



SUPPORT



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Marin County Perinatal Services Guide for Providers

Updated April 2024



Photo by [Antonio Diaz](#)

This Resource Guide was developed by the Marin County Department of Health and Human Services, Maternal, Child and Adolescent Health Program. This guide is not an endorsement of any resource or organization. Additional private providers may be identified through many of these organizations.

Please note that this guide is not a comprehensive list of all providers and is a work-in-progress. For questions about the guide, or changes or additions to the guide, please contact Sandra Rosenblum at 415-473-4023 or srosenblum@marincounty.org.



Requests for disability accommodations may be made by phoning 415-473-4023 (Voice), CA Relay 711 or by e-mail at srosenblum@marincounty.org. Copies of documents are available in alternative formats, upon request.

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Emergency Resources

[Marin County Behavioral Health & Recovery Services – Crisis Services](#)

Crisis Stabilization Unit: 415-473-6666

Crisis Text Line: Text MARIN to 741741

Services available in English and Spanish

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.

[National Suicide & Crisis Lifeline](#)

Call: 988

For TTY Users: Use your preferred relay service or dial 711 then 988.

Services available in English and Spanish

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Telephone Hotlines / Warmlines

[Postpartum Support Center of Marin and Sonoma](#)

Peer Support Line (call or text): 1-415-320-6707

Services available in English and Spanish

Postpartum Support Center provides free peer counseling, postpartum support groups, online self-screening assessments, and a resource support line. They also provide free diapers and other necessities for families in need.

[Postpartum Support International](#)

Helpline (English and Spanish): 1-800-944-4773

Text in English: 1-800-944-4773

Text in Spanish: 1-971-203-7773

Services available in English and Spanish

Leave a confidential message any time, and a trained volunteer will return your call or text. Volunteers will listen, answer questions, offer encouragement and connect callers to with local resources as needed.

[Center for Domestic Peace](#)

Hotline (English and Spanish): 1-415-924-6616

Text: 1-415-526-2557, 9am – 5pm, Monday – Friday

Emergency shelter and legal systems advocacy appointments: 1-415-924-6616
Therapy and support groups: 1-415-526-2553, 9am – 5pm, Monday – Friday
Walk-in assistance: 734 A Street, San Rafael, 9am – 5pm, Monday – Friday
Services available in English and Spanish

24/7 bilingual English and Spanish hotline provides immediate support and safety planning for those in danger or at-risk, including access to emergency shelter services. The hotline can also provide information and referrals. The Center for Domestic Peace provides emergency shelter, transitional housing, counseling, training and education, support groups, legal systems advocacy, and counseling services. Services are 100% confidential and available to everyone regardless of immigration status.

Matrix Parent Network and Resource Center

Helpline: 1-800-578-2592, Mon – Thurs, 9am-2pm
Email: helpline@matrixparents.org
Services available in English and Spanish

Matrix supports families for children with special needs. Peer advisors provide mentoring and support so parents can build their advocacy skills and identify resources. Matrix empowers families of children with special needs to understand and access the systems that serve them. Parent Advisors are available who speak Spanish.

Kick It California

Call: 1-800-300-8086
Text “quit smoking” / “Dejar de fumar” to 66819
Text “quit vaping” / “No vapear” to 66819
Services available in English and Spanish

A free program that helps Californians quit smoking, vaping, and smokeless tobacco with the help of proven, science-based one-on-one coaching strategies. Speak with a coach via phone or chat. Self-help tools also available.

Marin County Children and Family Services (CFS) Child Abuse and Neglect Reporting Hotline

Hotline: 1-415-473-7153
Services available in English and Spanish

This is a 24/7 hotline to make a report of child abuse or speak to a child family services worker about a child protective situation.

HAND of the Bay Area

24/7 support hotline (English only): 1-650-579-0350
Para apoyo o información en español llame a Julie Mitra 415-310-8201 o correo electrónico:
julie@HANDsupport.org

HAND of the Bay Area provides services for anyone who has experienced miscarriage, stillbirth, interruption of a wanted pregnancy, or death in the baby's first year of life. HAND offers support groups and one-on-one peer support. In-person and virtual support services offered.

