

PREGNANCY RESOURCE GUIDE

Referral resources for pregnant women in Sacramento County



Sacramento County
Division of Public Health
Maternal, Child and Adolescent Health Program

Updated April 2006

TABLE OF CONTENTS

ADOPTION SERVICES.....	1
BREASTFEEDING.....	1
CHILDBIRTH CLASSES.....	2
CHILDREN'S SERVICES (Car Seats, Health Insurance, Immunizations)	3
DENTAL HEALTH SERVICES.....	4
EMERGENCY SERVICES (Food, Housing, Pregnancy, Mental Health/Crisis, Violence) ...	6
FAMILY PLANNING.....	9
GENETIC COUNSELING.....	10
GESTATIONAL DIABETES.....	10
GRIEF AND BEREAVEMENT.....	10
GOVERNMENT RESOURCES.....	11
HEALTH INSURANCE.....	11
HIV/AIDS REFERRALS AND SERVICES.....	12
HOME VISITATION PROGRAMS.....	14
HOUSING/SHELTERS.....	15
MEDI-CAL PROCESS.....	16
MENTAL HEALTH.....	17
NUTRITION RESOURCES.....	18
PARENTING CLASSES.....	19
PEDIATRICIANS.....	20
PRENATAL CARE	22
PRIMARY CARE CLINICS.....	25
SUBSTANCE ABUSE RESOURCES.....	26
TEEN PROGRAMS AND SERVICES.....	27
TRANSPORTATION.....	28
UTILITY PAYMENT ASSISTANCE.....	28
VISION CARE.....	28

· ADOPTION SERVICES ·

Adoptions (Sacramento County, DHHS)	875-5967
Independent Adoption Center	1-800-877-6736

· BREASTFEEDING ·

	Classes	Help-lines	Lactation consultants	Support Groups	Pumps and Products
Community Resources Project (CRP) WIC Women, Infants and Children Program: 915 Broadway Sac. Hours: Mon-Fri. 8:15-4:25; Breastfeeding education & supplemental food program. 326-5830	√	326-5841	√	If needed	√
Kaiser (members only) Return calls between 8:30 - 4:30 Mon-Fri. Sac 480-6900; Folsom 817-5278; South 688-6676	√	688-6676	South only		√
La Leche League (Breast Feeding Instruction/Support) 9am to 5pm 1-800-525-3243		442-5920		√	
Mercy Women's Center Several locations; Help-line, classes, lactation consultants, support groups, pumps. 733-6300	√	√	√	√	√
Sacramento County DHHS WIC Women, Infants and Children Program 2251 Florin Road, Suite 100; Hours: Mon-Fri. 8-4:30 Call to talk to a lactation consultant. WIC, Birth and Beyond, and Public Health Nursing clients only.	√	427-5500	√		√
Sutter Women and Children's Services Several locations; Breastfeeding classes, lactation consultants, pumps Mother's Source Class: Thurs. mornings FREE 733-0877 Parent Education: 733-7080	√	733-1441 M-F 8am-4pm same day call back	√	√	√
UC Davis Lactation Center 2521 Stockton Blvd. #2100 Breastfeeding classes: 734-2587 Breastfeeding Clinic: MWF 9-12; 734-3112 Lactation consultants, support groups: 734-5051	√	1-800-687-1179 or 734-5051	√	√	√

· CHILDBIRTH CLASSES ·

<p>Birth Project Birthing Project Clinic: <u>1900 T Street</u>; Childbirth classes on Mondays from 11:30 - 1:00 p.m. Start any Monday!</p>	<p>442-2229 Spanish translation available.</p>
<p>Mercy Women's Center \$65 <u>1650 Creekside Dr., Folsom</u>; Mercy Hosp of Folsom <u>6501 Coyle Ave, Carmichael</u>; Mercy San Juan Med Center <u>650 Howe Ave, #400</u>; Mercy Women's Center <u>7500 Hospital Drive</u>; Methodist Hospital</p>	<p>733-6302 call for class schedules</p>
<p>Planned Parenthood Lamaze classes for Planned Parenthood patients only. Fees covered by Medi-Cal. Contact the Perinatal Coordinator where you receive your care. Classes available in Spanish.</p>	<p>Pgs. 22-25 Spanish available</p>
<p>Sacramento County Department of Health and Human Services Fees covered by Medi-Cal <u>2251 Florin Rd</u> WIC Office Classes on Tuesdays from 2:00 to 4:00 p.m. North Highlands Community Center: <u>6040 Watt Ave, North Highlands</u> Classes on Wednesdays from 2:00 to 4:00 p.m.</p>	<p>648-0982 or 875-0900 Discontinued right now</p>
<p>San Juan Unified School District (SJUSD) and Without Regret: Free to SJUSD Cal-Safe students (others ask for fee schedule) 971-7308</p>	<p>Just For Teens 971-7015</p>
<p>UCD Medical Center \$50 for UCDCMC patients; \$65 others <u>4900 Broadway Ave., Suite 1630</u> Tuesdays, Wednesdays 7:00 - 9:30 p.m.</p>	<p>734-9797 By Appt. only</p>

