marin seeking birth and postpartum doula care. They provide prenatal information and presence during active labor and birth, as well as breastfeeding and postpartum support at home.</p>	English and some Spanish	415-305-5854 www.probonodoulasofmarin.org avril

Substance Abuse Support

Organization/Program	Details/Eligibility	Language	Contact
HHS Division of Behavioral Health and Recovery Services	<p>Perinatal programs funded through the Marin County Division of Behavioral Health and Recovery Services provide priority admission to pregnant women. All Perinatal programs accept Drug/Medi-Cal, as well as having a sliding fee scale. No one will be denied service solely based on ability to pay.</p> <p>You may also contact any of the programs listed below, which provide services for pregnant and parenting women.</p>		<p>For additional information about substance use treatment programs, call 1-888-818-1115 (24/7 Access Line) or visit: www.MarinHHS.org/DMCWaiver.</p>
<p>Bay Area Community Resources – Tobacco Cessation Services</p> <p>Bay Area Community Resources-Positive Changes, Women’s Outpatient and Intensive Outpatient Treatment</p>	<p>Provides free tobacco cessation classes and tobacco education services throughout Marin County. Consultation, training and technical assistance are available to behavioral health and medical staffs who would like to assist their clients/patients with quitting tobacco. Other services include: off-site, community-based cessation groups and youth prevention and cessation services.</p> <p>Provides therapeutic support for women with addiction issues. We offer group counseling, individual counseling, and case management services in an outpatient setting.</p>	<p>English only</p> <p>English</p>	<p>415-755-2334 or www.bacr.org/programs/tobacco</p> <p>9 a.m. – 5 p.m. M-F plus evening hours for cessation classes as-needed 415-456-6655 www.bacr.org</p> <p>http://www.bacr.org/programs/alcohol-drug/174-positive-changes-women’s-treatment-program</p> <p>415-328-6269</p> <p>And 415-444-6135</p>
Center Point	<p>Substance abuse services provided in an integrated, comprehensive program of counseling, skills training and supportive services. Adult Programs, Outpatient Programs and a Residential Women and Children’s Residential Treatment Program available.</p> <p>Sliding fee scale and no one denied for service for inability to pay.</p>	English	<p>www.cpinc.org</p> <p>415-492-4444</p>
Marin Treatment Center	<p>Provides Medication Assisted Treatment, including methadone maintenance for opioid use disorders.</p>	English, Spanish	<p>www.MTCinc.org 415-457-3755</p>

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Breastfeeding Support/Food Supplements

Organization/Program	Details/Eligibility	Languages	Contact
WIC	<p><u>The Women, Infants, and Children (WIC) Supplemental Nutrition Program</u> is a federally-funded health and nutrition program for:</p> <ul style="list-style-type: none"> • Women who are pregnant, breastfeeding, or just had a baby • Children under 5 years old (including foster children) • Families with low to medium income (working families may qualify) • Undocumented families and working families are encouraged to apply <p>WIC services include:</p> <ul style="list-style-type: none"> • Special checks to buy healthy foods, such as milk, soy milk, eggs, cheese, tofu, bread, tortilla, rice, cereal, beans, peanut butter, tuna, fruits, vegetables. • Information about nutrition and health to help families eat well and be healthy • Support and information about breastfeeding • Help in finding health care and other community services • Breast pump loan program/ Lactation consultants and peer counselors available 	English and Spanish	<p>3250 Kerner Blvd San Rafael, Ca For appointments: 415-473-6889 For Breastfeeding help: 415-473-3094 MarinCountyWIC@marincounty.org</p> <p>www.marinhhs.org/women-infants-children-wic</p> <p>Monday - Friday, 8:00am - 5:00pm; Second and Fourth Tuesday, 8:00am - 7:00pm</p>
San Francisco/ Marin Food Bank and CalFresh Program	<p>CalFresh is a nutrition program formerly known as food stamps. The San Francisco/Marin Food Bank supports the CalFresh Program.</p> <p>SF/Marin Food Bank provides information on how to prevent misinformation about CalFresh, how to support the application process, and how to navigate the system.</p>	English and Spanish	Contact Alexandra at 415-717-7220