Information, Education & Referrals

[Bay Area 2-1-1](#)

By phone, dial 2-1-1 or 1-800-273-6222

Or text your zip code to 898211

Services available in multiple languages

Bay Area 2-1-1 helps 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.

[Text4Baby](#)

Services available in English and Spanish

Text4baby sends free personalized text messages timed to a person's due date or the baby's first birth date. There is also an app that provides additional information about baby's development, pregnancy, childcare tips, and more. Text BABY (or BEBE for Spanish) to 511411

Abortion Services & Information

[Planned Parenthood](#)

San Rafael Phone: 1-415-459-4907

Hilltop-Richmond Phone: 1-510-222-5290

San Francisco Phone: 1-415-821-1282

Services available in English and Spanish

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 [local Planned Parenthood](#) for more information about where to get an abortion in your area.

[Plan C](#)

Webpage available in English and Spanish

Plan C provides up-to-date information on how people in the U.S. are accessing at-home abortion pill options online

[California Abortion Access](#)

Webpage available in multiple languages

Abortion remains safe, legal, and accessible in California, whether or not you live in the state and regardless of immigration status. This website has current and accurate information about how you can access abortion services in California.

[Abortion Finder](#)

Webpage available in multiple languages

AbortionFinder.org features the most comprehensive directory of trusted (and verified) abortion service providers and assistance resources in the United States.

[All Options Talkline](#)

Phone: 1-888-493-0092, M-F 7:00 am - 10:00 pm, Sa-Su 7:00 am – 3:00 pm
Services available in English

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.

Basic Needs

[Marin County Health & Human Services Community Resource Guide](#)

Marin County HHS maintains an online search tool for information and resources on a number of community services including care, health, education, legal, emergency, food, housing, money and transit. Refer to this guide when looking for more general support services.

Breastfeeding Support & Food Supplements

[Marin Community Clinics Lactation Support](#)

Phone: 1-415-448-1500
Services available in English, Spanish, and interpreter service for other languages available

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.

[MarinHealth Lactation Services](#)

Phone: 1-415-925-7522
Services available in English

MarinHealth Lactation Services help women ease into breastfeeding and infant care through education, counseling, and support. The Lactation Center also offers rentals of supplies such as the Medela Breast

Pump, and baby scales. Lactation Services are available to all Bay Area families and welcomes all mothers, regardless of where they had their baby. Call for more information.

San Francisco – Marin Food Bank

Services available in English and Spanish

SF/Marin Food Bank hosts [food pantries throughout Marin](#) and provides [home delivered groceries](#) for pregnant women or families with children that are three years and younger or a parent of children with cognitive or physical disabilities, SF/Marin Food Bank also provides CalFresh outreach and support accessing CalFresh services.

CalFresh

Phone: 1-877-410-8817

Services available in English and Spanish

The CalFresh Program (formerly Food Stamps) helps people with little or no income buy nutritious food. CalFresh benefits are not cash. They come on an electronic benefit transfer (EBT) card that you use like a bank card to buy food. Most grocery stores take CalFresh benefits. Call to learn more about eligibility and how to sign-up.

Marin Women, Infant and Children Supplemental Nutrition Program (WIC)

Phone: 1-415-473-6889

Services available in English and Spanish

The Women, Infants, and Children (WIC) Supplemental Nutrition Program 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. Call to learn more about eligibility and how to sign-up.

Partnership Health Plan

Phone: 1-855-798-8764, M – F, 8:00 am- 5:00 pm

Services available in English, Spanish, and interpreter services available for other languages

Growing Together Perinatal Program (GTP) via the Partnership Health Plan offers a no-cost program for 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.

Bilingual resources for:

- Over-the-phone check-ins and help with access to care and community resources
- Up to \$100 in free gift cards for receiving the TDap vaccine, post-partum visits, and well-child visits
- Breastfeeding information and referrals
- Double electric breast pumps are available up to 12 months after baby's births (mother or baby must be a Partnership member)

These services are no cost to mothers who are Partnership members. Call the Growing Together Program (GTP) today to be enrolled.