DENTAL HEALTH SERVICES

INSURANCE PLANS / REFERRALS	
Access Dental - Dental plan paid through Medi-Cal GMC or Healthy Families. Call for a dentist near you.	1-800-707-6453
Denti-Cal - State of California Hours: Mon-Fri 8-5 Statewide referral service to dentists who accept Medical. Clients given referrals close to their zip codes.	1-800-322-6384
Health Net/Safe Guard Dental and Vision - Dental plan for Medi-Cal or Health Families clients enrolled with Health Net.	1-800-766-7775

(For children's dental referrals call the CHDP Program at 875-7151)

DENTISTS WHO ACCEPT STRAIGHT MEDI-CAL Call to find out if they are still taking new Medi-Cal patients

SOUTH AREA		
Dr. Roberto Barut (Tagalog)	1355 Florin Road #5	424-8948
Dr. Andrew Kassals	6030 South Land Park Drive	421-2200
Dr. Victoria Ramos (Tagalog, Spanish)	7325 Franklin Blvd (pregnant women for cleaning only)	427-2233
Dr. Charles Tran (Spanish, Chinese, Vietnamese)	6175 Stockton Blvd #260	427-6263
Sacramento City College (teeth cleaning, dental sealants and X-rays, takes 3 hours)	3835 Freeport Blvd	558-2303
Sacramento Community Health Center (Spanish)	6950 65 th Street	422-5200

RANCHO CORDOVA		
ABC Dental Group: Dr. Buhler (Vietnamese, Russian, Spanish) straight Medi-Cal only	2828 Mills Park Dr Ste. C	363-2913
Dr. Chae (Korean, Russian, Farsi, Armenian)	9837 Folsom Blvd, Ste. J	364-7111

· DENTAL HEALTH SERVICES (cont) ·

DENTISTS WHO ACCEPT STRAIGHT MEDI-CAL
Call to find out if they are still taking new Medi-Cal patients

NORTH AREA		
Dr. Abraamyan North Highlands	6137 Watt Ave, Suite 8;	331-7000
Dr. John Barakat (no pregnancy medi-cal) (Russian, French, Persian, Arabic, Armenian)	6940 Fair Oaks Blvd A	972-0770
Smile Care (Spanish, Russian, Tagalog) North Highlands	3901 Madison Ave,	339-9000
Access Dental (Spanish, Russian, Chinese)	3945 Marysville Blvd #1	646-4100
Northgate Dentist	1620 W. El Camino Ave. Ste 115	924-8391

DOWNTOWN/MIDTOWN		
Dr. Robert Daby (Vietnamese, Russian, Spanish)	1315 Alhambra Blvd #300	457-3738
Dr. Kissevich (Spanish, Hmong)	2131 Capitol Ave, Ste 100	441-3311
Sacramento Community Health Services (Urban Indian Health Project) Emergencies only- Walk-in Monday-Friday at 8am and 2pm.	2020 J Street	No new #
Sacramento County Dental Clinic Emergency or essential dental care to Medically Indigent Adults & CHDP eligible children.	1500 C Street #A	874-8300

WEST SACRAMENTO		
ABC Dental Clinic (Russian, Spanish, Vietnamese)	970 Sacramento Ave	371-8455

ELK GROVE		
Community Dental Service	9184 East Stockton Blvd.	686-1101
Dr Jose Acosta	8416 Elk Grove Blvd	683-3775
Dr Hanh	9165 Elk Grove Florin Ste 160	714-3410

EMERGENCY SERVICES

FOOD/HOSPITALITY	
<p>California Emergency Food Link: 5800 Food Link St. Call to find the food closet nearest you.</p>	387-9000
<p>Central Downtown Food Basket Lutheran Church, 1701 L Street. Groceries and USDA food available 4X per month at St. John's</p>	444-0874
<p>Centro Guadalupe 730 S Street; Food, rental, utility and jobs assistance to Latino community and others in certain zip codes. Bilingual</p>	443-5367
<p>General Assistance & Food Stamps Program (Sac Co DHA) Food stamps for no or low-income individuals and families.</p>	874-2063
<p>Loaves and Fishes- Friendship Park/ Maryhouse 1321 North C Street; Sacramento 95814 Hours: 7-2:30 Mon-Fri. Breakfast; Showers; Drug/alcohol counseling. Meals: Mon-Fri 11:30-1pm, Sat & Sun 11-12:30 Mercy Clinic at Loaves and Fishes provides free general medical care for homeless persons with urgent medical needs. HIV and STD testing available. 446-3345</p>	446-4961
<p>River City Emergency Services 1322 27th Street (between Capital and N) M-F, 11:30-3:00pm A three-day supply of emergency food, including baby food and formula, on a drop-in basis, or by referral once a month. Also, small emergency rental assistance and motel voucher program.</p>	446-2627
<p>Sacramento Food Bank Services 3333 3rd Ave.; Emergency food distributed in Oak Park, Del Paso Heights, and North Sacramento. Also transitional housing, case management, clothes closet, and Mother Baby Program.</p>	456-1980
<p>St. Lawrence Church 4335 Don Julio Blvd., North Highlands; Hot meals Th 6-7 pm</p>	332-4777
<p>Wellsprings Women's Center (closed August) 3414 4TH Avenue; Sacramento, 95817 M-F 7:30-11:30 am. Hospitality center for mothers and children. Breakfast served. Referrals & other resources</p>	454-9688

