



# Marin County

## Perinatal Services Guide for Providers

Updated March 2022



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 415-473-4023

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 Sandra Rosenblum at [srosenblum@marincounty.org](mailto:srosenblum@marincounty.org)

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## ***Table of Contents***

Emergency Resources.....	4
Telephone Counseling/Hotlines/Warmlines.....	4-5
Information and Referral.....	5
Counseling/Support Groups.....	6-9
Child Development/Children and Youth with Developmental Needs.....	10-11
Childcare Resources.....	12
Child Welfare/Advocacy.....	12
Mental Health/Psychiatry Services.....	13
Maternity Services.....	14
Abortion Services.....	15
Substance Abuse Support.....	15
Breastfeeding Support/Food Supplements.....	16-17
Social and Support Groups for Mothers.....	18
Websites for Postpartum Depression and Support.....	18
New Mother/Young Child Play Groups .....	19
Video/On-Line resources for Providers.....	20

## Emergency Resources

Organization/Program	Details/Eligibility	Language	Contact
<b>HHS Division of Community Behavioral Health Psychiatric Emergency Services (PES)</b>	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
<b>Postpartum Support Center of Marin and Sonoma</b>	Free peer support counseling for new mothers during the perinatal period. They provide mom-to-mom peer counseling, postpartum support groups, and a resource support line. They also have a Diaper Bank.	English and Spanish	<a href="http://www.postpartumsc.org">www.postpartumsc.org</a> Call or text 415-320-6707
<b>Bay Area Postpartum Depression Stress Line</b>	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.
<b>Center for Domestic Peace</b>	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
<b>Matrix Parent Network and Resource Center</b>	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.  <a href="http://www.matrixparents.org">www.matrixparents.org</a>

<b>The National Suicide Prevention Lifeline</b>	Free 24-hour hotline	Spanish available	1-800-784-2433 1-888-628-9454 – (Spanish only)
<b>California Smokers' Helpline</b>	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.
<b>Children and Family Services (CFS)</b>	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
<b>HAND</b>	<i>Help After Neonatal Death (HAND)</i> is support group for anyone who has experienced miscarriage, stillbirth, interruption of a wanted pregnancy, or death in the baby's first year of life. Support group is virtual; call for updated information	English and some Spanish	<a href="mailto:info@HandSupport.org">info@HandSupport.org</a> 650-579-0350

## Information and Referral

Organization/Program	Details/Eligibility	Language	Contact
<b>Bay Area 2-1-1</b>  (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 <a href="http://www.211BayArea.org">www.211BayArea.org</a>

## Counseling/Support Groups

Organization/Program	Details/Eligibility	Language	Contact
<p><b>Buckelew Therapy Center</b></p>	<p>Provides Motherhood Groups, Childcare Center Consultation Services and Developmental Disabilities Services are FREE. Payment is on a sliding scale and statements for third party payors are provided.</p> <p><b><i>Therapy and Counseling (English and Spanish)</i></b> 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 &amp; school visits available.)</p> <p><b><i>Positive Parenting and Life Skills</i></b></p> <p><b><i>Explorando la Maternidad Juntas</i></b> (Spanish): FREE weekly drop in groups for expectant and new mothers and their infants 0-12 mos. Groups meet from 10 to noon at <b>Marin Community Clinic</b> each Thursday in San Rafael, and each Tuesday in Novato.</p> <p><b><i>Exploring Motherhood Together</i></b> (English): FREE weekly drop-in groups for expectant and new mothers and their infants 0-12 months, <b>from 10 to noon</b>, each Tuesday, at <b>the Novato Marin Community Clinic and on Thursdays from 10-12 at the San Rafael Marin Community Clinics.</b></p> <p><u>Temperament Assessments &amp; Training</u>: For adults, children &amp; 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  <a href="http://www.familyworks.org">www.familyworks.org</a>            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>Contact:            Misleidys Mendoza:  <a href="mailto:misleidysM@buckelew.org">misleidysM@buckelew.org</a></p> <p>Hilda Castillo:  <a href="mailto:hildaC@buckelew.org">hildaC@buckelew.org</a></p>