Counseling & Support Groups

Buckelew Therapy Center

Phone: 1-415-499-1100

Services are available in English and Spanish

Maternidad y Esperanza Marin is a multi-pronged approach aimed at improving the social and emotional well-being of expectant mothers, young children, and parents of children aged 0-3. The program utilizes group sessions, home visits, and referrals, all integrated with primary healthcare services at Marin Community Clinics. Services are provided in English and Spanish by our fully bilingual/bicultural staff.

Grupo Esperanza is a weekly Spanish-speaking postpartum support group for clients referred from the Marin Community Clinic. This group program has proven highly effective in alleviating isolation and stress experienced by new mothers. Grupo Esperanza discussions include child development, health and nutrition, and effective caregiving. Childcare is provided by Maternidad y Esperanza Marin alumni, and mothers are encouraged to bring their children in order not to miss a meeting.

Bay Area Community Resources (BACR)

Phone: 1-415-755-2334

Services available in English and Spanish

Bay Area Community Resources (BACR) provides expanded learning, behavioral and mental health and school-based programming. Core mental health services include individual, group, and family counseling, case management, parent education, and trauma response as well as consultation with school personnel, other stakeholders and collaborators.

Community Institute for Psychotherapy (CIP)

Phone: 1-415-459-5999

Services available in English

CIP offers low-fee counseling and psychotherapy for adults, children, families, and couples. Staff can support a range of conditions including but not limited to: anxiety, depression, parenting and family issues, substance use and trauma.

Medi-Cal and sliding scale fees accepted.

Parent Services Project

Phone: 1-415-454-1870

Services available in English and Spanish

Parent Services Project Programs include: Family Engagement, Early Literacy and Child Development, Digital Literacy, as well as Resources and Referrals. It also provides 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 provides free, weekly playgroups to families in the Canal neighborhood in San Rafael and in Pt. Reyes.

Jewish Family & Children's Services

Phone: 1-415-419-3600

Services available in English

Center For Children and Youth (CCY) - 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, and developmental assessments. Also provides on-site consultation and training to preschools, early childhood centers, schools, synagogues, summer camps and other organizations.

JFCS Adult and Children's Services - Offers psychotherapy for adults, adolescents, children couples, families, and groups.

Sliding scale accepted for some counseling services.

Canal Alliance

Phone: 1-415-454-2640 and 1-415-873-1058

Services available in English and Spanish

Canal Alliance 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, and public health resources in Spanish.

Call for information on parenting groups.

North Marin Community Services

Mental Health Services Phone: 1-415-892-1643 x 239

Parenting Classes: 1-415-897-4147 ext 119

Services available in English and Spanish

North Marin Community Services (NMCS) is a multi-service organization supporting children, adults, families, seniors and immigrants. Including mental health counseling and parenting classes.

Mental Health Services: NMCS offers mental health counseling 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. Mental health services are available on an ability to pay basis. Basic fees are \$40 per session, and a sliding fee scale according to household income and family size.

Parenting Classes and Skills building: The Promotores Program offers a 3-session series of free classes for parents/caregivers in Spanish. This series is focused on helping parents learn and practice talking to their children (5th grade and older) about alcohol and substance use. Through our Amigos de la Familia Program, our case managers provide parents referred through the County of Marin with one-to-one with guidance and parenting skills to help parents learn ways to reduce their stress and improve their ability to care for their children.

Postpartum Support Center of Marin

Peer Support Line (call or text): 1-415-320-6707

Services available in English and Spanish

Postpartum Support Center provides free peer counseling, postpartum support groups, online self-screening assessments, and a resource support line for both mothers and fathers. They also provide free diapers and other necessities for families in need.

Center for Domestic Peace

24-hour hotline / Línea directa las 24 horas: 1-415-924-6616

Therapy and support groups: 1-415-526-2553, Mon-Fri, 9am-5pm

Services available in English and Spanish

Center for Domestic Peace offers free counselling services including support groups, family therapy, and individual therapy. Therapy is offered in English and Spanish for parents alone, children alone, and/or parents and children together. All counseling and therapy services are free.