· EMERGENCY SERVICES (cont) ·

HOUSING	
<p>Diogenes House (shelter for teens) Emergency shelter, transitional housing and supportive services for runaway, homeless, and other at-risk youth. Individual and family counseling, support groups for parents.</p>	<p>24-Hour Line 1-800-339-7177 or 363-0063</p>
<p>Francis House: 1422 C Street; M,T,W 9:30-11:30; M-F 1-3:00 Emergency vouchers for shelter for families with children. Bus tickets, gas vouchers and CA ID's.</p>	<p>443-2646</p>
<p>Sacramento Area Emergency Housing Center: Single women: Emergency shelter and assistance for women and for families:</p>	<p>455-0415 455-2160</p>
<p>Sacramento Food Bank Services: 3333 3rd Ave.; Emergency food to Oak Park, Del Paso Heights, & North Sacramento area. Transitional housing, clothes closet, Women's Wisdom Project, Mother Baby Program, computer center, after school program.</p>	<p>456-1980 call 10-1</p>
<p>Wind Youth Center 300 Ahern St. Nurturing, hot meals, showers, laundry, and emergency clothing and shelter to homeless or at-risk youth (12-17 years old).</p>	<p>443-8333</p>

OTHER	
<p>Mercy Clinic at Loaves and Fishes 1321 North C St. Free general medical care for homeless persons with urgent medical needs. HIV and STD testing available.</p>	<p>446-3345</p>
<p>Friends Outside 2324 L St Services to families of incarcerated inmates. Transportation; emergency referrals for food, clothing, housing; children's activities; and support group.</p>	<p>446-3838</p>
<p>Legal Services of Northern California 515 12th St Free legal services to low-income eligible clients in civil law matters such as housing, health and welfare.</p>	<p>551-2150</p>

PREGNANCY	
<p>Emergency Contraception For Med clinics that dispense Emergency contraception call: For Pharmacies that dispense Emergency contraception without a prescription call:</p>	<p>1-888-NOT2LATE 1-800-323-1336</p>
<p>Emergency Medi-Cal: For assistance with eligibility, locating the nearest Medi-Cal office or prenatal care call:</p>	<p>875-0900</p>

· FAMILY PLANNING ·

(Also see Primary Care Clinics)

<p>Emergency Contraception (EC) For Medical clinics that dispense (EC) call: For Pharmacies that dispense (EC) <u>without</u> a prescription call:</p>	<p>1-888- NOT2LATE 1-800-323-1336</p>
<p>Family Pact Referral to free confidential family planning services through local providers: short term, long term or permanent birth control for men and women; emergency contraception; pregnancy, STD and HIV testing</p>	<p>1-800-942-1054</p>
<p>Planned Parenthood Mar Monte Comprehensive prenatal/postpartum care; Pregnancy tests; Birth control; STDs; HIV testing; Child/adult immunizations; Pregnancy counseling & referrals for adoptions; Abortions; Sterilization.</p>	<p>4 Sites</p>
<p>B Street Clinic: 201 29th Street, Suite B</p>	<p>446-6921</p>
<p>Capitol Plaza Center: 1125 10th Street</p>	<p>444-7966</p>
<p>Fruitridge Center: 5385 Franklin Blvd., Suite A-D</p>	<p>452-7305</p>
<p>North Highlands Center: 5700 Watt Ave., No. Hlnds</p>	<p>332-5715</p>
<p>Pregnancy Consultation Center 5301 F Street #10; Sacramento 95819 Fax: 452-1796; Hours vary. Please call first. Pregnancy counseling, abortion up to 24 weeks gestation, Gyn services, HIV, STD and Hepatitis C testing; Birth control.</p>	<p>446-0222</p>
<p>The Birthing Project Clinic 1900 T Street; Sacramento 95814 Fax: 447-5154; Hours: Mon-Fri. 8-5 Prenatal care; Family planning; Pregnancy testing; HIV testing; Substance abuse counseling; Parenting classes.</p>	<p>442-2229</p>
<p>Women's Health Specialists, A Feminist Women's Health Center 1750 Wright St., Suite 1; Sacramento 95825 Fax: 481-9636; Hours: Tues-Fri. 9-5. Saturday hours vary. Family Planning; annual exams; Gyn services; Pregnancy testing; HIV testing, Abortions, Adoptions, STDs; Free tubal ligations.</p>	<p>451-0621 (Spanish) 1-800-714-8151 (Spanish)</p>