<p><b>Bay Area Community Resources (BACR) – Adult Tobacco Cessation Services</b></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 <a href="http://www.bacr.org/programs/tobacco">www.bacr.org/programs/tobacco</a></p> <p>9 a.m. – 5 p.m. M-F plus evening hours for cessation support classes as-needed</p>
<p><b>BACR Positive Changes Women’s Groups</b></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 <a href="http://www.Bacr.org/programs/alcohol-drug">www.Bacr.org/programs/alcohol-drug</a></p>
<p><b>Community Institute for Psychotherapy (CIP)</b></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 <a href="http://www.cipmarin.org">www.cipmarin.org</a></p> <p>M-F 8:30 a.m. – 5:30 p.m. (office) M-Sat. 8 a.m. – 8 p.m.(counseling)</p>
<p><b>Bucklew Services</b></p>	<p><b>Child and Family Treatment:</b> 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"> <li>• <b>Parent-Child Interaction Therapy (PCIT)</b> is provided to families with children 2-8. (Spanish may be available; please inquire)</li> <li>• The <b>Parent Aide Program</b> provides mentors to isolated families.</li> <li>• <b>Parent/Partnership Project-</b> home visiting program</li> <li>• <b>“Parenting Apart,”</b> - for separating and divorcing parents</li> <li>• <b>Grupo Esperanza-Spanish language Support Group for mothers- Every Friday. Contact Misleidys at 415-846-0720x 302</b></li> </ul> <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>Grupo Esperanza: 415-846-0720 x 302 <a href="mailto:misleidysM@bucklew.org">misleidysM@bucklew.org</a></p>

<p><b>Parent Services Project</b></p>	<p><b>Parent Services Project:</b> Programs include: Family Engagement, Early Literacy and Child Development, Digital Literacy, as well as Resource and Referral. Also 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. PSP developmental playgroups, Aprendiendo Juntos and Baby Gym are offered weekly.</p> <p>For more information about our various programs contact the appropriate coordinator:</p> <ul style="list-style-type: none"> <li>• Raising a Reader: Kerry Bacho <a href="mailto:kbacho@parentservices.org">kbacho@parentservices.org</a></li> <li>• Baby Gym (West Marin Playgroup): Kerry Bacho</li> <li>• Aprendiendo Juntos (San Rafael Playgroup): Cecelia Hudson, <a href="mailto:chudson@parentservices.org">chudson@parentservices.org</a></li> <li>• Digital Literacy: Andrew Raphael, <a href="mailto:araphael@parentservices.org">araphael@parentservices.org</a></li> </ul>	<p>English and Spanish</p>	<p><a href="http://www.parentservices.org">www.parentservices.org</a></p> <p>Follow us on Facebook @Parent services Project</p>
<p><b>Jewish Family and Children's Services</b></p>	<p>Insurance accepted for some services and some sliding scale fees may be available.</p> <p><b>Parents Place Family Resource Center</b> - 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><b>JFCS Adult and Children's Services</b> - Offers psychotherapy for adults, adolescents, children couples, families, and groups. Sliding scale accepted for some counseling services.</p>		<p>415-491-7959 <a href="http://www.jfcs.org">www.jfcs.org</a></p> <p><b>Parents Place Family Resource Center</b> 415-491-7959 <a href="http://www.parentsplaceonline.org/marin">www.parentsplaceonline.org/marin</a> M-F 8:30 a.m. – 5 p.m. and evenings by appointment</p> <p><b>JFCS Adult and Children's Services</b> 415-491-7960 M-F 8:30 a.m. – 12 noon and 1 p.m. – 5 p</p>
<p><b>Canal Alliance</b></p>	<p><b>Canal Alliance</b> offers family resources to low-income, Spanish speaking immigrants living in Marin County. Services include family support services: case management, food pantry, behavioral health support, immigration services, ESL classes, and technology classes in Spanish. Call for more info on parenting groups.</p>	<p>English and Spanish</p>	<p>415-306-0422 <a href="http://www.canalalliance.org">www.canalalliance.org</a></p>