HAND of the Bay Area

24/7 support hotline (English only): 1-650-579-0350

Para apoyo o información en español llame a Julie Mitra 415-310-8201 o correo electrónico:

julie@HANDsupport.org

Services available in English and Spanish

HAND of the Bay Area provides services for anyone who has experienced miscarriage, stillbirth, interruption of a wanted pregnancy, or death in the baby's first year of life. HAND offers support groups and one-on-one peer support. In-person and virtual support services offered.

Child Development

[Help Me Grow](#)

Phone: 1-415-720-1283

Services available in English and Spanish

Help Me Grow Marin connects parents, caregivers, and providers with information and resources about early childhood development. Families can learn about community resources and tools to support your child's development of family need.

Providers who work with children and families 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.

[Healthy Families of Marin Home Visiting](#)

Phone: 1-415-473-6008

Submit a [referral form](#)

Services available in English and Spanish

Healthy Families of Marin Home Visiting offers home visiting for eligible parents of newborns (families are enrolled prenatally or before 3 months of birth). 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.

[Community Action Marin](#)

Phone: 1-415-526-7500

Or submit a [service inquiry form](#)

Services available in English and Spanish

Community Action Marin helps individuals and families meet their basic needs and get on a path to self-sufficiency and provides safety net services, housing justice, economic justice and food justice. It also provides Children and Family Services including:

Early Childhood Education - Community Action Marin offers education programs for each age group. These programs are designed to provide children with the skills they need to support at every stage in their development. The programs are full day, full year and include comprehensive health, nutrition, education, social services, and family development.

Home Visiting Program - At-home childcare is an individualized program option designed for any family who may not have regular access to transportation or would prefer a personal visit from a home visitor. In this program, parents, and their home visitor partner together to plan fun-filled learning activities for the child.

Easterseals

For more information about services email: CustomerService@ESNorCal.org

Services available in English and Spanish

Easterseals provides early intervention for children with autism, developmental disabilities, and others 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).

This program is for Kaiser patients only.

Child Development Services (formerly Blind Babies Foundation program)

Submit a [referral form](#)

Supports children 0 to 3 years in Central and Northern California who are blind or visually impaired and may have additional disabilities receive critical early intervention and education services. Children increase visual functioning, sensory awareness, communication, and social skills, as well as improve physical, cognitive and emotional development. Families learn to become successful advocates for their children's education and care. Our vision impairment specialists collaborate with family members, medical professionals, caregivers, and teachers.

Jewish Family and Children's Services

Phone: 1-415-419-3600

Services available in English

Center For Children and Youth (CCY) - 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, and developmental assessments. Also provides on-site consultation and training to preschools, early childhood centers, schools, synagogues, summer camps and other organizations.

JFCS Adult and Children's Services - Offers psychotherapy for adults, adolescents, children couples, families, and groups.

Sliding scale accepted for some counseling services.

Golden Gate Regional Center (GGRC)

Phone: 1-415-446-3000

Referral Line: 1-888-339-3305

Email: intake@ggrc.org

Services available in English and Spanish

Golden Gate Regional Center provides services and supports to individuals with developmental disabilities in Marin, San Francisco, and San Mateo counties.

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.

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.

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).

Call to learn more about these programs and eligibility.

[Children’s Medi-Cal Coverage](#)

Phone: 1-415-473-3434

Services available in English and Spanish

The Medi-Cal program offers free or low-cost medical, vision, and dental services to eligible residents. Medi-Cal is California's Medicaid program for low-income adults, families with children, seniors, persons with disabilities, pregnant persons, children in foster care, former foster youth up to age 26, and individuals with diseases such as tuberculosis, breast and/or cervical cancer, or HIV.

The Marin County Public Assistance offers several options for health coverage for Marin County residents, including Medi-Cal and County Medical Services Program. Highly trained staff are ready to take applications year-round and help connect Marin County residents to the services they are eligible for.