· GENETIC COUNSELING ·

<p>Sutter Perinatal Center- Maternal Fetal Medicine 5301 F Street #110; Sacramento 95819 Fax: 733-1752; Hours: Mon-Thu 8-5, Fri 8-4. Need referral from primary doctor, even if on Medi-Cal.</p>	<p>733-1900</p>
<p>UC Davis Medical Center-Prenatal Diagnosis 4860 Y Street, Suite 2500; Sacramento 95817 Fax: 457-6937; Hours: Mon-Fri 8-5 Need referral from primary doctor, even if on Medi-Cal.</p>	<p>734-6124</p>

· GESTATIONAL DIABETES ·

<p>Mercy 'Sweet Success' Diabetes and Pregnancy Program 6401 Coyle Ave, Suite 215; Carmichael, 95608 Fax: 537-5428; Hours: Mon-Fri 8-4:30 Specialized programs for pregnant women with diabetes. Patients seen by referral only.</p>	<p>537-5339</p>
<p>Sutter 'Sweet Success' Diabetes and Pregnancy Program 5271 F Street, Bldg. C; Sacramento, 95819 Fax: 916-733-7001; Hours: Mon-Fri 8-5 Specialized programs for pregnant women with diabetes. Patients seen by referral only.</p>	<p>733-7050</p>

· GRIEF AND BEREAVEMENT ·

<p>California SIDS Program 11344 Coloma Rd. Ste 560 Gold River, CA 95670-6304 Hours: Mon-Fri. 8-5; Phone: 851-7437; Fax: 851-5937 Provides referrals to Public Health Nurse. Information and Emotional support to families of SIDS infants. Education & training.</p>	<p>1-800-369- SIDS (7437)</p>
<p>Compassionate Friends The following are support people for parents who have lost a child or had a miscarriage. Call at any reasonable hour. 916-685-6327 Darlene/Wayne Johnson 916-726-6844 Lillian Adams P.O. Box 163294; Sacramento 95816</p>	<p>Message Number 457-4096</p>
<p>Sharing Parents Support for bereaved parents. Meetings 2nd Sundays of the month at 7:00 pm at Mercy General Hospital (39th and J St).</p>	<p>424-5150</p>

· GOVERNMENT RESOURCES ·

Employment Development Department (EDD) Unemployment, disability insurance, and job search assistance.	1-800-300-5616
Family Law Facilitator-Superior Court of California Assistance with forms, instructions, and referrals for family law. Workshops, classes and individual assistance with divorce, separation, paternity, child custody, visitation, and child support (Children's playroom available). www.saccourt.com	875-3400
General Assistance and Food Stamps Program (Sac Co DHA) For no or low-income individuals and families.	874-2063
Medi-Cal For walk-in application at a site near you call: For automated phone applications & appointments call:	874-2072 874-2215
Sacramento County District Attorney - Bureau of Family Support www.cdss.saccounty.net Enforces child support orders and establishes paternity.	875-7400
Social Security Administration	1-800-772-1213

· HEALTH INSURANCE-FREE AND LOW-COST ·

AIM (Access for Infants and Mothers) - State Program Services for uninsured pregnant women less than 30 weeks gestation who are not eligible for no-cost Medi-Cal. (200-300% poverty level). Pay is 1.5% of adjusted income. www.aim.ca.gov	1-800-433-2611
Breast and Cervical Cancer Early Detection Program Free breast exams and mammograms for income eligible women over 40. Free pap and pelvic exams for income eligible women over 25. Referral for free treatment services.	1-800-511-2300
Family Pact Referral to free confidential family planning services including short term, long term or permanent birth control; emergency contraception; pregnancy testing; STD and HIV testing, and Tx.	1-800-942-1054
Healthcare Options: Enrollment & de-enrollment of applications in Geographic Managed Care Plans statewide.	1-800-430-4263
Medi-Cal For walk-in application at a site near you call: For automated phone applications & appointments call:	874-2072 874-2215
Presumptive Eligibility A Medi-Cal program providing immediate, temporary coverage for prenatal care and/or abortion to low-income pregnant women. Call for a participating prenatal care provider near you.	1-888-824- BABY

HIV/AIDS

REFERRALS AND SERVICES

ANONYMOUS TESTING	
Alternative Test Site, 1500 C Street Free Anonymous HIV testing and counseling <u>by appt. only</u> , Wed & Thurs from 8 to 11:00 a.m.; 1 to 4:00 p.m.	874-7720
Confidential testing: Family planning and primary care clinics offer confidential testing. Also, see below*.	