<p><b>North Marin Community Services and Family Counseling Program</b></p>	<p><b>Adult, Group, Child and Family Therapy</b> - 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. <b>NYC Parent-Child Interaction and Attunement Therapy (PCIT/PCAT)</b> 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) <a href="mailto:info@northmarincs.org">info@northmarincs.org</a> M-F 10 a.m. -8 p.m. by appointment</p>
<p><b>Postpartum Support Center of Marin</b></p>	<p>Postpartum Support Center offers free peer counseling support services for new mothers during the perinatal period. They provide Mom to Mom Peer counseling for new mothers, postpartum peer support groups, and a resource support line. They also have a Diaper Bank.</p>	<p>English and Spanish translation</p>	<p>Contact: <a href="http://www.postpartumsc.org">www.postpartumsc.org</a></p>
<p><b>“In This Together”/ Center for Domestic Peace</b></p>	<p><b>“In This Together”</b> therapy is offered in English and Spanish for Parents alone, Children alone, and/or Parents and Children together. A mobile, bilingual clinical team accepts 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 <a href="http://www.c4dp.org">www.c4dp.org</a></p>
<p><b>HAND of the Bay Area: Grief Support for Pregnancy and Infant Loss in English and Group Amparo in Spanish</b></p>	<p>Help After Neonatal Death (HAND) : Grief support group for parents who have experienced the death of a baby through miscarriage, stillbirth, prenatal diagnosis, premature birth, SIDS, or death in the first year of life.</p> <p>Support Groups are Virtual; Please call for more info</p>	<p>English and some Spanish</p>	<p>HAND of the North Bay 650-579-0350 Info @HANDsupport.org 24 Hour Support Hotline: 650-367-6993</p>

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## Child Development

Organization/Program	Details/Eligibility	Language	Contact
<b>Help Me Grow Marin</b>	<p>Help Me Grow Marin connects parents, caregivers, and providers with information and resources about early childhood development.</p> <p><b>Families</b> can learn about community resources and tools to support your child’s development of family need. Whether it be assessing child development, helping apply for health insurance or help with finding a food bank, parenting classes, information on child development, or low-cost medical clinic, we are there to help.</p> <p><b>Providers who</b> work with children and families can also use support. Through HMG Marin, they can access resources such as screening tools, referral recommendations, resources, and care coordination assistance. Providers can also refer parents and caregivers directly to Help Me Grow and feel confident that a family will be connected to supports and resources.</p>	English and Spanish	<p>HelpMeGrowMarin.org</p> <p>415-720-1283</p> <p><a href="mailto:info@helpmegrowmarin.org">info@helpmegrowmarin.org</a></p>
<b>HHS Healthy Families/Marin Home Visiting</b>	<p>Healthy Families Marin- Home Visiting offers home visiting for eligible parents of newborns. The program is designed to support parents, share information about child development and parenting, and provide information and referrals to families of infants and young children.</p>	Spanish services available	<p>415-473-6008</p> <p><a href="mailto:healthyfamilies@marincounty.org">healthyfamilies@marincounty.org</a></p>
<b>Children’s Medical Coverage</b>	<p><b>Medi-Cal</b> 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. For additional information about the program please visit the California Department of Health Care Services website at <a href="http://www.dhcs.ca.gov/services/medi-cal/pages/default">http://www.dhcs.ca.gov/services/medi-cal/pages/default</a></p>	Spanish services available	<p>415-473-3434</p> <p><a href="https://www.marinhhs.org/medi-cal">https://www.marinhhs.org/medi-cal</a></p>