Childcare Resources

[Marin Childcare Council](#)

Phone: 1-415-472-1092 or 1-415-491-5777

Services available in English and Spanish

Provides childcare referrals and manages a centralized eligibility list for subsidized childcare. Must register as a participant for online help. This is a free service.

Community Action Marin

Phone: 1-415-526-7500

Or submit a [service inquiry form](#)

Services available in English and Spanish

Early Head Start (prenatal – age 3 years) – This is a high-quality, free and affordable early education program. Services are designed to provide children with the skills they need to support every stage of their development. Our staff support families so that parents can work and know their children are being taken care of and learning. Center-based childcare is offered at ten different locations.

Preschool (ages 3-5 years) - Preschool Centers focus on support for dual language learners, as well as social emotional growth and fostering interactions with peers. Older preschool children engage in stimulating activities to prepare them for kindergarten.

After School Program (age 5+) - The program provides assistance and tutoring to students after the regular school day. Teachers also provide other enrichment opportunities such as poetry, art, drama, music, and dance, as well as recreational activities. Full time summer care, one their regular school year is completed, is also available for this school age group.

North Marin Community Services

Pre-K Phone: (415) 892-1643 ext 235

Childcare Scholarship: Phone: (415) 892-1643 ext 0

Services available in English and Spanish

Pre-K Program: NMCS offers a high-quality childcare program for children ages 2-5.

Childcare Scholarship: Additionally, NMCS issues childcare Scholarships are made available through California Department of Education and the California Department of Social Services. Scholarships are based on family income and size.

Child Welfare & Advocacy

Marin County Children and Family Services

Phone: 1-415-473-7153

Services available in English and Spanish

Marin County's Children and Family Services provides case management, foster care, emergency response for [suspected child abuse](#), and parenting classes.

Marin CASA Program

Phone: 1-415-785-3862

Services available in English and Spanish

Marin Court Appointed Special Advocates (Marin CASA) 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.

Legal Support

Legal Aid at Work

Toll-free helpline: 1-800-880-8047

Services available in English, Spanish, Mandarin, Cantonese, and other languages

The Work and Family program at Legal Aid at Work aims to empower workers who are parents, pregnant, family caregivers, or caring for their own health to access time off from work, paid leave, and other workplace accommodations to care for themselves and their families without risking their jobs and income. They offer free, confidential advice through our Work and Family helpline and represent individuals in low-income jobs and industries. They also offer many free resources on our website including factsheets and guides to support access to job-protected paid family leave including for undocumented workers.

LGBTQ Services

LGBTQ Perinatal Wellness Center

Phone: 510.466.5930

Email: lgbtqperinatalwellnesscenter@gmail.com

The LGBTQ Perinatal Wellness Center is the trusted premier resource for LGBTQ+ communities offering services, classes, and events for Queer and Trans family planning including fertility health, donor selection, midwifery, doula care, acupuncture, chiropractic, nutrition, lactation support and more.

Mental Health & Psychiatry Services

Marin County Behavioral Health & Recovery Services

Phone: 1-415-473-6769

Access Line: 1-888-818-1115 (24 hour toll-free)

Services available in English and Spanish

Marin County provides emergency and outpatient psychiatric treatment and prevention services for low-income and Medi-Cal eligible children, teens, adults, and seniors. Services include information and referral, consultation, evaluation, crisis intervention, and family and group therapy. Call to learn more about specific services and programs.

Marin Community Clinics

Phone: 1-415-448-1500

Services available in English and Spanish

Marin Community Clinic (MCC) offers high-quality, low-cost care at locations throughout Marin County, including primary health, behavioral health, and dental care. Marin Community Clinics' behavioral health providers are trained in a variety of therapeutic interventions. MCC offers individual counseling, psychotherapy groups as well as medication management for a wide range of behavioral health concerns for MCC patients.

Medi-Cal and selected other third-party payors are accepted as well as self-pay / sliding fees.