HOTLINES	
Sacramento Regional HIV Info Line (Resources & Referrals)	888-259-4HIV
California and SF AIDS Hotline (Resources & Referrals)	800-367-2437

SUPPORT SERVICES	
Breaking Barriers 2020 V Street *Free walk-in HIV testing (Tues/Thurs 4-7 & Sat 12-3). Volunteer Support Services, including transportation, counseling, food delivery, buddy & social outing programs. Women of Color Outreach Project.	447-2437
Family Services Agency of Sacramento 8912 Volunteer Lane # 100; Psychiatric services for people with HIV/AIDS. Sliding scale fees. M-TH 9-8, Fri 9-5.	368-3080
MAAP: Hispanic AIDS Community Education & Resources (HACER) 4241 Florin Rd. Ste 110; HIV/AIDS outreach, education, prevention, referral services & resources for the Hispanic community. Also alcoholism services provided. *Free HIV testing.	394-2320
Partner Counseling and Referral Service: Voluntary service will confidentially inform past or present sexual partners of people diagnosed HIV positive, or will counsel individuals on sharing their HIV positive test results with their partners. M-F 8-5.	227-0446

HIV/AIDS

REFERRALS AND SERVICES (cont)

MEDICAL CARE/CASE MANAGEMENT FOR WOMEN WITH HIV / AIDS	
<p>Center for AIDS Research, Education & Services (CARES) 1500 21st St., Sacramento 95814 Case Management, Medical & Dental care, access to counseling, and many other services for people living with HIV/AIDS.</p>	443-3299
<p>Strategies for Change - L.I.T.E. Project (Living in Transition Effectively) 1507 21st St, Ste 100 *HIV testing. Outpatient drug abuse treatment program for HIV + substance abusers and their families. Other CDCW services: Domestic Violence, Teen Safety Net, Drug and Alcohol, Parenting Classes, Passages Program, Outpatient Counseling.</p>	448-2951
<p>Healthcare for Women by Women (Prenatal Care) 7601 Hospital Drive #220; Fax: 689-8943; Hours: M-F 9-5.</p>	689-3433
<p>Sacramento Maternal Fetal Medicine (by referral) Sutter 5301 F Street, Ste. 110; Fax: 733-1752; Hours: Mon-Fri: 8-5.</p>	733-1900
<p>Rx Staffing & Home Care AIDS Project 4640 Marconi Ave., Suite 1; Sacramento 95821 Medical Case Management, Psychosocial Case Management, & Personal Care for symptomatic HIV + and AIDS clients.</p>	485-8200
<p>Sunburst Projects 1025 19th St., Suite 1A; Support groups, case management, & respite child care for HIV positive women and their families. M-TH 8-4.</p>	440-0889
<p>WE CARE Program: Sutter Women's & Children's Services 5151 F St., 2 south; Sacramento 95819; Outreach, testing & medical case management services to women of childbearing age who are at high risk for HIV or are HIV+. Home visitation and individualized support for HIV + women and their families.</p>	733-6065
<p>UCD Med Center Outpatient OB/GYN Clinic (Prenatal Care) 4860 Y Street #2500; Fax: 734-6980; Hours: Mon-Fri. 8-5</p>	734-6900
ADVOCACY/LEGAL HELP	
<p>Legal Services of Northern California (VLSP): 517 12th St. Free legal services to low-income clients with HIV/AIDS.</p>	551-2150
<p>Health Rights Hotline: 519 12th St. Trained counselors available to help consumers resolve specific problems with their health care plans. M-F 9-5</p>	551-2100

· HOME VISITATION PROGRAMS ·

<p>Adolescent Family Life Program/ Cal-Learn 2143 Hurley Way Suite 230 Sac 95825 Fax: 285-4601; Comprehensive case management services for any pregnant or parenting <i>adolescents, ages 12-19</i>, including boys. Medical, educational, and legal services. Referral to parenting and child development classes. Emergency bus vouchers for medical appointments.</p>	<p style="text-align: center;">285-4600</p>
<p>Birth & Beyond Support and assistance to <i>overburdened</i> families. Home visitation by a paraprofessional who can connect the family with team of health and development specialists (including lactation consultants). Participants must <i>enroll</i> in the program <i>during pregnancy or before the baby reaches 3 months of age</i>. Transportation assistance for medical appointments. See page 19 (Parenting Classes) for the 8 Family Resource Center locations.</p>	<p style="text-align: center;">8 sites call "info line" 498-1000 or see page 19</p>
<p>Black Infant Health Program (Celebrate Healthy Babies) Fax: 875-5888 Assistance and support services for pregnant & parenting <i>African American</i> Women and their children. Home visitation by paraprofessionals and Public Health Nurses. Bus vouchers for medical appointments. Services continue until child is 1 year old.</p>	<p style="text-align: center;">875-5471</p>
<p>Nurse-Family Partnership Home visitation from a public health nurse for <i>first time</i> mothers. Visits begin in early pregnancy and continue until the first baby is 2 years old. Participants must <i>enroll in the programs no later than 28 weeks gestation</i>. Bus vouchers for medical appointments. Fax: 875-0860 (for North Area Fax: 648-0392)</p>	<p style="text-align: center;">1-888-824- BABY (2229)</p>
<p>Public Health Nurse Referrals Public health nurses provide in home nursing services and health education for <i>high-risk pregnant women and infants</i>. Also, referrals to other home visitation programs. Fax: 875-0860</p>	<p style="text-align: center;">875-0900</p>