<p>Partnership Health Plan</p>	<p><i>Growing Together Perinatal Program (GTPP)</i> No cost program for PHC members and providers. GTPP is a telephonic Care-Coordination program to assist pregnant women and OB/CPSP Providers with care coordination needs related to pregnancy. Bilingual resources for:</p> <ul style="list-style-type: none"> • Presumptive eligibility • State Medi-Cal • Partnership Medi-Cal • Breastfeeding education and technical support for PHC providers • Assistance ordering electric breast pumps, home visits and referrals <p>All Medi-Cal women are eligible</p> <ul style="list-style-type: none"> • Breastfeeding advice over the phone/Breastfeeding information and referrals for PHC members • Case management • Referrals to care • Referrals to community resources 	<p>English and Spanish</p>	<p>Growing Together Perinatal Program 1-800-809-1350 M- F 8am- 5 pm</p>
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Social and Support Groups for Mothers

Corte Madera/Larkspur Mother's Club - 415-451-7234 www.cmlmc.org

Novato Mothers' Club - 415-458-3203 www.novatomothersclub.com

Ross Valley Mothers' Club - 415-721-4576 www.rvmc.net

San Rafael Mothers' Club - www.srmoms.org

Southern Marin Mothers' Club - 415-273-5366 www.southernmarinmoms.com

Marin Parents of Multiples Club - www.mpomc.org Resources for low-income parents of multiples; also provide an outreach program to help parents of multiples.

Websites for Postpartum Depression and Support

Postpartum Support International: <http://www.postpartum.net>

They offer Online Support groups in English and Spanish for postpartum depression. Great for mothers who cannot make it to groups:

https://www.supportgroupscentral.com/groups_detail_as.cfm?cid=17&CFID=50642372&CFTOKEN=d3df352b9acbce5-61C91AA3-DD05-7443-8F531F5F100220C0

Other online resources:

<http://mindbodypregnancy.com/category/pregnancy/>

<http://www.ppdsupportpage.com> – online postpartum support group

<http://www.postpartum.net> – Postpartum Support International

<http://www.postpartumdads.org> - Postpartum Dads - Helping men help their wives recover from postpartum depression

<http://www.nurturemom.com/index.shtml> - support for mothers

<http://www.MedEDPPD.org> - postpartum information for women with PPD, friends, family

<http://www.sbpep.org/index.php?content=pepindex.htm> - postpartum education for parents

<http://www.healthychild.ucla.edu/PUBLICATIONS/Maternal%20Depression%20Report%20FINAL.pdf> – Report on impact of maternal depression on children and recommendations for early childhood and public health respon

New Mother / Perinatal Support Groups

Please contact the listed contact person for the most up-to-date support group information, as these groups may change.
Current as of December 2017

Group	Agency	Contact	Meeting time	Place
Apreniendo Juntos Canal Playgroup-Spanish	Parent Services Project	Liz Teodoro 454-1870 x 113	Every Friday, Cada Viernes 11-1:00	Pickleweed Community Center
Marin City Play Group	Marin City Community	LaTanya Wiggins 415-339-2836	Fridays 10:30-12:00	Marin City Head Start Classroom-610 Drake Ave, room 7
San Geronimo Valley Play Group English	Valley Community	Heather Richardson & Jennifer Breen Justice 488-8888 X209	Tuesdays & Thursdays 10:00-12:00	Lagunitas School Room 9
Baby Gym	Shoreline Community	663-8335	Tuesdays and Thursdays 9:30-11:00	Dance Palace Community Center
Apreniendo Juntos West Marin-Spanish	Shoreline Community	663-8335	Wednesdays, Miercoles 9:45-11:15	Porto Bodega
Maternal Depression Group-Spanish "Grupo Esperanza"	Family Service Agency	491-5700 x 2052	Fridays/Viernes 10:00-12:00 (12 weeks)	Connection Center (Kerner Campus)
Explorando la Maternidad Juntas Spanish (Free drop in)	Family Works	505-3039	Tuesdays, Martes 10:00-12:00	Marin Community Clinic-Novato
Explorando la Maternidad Juntas Spanish (Free drop-in)	Family Works	505-3039	Thursdays, Viernes 10:00-12:00	Marin Community Clinic-San Rafael
Exploring Motherhood Together (Free drop-in)	Family Works	Tonia Sassi 492-0720 x 302	Fridays 10:00-12:00	Marin Community Clinic-Novato
GRUPO ESPERANZA	Family Service Agency	Misleidys Mendoza 415-846-7460	Call for times	Family Service Agency
Positive Parenting Free Classes	Family Partners/ Community Action Marin	Michelle Kemp 415-369-5221 or Leticia McCoy 415-716-2746	Every Thursday 6:30-8 pm For SPANISH Language: Every Wednesday 6:00-7:30 pm Call 415-473-6787	Meet at Health and Wellness Campus: 3240 Kerner Blvd. Free child care provided