<b>Community Action Marin/Head Start</b>	<b>CAM/ Marin Head Start</b> 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.	English and Spanish	Administrative offices: 555 Northgate Dr. Suite 201 San Rafael, CA 94949  415-883-3791
<b>Easter Seals</b>	<b>Easter Seals</b> 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, and a parent support group. The early infant intervention program is offered to developmentally disabled children (age 0-3).		925-849-8999 BAY AREA <a href="http://www.easterseals.com/bayarea/our-programs/childrens-services/">http://www.easterseals.com/bayarea/our-programs/childrens-services/</a>
<b>Blind Babies Foundation/Junior Blind</b>	<b>Blind Babies Foundation/Junior Blind</b> 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 <a href="http://www.blindbabies.org">www.blindbabies.org</a>

<b>Golden Gate Regional Center (GGRC)</b>	<p><b>Golden Gate Regional Center (GGRC) Early Start Program</b> 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><b>The Early Start Program</b> (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><b>Ongoing (Lanterman) Services</b> 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 <a href="http://www.ggrc.org">www.ggrc.org</a> for parent or 3<sup>rd</sup> party referral form.</p> <p>Marin:415-446-3000 SF: 415-546-9222</p> <p>Referral Line: 1-888-339-3305 Email: <a href="mailto:intake@ggrc.org">intake@ggrc.org</a></p>
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## Childcare Resources

Organization/Program	Details/Eligibility	Language	Contact
<b>Marin Childcare Council</b>	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 <a href="http://www.mc3.org">www.mc3.org</a>

## Child Welfare/Advocacy

Organization/Program	Details/Eligibility	Language	Contact
<b>Marin CASA Program</b>	<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 <a href="http://www.marincasa.org">www.marincasa.org</a> M-F 9 a.m. -5 p.m.

## Mental Health/Psychiatry Services

Organization/Program	Details/Eligibility	Language	Contact
<b>HHS Behavioral Health and Recovery Services</b>	<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><b>Outpatient Programs Minority Services</b> 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	<p>415-473-6835 Vietnamese: 415-507-2741 Access Line: 1-888-818-1115 (24 hour toll-free) <a href="https://www.marinhhs.org/mental-health-services">https://www.marinhhs.org/mental-health-services</a> M-F 8:30 a.m. – 5 p.m.</p>
<b>Marin Community Clinics</b>	<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.
<b>Postpartum Support Center of Marin</b>	<p>Postpartum Support Center offers free peer support services for new mothers during the perinatal period. They provide Mom to Mom Peer counseling for new mothers, Postpartum Peer support groups, and a resource support line. They also have a Diaper Bank.</p>	English and Spanish translation available	Contact: <a href="http://www.postpartumsc.org">www.postpartumsc.org</a> 415-326-3623
<b>Marin County Psychological Association</b>	<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	<p>(415)-215-4924 <a href="http://www.marincountypsych.org">www.marincountypsych.org</a> <a href="mailto:info@marincountypsych.org">info@marincountypsych.org</a></p>
<b>Marin Perinatal Therapy</b>	<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	<p>Email: <a href="mailto:support@marinperinataltherapy.com">support@marinperinataltherapy.com</a> 415-413-7130</p>

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## Maternity Services

Organization/Program	Details/Eligibility	Language	Contact
<b>Marin Community Clinics: Women's Health</b>	<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	<p>415-448-1500  <a href="http://www.marinclinic.org/index.html">http://www.marinclinic.org/index.html</a>            M-F 8 a.m.-5 p.m.</p>
<b>Marin City Health and Wellness Center</b>	<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-language receptionists are available to assist	<p>415-339-8813            630 Drake Avenue            Marin City, CA</p>
<b>Doula Services of Marin/ Marin Community Clinics</b>	<p>Provides education and support to low-income women and families in Marin seeking birth and postpartum doula care for Marin Community Clinic patients. They provide prenatal information and presence during active labor and birth, as well as breastfeeding and postpartum support at home.</p>	English and Spanish	<p>Contact: <a href="mailto:amaciel@marinclinic.org">amaciel@marinclinic.org</a>            415-448-1500</p>