· HOUSING/SHELTERS ·

<p>Central Tenant Selection Office Hours: Mon-Fri. 8a.m.-5p.m. 701 12th Street Low income housing program, includes Section 8</p>	492-2244
<p>Community Housing Opportunities Corporation (CHOC) Affordable housing to families, seniors, and single people in Sacramento and surrounding communities. Call for application.</p>	4 Sacramento sites
Auberry Park Apartments; 8120 Power Inn Road, 95828	681-5944
Danbury Park; 7840 Walerga Road, Antelope, 95843	725-7385
Hallmark Apartments; 2852 Paseo Rio Way, 95827	363-7060
Holly Court; 445 Maple Street, West Sacramento	372-0160
<p>Diogenes House (shelter for teens) 9719 Lincoln Village Suite 110; Sacramento 95827 Office Hours: 9-5 Mon-Fri; Phone: 363-0063; Fax: 369-5389 Long-term transitional housing and supportive services for homeless youth. Short-term emergency shelter for runaway, homeless, and other at-risk youth.</p>	24-Hour Line 1-800-339-7177 or 363-0063
<p>Francis House 1422 C Street; Sacramento 95814 Mon-Wed 9:30-11:30 and Mon-Fri 1-3pm for Resource Counseling. Emergency shelter vouchers for families with children, referrals, client advocacy, RT tickets, & gas vouchers.</p>	443-2646
<p>Lutheran Social Services 2980 35th Street; Sacramento, 95817 Hours: Mon-Fri 8:30a.m.-4:30p.m. Office 453-2900 ext 209; Fax: 453-2904 Transitional housing for homeless families; Case management, crisis intervention, budgeting education and support services.</p>	453-2900
<p>Mercy Housing California Develops affordable housing for low-income families and individuals; including apartments and single-family homes.</p>	414-4400 (800) 995-0431
<p>Sacramento Area Emergency Housing Center Services, shelter and assistance for families, children and individuals in crisis.</p>	457-5760
<p>Wind Youth Center 300 Ahern St.; Nurturing, hot meals, showers, laundry, and emergency clothing and shelter to homeless or at-risk youth.</p>	443-8333

· MEDI-CAL PROCESS ·

The fastest and easiest way for a pregnant woman to get on Medi-Cal is to *make an appointment* with one of the following out stationed eligibility workers (who specialize in helping pregnant women access Medi-Cal).

CALL FIRST FOR AN APPOINTMENT

Clinic Name	Address	Worker Name	Telephone #
*	NIA, The Birthing Project Clinic	1900 T Street Sacramento	Elaine Watson 558-4822
	Mercy San Juan Hospital	6501 Coyle Ave. McAuley Hall, Room 3 Carmichael	Jan Kaiser 537-5394
	Northeast Health Center	7805 Auburn Blvd Citrus Heights	Inger Andreozzi 969-0934
	Capitol Health Clinic	1500 C Street Sacramento	Susan Brown 874-7305
*	Midtown Planned Parenthood	201 29 th Street (Corner of B St.) Sacramento	Toni Martinez 446-6921 ext 204
	North Highlands (County Building)	5747 Watt Ave North Highlands	Bev Becker 876-8172
	Mercy General Hospital	4001 J Street Sacramento	453-4243

* These sites have prenatal care services available.

Bring to your first appointment:

- Photo ID
- Social Security Card
- Income Verification
- Bank Statement
- Car registration
- Pregnancy Verification

You can get this from:

- OB Providers (pgs. 22-24)
- County clinics (pg. 25)

Presumptive Eligibility is a Medi-Cal program providing immediate, temporary coverage for prenatal care and/or abortion to low-income pregnant women. For a participating prenatal care provider near you see pages 22-24 or call: 1-888-824-BABY

For a **Walk-in** Medi-Cal application at a site near you call: 874-2072

For **Automated Phone** applications and appointments call: 874-2215

· MENTAL HEALTH ·

Asian Pacific Community Counseling (APCC): 5330 Power Inn A Mental health services to Asian and Pacific Islander community. Drug and Alcohol prevention.	383-6783
California Youth Crisis Line Confidential crisis intervention counseling and resource referrals. Neutral message center service to at-risk youth and their families.	24-Hour Hotline 1-800-843-5200
Diogenes Youth Service Crisis resolution. Individual, group, & family counseling. Support groups and skills-building workshops for youth.	24 Hour Hotline 1-800-339-7177 or 363-0063
Family Services Agency of Greater Sacramento Professional short-term counseling for families, children, couples and individuals. Sliding scale for fees. M-T 9am-8:30pm; F- 9am-5pm	368-3080
Genesis Mental Health Services - Loaves & Fishes Individual and group counseling, psychiatric assessments, medication and referrals. Free program for homeless adults.	669-1536
La Familia Counseling Center: 5523 34 th Street Multilingual, multicultural professional counseling.	452-3601
Oak Park Multi-Service Center Drug and alcohol services include assessment, outpatient treatment and group counseling.	875-1055 <small>(Access thru Sac County Adult Access Team)</small>
River Oak Center for Children (up to age 21) Multi-service treatment agency for abused and emotionally disturbed children and families. Residential and day treatment.	875-9980 <small>(Access thru Children and Family Access Team)</small>
Sacramento County Mental Health Treatment Center (SCMHTC) 2150 Stockton Blvd.; Sacramento, 95817; 875-1000 24-hour phone or walk-in crisis intervention. Point of entry for evaluation and referral for adult in-patient and outpatient care.	732-3637 24 hours crisis line
Southeast Asian Assistance Center (SAAC): 5625 24 th St. Mental Health Program assists Russian, Southeast Asian, and Ukranian people in obtaining mental health services. Walk-in. Chinese, Hmong, Lao, Mien, Cambodian, Vietnamese.	421-1036
Suicide Prevention Services 24-hour crisis intervention and suicide prevention by highly trained paraprofessionals.	368-3111 24 Hour Hotline
Visions Unlimited, Incorporated (ph #'s are referral service) 7000 Franklin Blvd. #200; Sacramento 95823 Individual, group, & family counseling. Medi-Cal accepted.	875-9980 children 875-1055 adults