Postpartum Support Center of Marin & Sonoma

Helpline (English and Spanish): 1-800-944-4773 (leave a message and a trained volunteer will call or text you back)

Phone: 1-415-326-3623

Services available in English and Spanish

Free peer support services for new mothers and fathers during the perinatal period. They provide peer counseling, postpartum support groups, and a resource support line. They also have a Diaper Bank.

Marin County Psychological Association

Website available in English

Provides a directory service for licensed psychologists who are current association members by city or zip code, language, cultural expertise, areas of practice and more. Costs, insurance, and language capabilities vary by provider.

Marin Perinatal Therapy

Phone: 1-415-413-7130

Services available in English and Spanish

Independent collective of psychotherapists who specialize in supporting women during pregnancy planning, pregnancy, postpartum adjustment, pregnancy loss, and early parenting, pregnancy loss, perinatal mood disorders, birth trauma and infertility. Individual therapy and support groups. Some sliding scale fee accepted; call for more information.

Marin Perinatal Therapy also offers a [directory of perinatal providers](#).

Marin City Health and Wellness Center

Phone: 1-415-634-8439

Services available in English, some limited services available in Spanish

Marin City Health and Wellness Center offers primary care, behavioral health, and dental care. Mental health and psychiatric services include both therapy and psychiatry for all ages including: Individual and family therapy, child/adolescent psychiatry, depression, anxiety, trauma, grief, substance use disorders, anger and stress management, childhood disorders, including ADHD/ADD, separation anxiety, behavioral challenges, mood disorders. Telehealth visits available.

Medi-Cal and selected other third-party payors are accepted as well as self-pay / sliding fees.

Jewish Family & Children's Services

Phone: 1-415-419-3600

Services available in English

JFCS Adult and Children's Services offers psychotherapy for adults, adolescents, children couples, families, and groups. Sliding scale accepted for some counseling services.

Prenatal & Postnatal Services

Marin Community Clinics

Phone: 1-415-448-1500, M-F 8:00 am – 5:00 pm

Services available in English and Spanish

Marin Community Clinic (MCC) offers high-quality, low-cost care at locations throughout Marin County, including primary health, behavioral health, and dental care. Physicians, nurse practitioners, and certified nurse midwives provide family planning, prenatal, in-hospital, and postnatal care. Childbirth education and nutrition classes for pregnant patients, and lactation specialists are available for consultation.

Medi-Cal and selected other third-party payors are accepted as well as self-pay / sliding fees.

Marin City Health and Wellness Center

Phone: 1-415-634-8439

Services available in English, some limited services available in Spanish

Marin City Health and Wellness Center (MCHW) offers primary care, behavioral health, and dental care. MCHW will be opening a new Women's Center in San Rafael in 2023. The Women's Center will provide: Comprehensive family planning, breast and cervical cancer screenings, as well as prenatal and perinatal care services, post-partum care, lactation support, and newborn/early infant care. 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.

MCHW also offers health education and nutrition including one-on-one counseling. Counseling services include but are not limited to: diabetes education, meal planning, prenatal health education, reproductive health and family planning.

Medi-Cal and selected other third-party payors are accepted as well as self-pay / sliding fees.

Healthy Families of Marin Home Visiting

Phone: 1-415-473-6008

Submit a [referral form](#)

Services available in English and Spanish

Healthy Families of Marin Home Visiting offers home visiting for eligible parents of newborns (families are enrolled prenatally or before 3 months of birth). 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.

Playgroups for Caregivers & Young Children

Aprendiendo Juntos & Baby Gym, Parent Services Project

Aprendiendo Juntos

Meeting Time and Location:

- Offered during school year, does not operate over summer

Email Cecilia Hudson, chudson@parentservices.org for more information and the most up-to-date schedule

Languages: Spanish

Baby Gym

Meeting Times and Locations:

- Wednesdays 1:30 – 3:00 pm: Bolinas Community Center, 14 Wharf Rd., Bolinas
- Thursdays, 10:00 – 11:30 am: The Dance Palace, 503 B St., Pt Reyes Station,
- Tuesdays & Fridays 9:30 am – 12:00 pm: San Geronimo Valley Community Center, 6350 Sir Francis Drake Blvd, San Geronimo

Email Perla de los Santos Pdelossantos@parentservices.org for more information and for the most up-to-date schedule

Languages: English and Spanish

The Aprendiendo Juntos (“Learning Together”) and Baby Gym are free developmental playgroups for children 0-5 years old and their parents / caregivers to learn and play.