## Abortion Services

Organization/Program	Details/Eligibility	Language	Contact
<b>All Options Talkline</b>	All-Options Talkline provides confidential and judgement-free support at any point before, during, or after pregnancy experiences-no matter what options are considered or what decisions are to be made for pregnancy, parenting, abortion, adoption.	English and Spanish	1-888-493-0092  <a href="http://www.all-options.org">www.all-options.org</a>  facebook.com/AllOptionsNatl  twitter.com/AllOptionsNatl
<b>Planned Parenthood Reproductive Health Centers</b>	In-clinic abortion is available at many Planned Parenthood Health Centers. Caring doctors and nurses are experts at providing safe abortion and providing support throughout the process. Contact your <a href="#">local Planned Parenthood</a> for more information about where to get an abortion in your area.  <b>San Rafael Health Center:</b> Abortion Pill  <b>Hilltop-Richmond Health Center:</b> Abortion, Abortion Pill  <b>San Francisco Health Center:</b> Abortion, Abortion Pill	English and Spanish	San Rafael: 415-459-4907  Hilltop-Richmond: 510-222-5290  San Francisco: 415-821-1282

## Substance Abuse Support

Organization/Program	Details/Eligibility	Language	Contact
<b>HHS Division of Behavioral Health and Recovery Services</b>	<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: <a href="http://www.MarinHHS.org/DMCWaiver">www.MarinHHS.org/DMCWaiver</a>.</p>
<p><b>Bay Area Community Resources – Tobacco Cessation Services</b></p> <p><b>Bay Area Community Resources-Positive Changes, Women’s Outpatient and Intensive Outpatient Treatment</b></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 <a href="http://www.bacr.org/programs/tobacco">www.bacr.org/programs/tobacco</a> 9 a.m. – 5 p.m. M-F plus evening hours for cessation classes as-needed 415-456-6655 <a href="http://www.bacr.org">www.bacr.org</a> <a href="http://www.bacr.org/programs/alcohol-drug/174-positive-changes-women’s-treatment-program">http://www.bacr.org/programs/alcohol-drug/174-positive-changes-women’s-treatment-program</a></p> <p>415-328-6269</p> <p>And 415-444-6135</p>
<b>Center Point</b>	<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><a href="http://www.cpinc.org">www.cpinc.org</a></p> <p>415-492-4444</p>



## Breastfeeding Support/Food Supplements

Organization/Program	Details/Eligibility	Languages	Contact
<b>San Francisco/ Marin Food Bank and CalFresh Program</b>	<p><b>CalFresh</b> 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
<b>Marin Women Infant and Children Program (WIC)</b>	<p><b>The Women, Infants, and Children (WIC) Supplemental Nutrition Program</b> is a supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk. Supplemental nutrition program and breastfeeding support</p>	English and Spanish	415-473-6889 <a href="mailto:marincountyWIC@marincounty.org">marincountyWIC@marincounty.org</a>
<b>Marin Community Clinics Lactation Support</b>	<p>Marin Community Clinics (MCC) has in person and telemedicine appointments with International Board-Certified Lactation Consultant (IBCLC) for MCC patients. They also can order electric breast pumps for MCC prenatal patients.</p>	English, Spanish, and Interpreter service for other languages available	415-448-1500
<b>Partnership Health Plan</b>	<p><b>Growing Together Perinatal Program (GTP)</b></p> <p>No cost program for PHC members and providers. GTP is a telephonic Care-Coordination program to assist pregnant women and OB/CPSP Providers with care coordination needs related to pregnancy.</p> <p>Bilingual resources for:</p> <ul style="list-style-type: none"> <li>• Presumptive eligibility</li> <li>• State Medi-Cal</li> <li>• Partnership Medi-Cal</li> <li>• Breastfeeding education and technical support for PHC providers</li> <li>• Assistance ordering electric breast pumps, home visits and referrals</li> </ul>	English and Spanish	Growing Together Perinatal Program 1-800-809-1350 M- F 8am- 5 pm

	<p>All Medi-Cal women are eligible</p> <ul style="list-style-type: none"> <li>• Breastfeeding advice over the phone/Breastfeeding information and referrals for PHC members</li> <li>• Case management</li> <li>• Referrals to care</li> <li>• Referrals to community resources</li> </ul>		
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## Social and Support Groups for Mothers