· NUTRITION RESOURCES ·

<p>Women, Infants and Children (WIC) Supplemental Food Program: Supplemental food vouchers; nutritional counseling for low-income pregnant or breastfeeding mothers, and for children under age 5 who are at nutritional risk. Breastfeeding support services are also available. Telephone or walk-in.</p>	
<p>Sacramento County DHHS WIC</p> <ul style="list-style-type: none"> ❖ 2251 Florin Road, Suite 100; Sacramento 95822 ❖ 2701 Stockton Blvd.; Sacramento 95817 ❖ 10665 Coloma Rd. Suite 400; Rancho Cordova 95670 ❖ 811 A Grand Avenue; Sacramento 95838 	<p>For all 4 sites call 427-5500</p>
<p>Community Resources Project WIC</p> <ul style="list-style-type: none"> ❖ 915 Broadway; Sacramento 95818 (main office) ❖ 5655 Hillsdale Blvd., North Highlands ❖ 7636 Greenback Lane; Citrus Heights ❖ 229 4th Street, Galt: 1X per month ❖ 8231 E Stockton Blvd. Suite B Sacramento 95828 	<p>For all 5 sites call 326-5830</p>
<p>General Assistance & Food Stamps Program (Sac Co DHA) For no or low-income individuals and families.</p>	<p>874-2063</p>
<p>Healthy Eating and Living Partnership 4600 Broadway; Suite 220 Nutrition education and counseling services. Weight loss and healthy cooking classes.</p>	<p>874-1615</p>
<p>EFNEP: Expanded Food and Nutrition Education Program Classes for groups of low-income parents of school aged children. Topics include nutrition, food safety, food buying and the importance of physical activity. University of California, Cooperative Extension 4145 Branch Center Road; Sacramento, 95827</p>	<p>875-6722</p>

· PARENTING CLASSES ·

Adolescent Family Life Program-Sutter Health Parenting classes for AFLP clients only. (ages 12-17).	285-4600
Kaiser (for members only) contact the child psychiatry department of your nearest Kaiser. Or call member services.	1-800-464-4000
Sacramento County Child Protective Services offers parenting classes throughout the community. Payment is on a sliding scale.	875-6140
SETA/Head Start Parenting classes at various times & locations. Some workshops in Spanish.	263-3804
The Community Center for Health & Well-Being 1900 T Street Parenting classes every Tuesday at 5:30 or Thursday at 3:30. Also anger management classes. Payment through Blue Cross Medi-Cal or on a sliding scale if paying out of pocket.	424-4933

BIRTH & BEYOND	
Free parenting classes offered at Family Resource Centers throughout the community. Everyone is welcome. Some offer classes in Spanish. Call for info.	
La Familia Counseling Center 5523 34th Street; Sacramento, 95820	452-3601
Rancho Cordova Neighborhood Center 10665 Coloma Road, Suite 300; Rancho Cordova, 95670	851-1651
Dunlap Family Resource Center 4322 4th Avenue; Sacramento, 95817	244-5800
North Sacramento Family Resource Center 1217 Del Paso Blvd; Sacramento, 95815	679-3743
Valley Hi/Florin Family Resource Center 2251 Florin Road, Suite 128; Sacramento, 95822	290-8281
Meadowview Family Resource Center 2251 Florin Road, Suite 158; Sacramento, 95822	394-6300
North Highlands Family Resource Center 6015 Watt Ave., Suite 2; North Highlands, 95660	679-3925
Mutual Assistance Network 811 Grand Ave., Suite A-3; Sacramento, 95838	927-7694

PEDIATRICIANS/CHDP PROVIDERS

Also see Primary Care. The doctors on this list participate in Sacramento County Child Health and Disability Prevention (CHDP) Program. Not all can accept new patients at all times. If you need help finding a doctor for your child, please call the CHDP Program at 875-7151.