Marin Child Care Council Playgroups

Marin Childcare Council, 555 Northgate Drive, Suite 105, San Rafael

Every other Thursday (July: 6, 20; Aug: 3, 17; Sep: 7, 21; Oct: 5, 19; Nov: 2, 16; Dec: 7, 21) 10:30 – 11:30 am

Languages: English and Spanish

Marin Child Care Council playgroups work with family members, friends, parents, and other caregivers to build connections, friendships, and a circle of mutual support with intentional, developmentally appropriate learning experiences for children 0-5 years.

North Marin Community Services Developmental Playgroup

North Marin Community Services, 680 Wilson Ave., Novato

Tuesday mornings (during academic year)

Email ayepez@northmarincs.org for more information

Languages: English and Spanish

A quality early learning environment that promotes cognitive, social, and emotional development for children ages 2 to 5. Developmental Playgroup meets Tuesday mornings during the academic school year. If you are interested in attending Developmental Playgroup with your child, please submit an interest form online.

Marin Parents of Multiples Club

Languages: English

This is a volunteer run, non-profit organization whose mission is to provide educational, social, and emotional support to parents of twins and triplets (and sometimes more!).

Substance Abuse Support

Marin County Behavioral Health & Recovery Services

Phone: 1-888-818-1115 (24/7 Access Line)

Services available in English and Spanish

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.

Bay Area Community Resources

Phone: 1-415-755-2334

Services available in English and Spanish

BACR delivers prevention, assessment, intervention, treatment and recovery support services to youth, families, and adults and coordinates youth and community-led substance use advocacy and social change programs. It hosts a Positive Changes Women's Treatment Program which provides alcohol and drug outpatient and intensive outpatient treatment services for adult clients who identify as female. The Family Connections program provides individual, group, and family therapy for substance-abusing adolescents in Marin County.

Center Point

Phone: 1-415-456-6655

Services available in English, some services available in Spanish

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.

Medi-Cal accepted; sliding fee scale and no one denied services for inability to pay.

Marin City Health & Wellness

Phone: 1-415-339-8813

Services available in English, some limited services available in Spanish

CHWC provides substance abuse counseling and Medication Assisted Treatment for recovery (MAT) to the homeless and general population. Services include: Individual or group counseling, recovery services for any substance, including opioid use, heroin, prescriptions pain meds, or alcohol, medication-assisted treatment (MAT), re-entry support and services for formerly incarcerated residents of SF and Marin, resources and referrals to outpatient and in-patient treatment programs, case management services with our case management team.

Medi-Cal and selected other third-party payors are accepted as well as self-pay / sliding fees.

Marin Treatment Center

Phone: 1-415-457-3755

Services available in English

Community based non-profit outpatient clinic that specializes in Opioid Addiction. Marin Treatment Center provides Medication Assisted and outpatient mental health services.

Medi-Cal and select other third-party payors are accepted. Financial assistance may be available for anyone uninsured, under insured or with high out-of-pockets costs.

Helen Vine Recovery Center

Phone: 1-415-492-0818

Services available in English and Spanish

The Helen Vine Recovery Center is a licensed 30-bed, co-ed residential withdrawal management and substance use treatment program that provides welcoming, recovery-oriented services to individuals with alcohol and drug addiction issues, as well as co-occurring psychiatric problems.

This program is open to any individual seeking recovery, regardless of ability to pay, including self-referrals, private insurance and medical

Websites for More Information & Support for Postpartum Depression

[CalHope](#)

[California Department of Public Health Maternal Mental Health](#)

[Mayo Clinic Postpartum Depression](#)

[Mental Health America](#)

[Mind, Body, Pregnancy](#)

[Postpartum Support Center](#)

[Postpartum Support Center – Support & Resources for Dads](#)

[Postpartum Support International](#)