**Corte Madera/Larkspur Mother's Club** - 415-451-7234 [www.cmlmc.org](http://www.cmlmc.org)

**Novato Mothers' Club** - 415-458-3203 [www.novatomothersclub.com](http://www.novatomothersclub.com)

**Ross Valley Mothers' Club** - 415-721-4576 [www.rvmc.net](http://www.rvmc.net)

**San Rafael Mothers' Club** - [www.srmoms.org](http://www.srmoms.org)

**Southern Marin Mothers' Club** - 415-273-5366 [www.southernmarinmoms.com](http://www.southernmarinmoms.com)

**Marin Parents of Multiples Club**- [www.mpomc.org](http://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

- [www.postpartumsc.org](http://www.postpartumsc.org) Local Postpartum support website with info on local online peer-led support groups
- Postpartum Support International: <http://www.postpartum.net>

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 response.

## Playgroups for New Mother / Young Children for Child Development and Support

Please contact the listed contact person for the most up-to-date support group information, as these groups may have changed due to Covid-19.

Group	Agency	Contact	Meeting time	Place
Aprendiendo Juntos Canal Playgroup -Spanish	Parent Services Project Cecilia Hudson		Call for times	Pickleweed Community Center Website: <a href="http://parentservices.org">parentservices.org</a> Follow on Facebook @Parent Services Project <a href="mailto:chudson@parentservices.org">chudson@parentservices.org</a>
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	415-488-8888 X209	Tuesdays & Thursdays 10:00-12:00	Lagunitas School
Baby Gym	Shoreline Community	Kerry Bacho	Tuesdays and Thursdays 9:30-11:00	West Marin Dance Palace Community Center <a href="mailto:kbacho@parentservices.org">kbacho@parentservices.org</a>
Aprendiendo Juntos West Marin-Spanish	Shoreline Community	415-663-8335	Wednesdays, Miercoles 9:45-11:15	Porto Bodega
Maternal Depression Group-Spanish “Grupo Esperanza”	Buckelew	415-846-7460 Misleidys Mendoza	Fridays/Viernes 10:00-12:00 (12 weeks)	Connection Center (Kerner Campus)
Explorando la Maternidad Juntas Spanish (Free drop in)	Buckelew	415-505-3039	Tuesdays, Martes 10:00-12:00	Marin Community Clinic-Novato
Explorando la Maternidad Juntas Spanish ( Free drop-in)	Buckelew	415-505-3039	Thursdays, Viernes 10:00-12:00	Marin Community Clinic-San Rafael
Exploring Motherhood Together (Free drop-in)	Family Works	415-492-0720 x 302	Fridays 10:00-12:00	Marin Community Clinic-Novato
GRUPO ESPERANZA	Buckelew	Misleidys Mendoza 415-846-7460	Call for times	Health and Wellness Campus

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## Video and On-Line Resources for Support/Play Therapy for Providers

Better Kids:

<https://betterkids.education/press-release-better-kids-launches-wisdom-kingdom-of-fear>

Samaritan Center:

<https://samaritan-center.org/5-play-therapy-activities-using-telehealth/>

Journal of Mental Health (Abingdon, England):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3433177/>

Whole Child Counseling:

<https://www.wholechildcounseling.com/post/fun-games-telehealth>

GAMES, WEBSITE, BLOGS, and IDEAS for Teletherapy:

<https://ideasforcounseling.com/games-for-telebehavioralhealth-telehealth-games-resources-and-ideas-for-telebehavioralhealth-telehealth-teletherapy/>

The Inspired Treehouse:

<https://theinspiredtreehouse.com/teletherapy-activities-low-prep/>

<https://confidentcounselors.com/2021/01/03/free-games-and-tools-for-virtual-counseling/>

The Mightier App:

<https://www.mightier.com/hpga/>

Wisdom: The World of Emotions Chromebook App:

<https://chromebookapphub.withgoogle.com/apps/wisdom-the-world-of-emotions>