MIDTOWN	
Clinica Tepati 1500 C Street; 95814 Sat 8-4	874-5303
Drs. Lee & F. Garcia 7248 Southland Park Dr Ste 205 95831	392-4000
Mercy Medical Group 3160 Folsom Blvd.; 95816 M-F 8-5	733-3333
Midtown Medical Center 3701 J Street, # 201; 95816	454-2345
Sac Family Medical Clinic 3000 L Street, Suite 114; 95816	737-7121
Sac Urban Indian Health Project 2020 J Street; 95818	
Sutter Medical Group 1201 Alhambra Blvd., # 300 ; 95816	451-4400

EAST SAC, RANCHO AND FOLSOM	
Dr. Emily Earl 1000 River Rock Drive, #114; Folsom 95630	989-2086
Dr. Daniel McCrimons 5030 J Street, #301; 95819	451-8430
Kaiser Permanente 10725 International Drive; R. C., 95670	631-7334
Dr. Ronald Lee 5301 F St., #306; 95819	457-2525
Sac Family Medical C 2737 Woodberry Way, #103; R. C. 95670	363-2229
Sutter Medical Group 5301 F St., #220; 95819	455-8000
UC Davis Medical Group 251 Turn Pike Dr.; Folsom, 95630	985-9338
11000 Olson Dr.; Rancho Cordova, 95670	635-4120
Zinfandel Medical Group 2001 Zinfandel Dr, Ste B2; R.C.95670	858-8515

CARMICHAEL, CITRUS HEIGHTS AND ARDEN AREA	
Dr. Mehdi Arab 6555 Coyle Ave, #200; Carmichael, 95608	965-4612
Dr. M. Cohan 6403 Coyle Ave., #270; Carmichael, 95608	965-6560
Pediactric Medical Assoc. 425 University Ave., #200; 95825	924-9337
Dr. Richard Campbell- Kaiser Permenente	973-7327
Dr. Il Hui Lee 1 Scripts Drive, #102; 95825	929-3456
Molina Medical Centers 7400 Sunrise Blvd.; C. H., 95610	722-2227
Dr. Barbara Ringwald 77 Cadillac Drive, #200; 95825	561-5911
Sac Family Medical 3637 Mission Ave., #3; Carmichael, 95608	971-6702
Sutter Medical 8680 Greenback Ln. #100; Orangevale, 95662	987-2700
UC Davis Medical Group 7551 Madison Ave; C. H., 95610	904-3030
Dr. Peter Wang 4705 Engle Road, #3; Carmichael, 95608	972-1010

PEDIATRICIANS/CHDP PROVIDERS (cont)

NORTH AREA	
Dr. Rashida Bokhari 2201 Northgate Blvd. Ste. E; 95833	921-6666
Mercy Clinic Norwood 3911 Norwood Ave.; 95838	929-8575
Dr. N. Danialypour 5710 Watt Ave.; North Highlands; 95660	344-8866
Kaiser Permanente 1650 Response Rd.; 95815	614-4060
Molina Health Care 3234 Marysville Blvd.; 95815; 3946 Norwood Ave.; 95838	646-1200 564-0521
Sac Family Medical 3441 Marysville Blvd.; 95838 6137 Watt Ave.; North Highlands, 95660	563-7200 339-2229

SOUTH AREA	
Dr. Francisco Aguirre 6950 65 th Street; 95823	422-5200
Elk Grove Pediatrics 9727 Elk Grove-Florin Rd, #250; EG95624	686-5003
Galt Medical Services 387 Civic Drive; Galt, 95632	(209) 745-8080
Kaiser Permanente 6600 Bruceville Rd.; 95823	688-6800
Dr. Ravinder Khaira 1355 Florin Rd., #10; 95822	422-7273
Dr. Jack Lamendola 7248 South Land Park Drive, #113; 95831	424-4600
Molina Health Care 2370 Fruitridge Rd.; 95822 7215 55 th St.; 95823	399-1600 399-1100
Dr. Lily Notario 430 Pine St.; Galt, 95632	(209) 745-3045
Dr. Angelo Nazareno 8118 Timberlake Way, #230; 95823	688-5040
Dr. Pira Rochanayon 3811 Florin Road, #23; 95823	399-1171
Dr. Gustavo Rosales 5385 Franklin Blvd., #K; 95820	454-0173
Sac Valley Pediatric 7501 Hospital Dr., #203; 95823	681-1130
Dr. M. Sadighian 7237 E. Southgate Drive, #A; 95823	424-4447
Dr. Naomi Sato 900 Florin Road, #B; 95831	421-8245
Dr. Doris Say 1355 Florin Rd., #16; 95822	424-9446
Sacramento Family Medical Clinic 4730 47 th Ave; 95824	391-2229
South Area Pediatrics 3811 Florin Road, #16; 95823	394-2580
Sutter Medical Group 9281 Office Park Cir. Ste 120; Elk Grove	691-5999
Dr. Hoi K Trinh 6175 Stockton Blvd., #225; 95824	421-7720
UC Davis Medical Group 2521 Stockton Blvd., #4100; 95817 8110 Laguna Blvd.; Elk Grove, 95758	734-1786 683-3955
Imani Clinic Oak Park 3145 M.L. King Blvd 95817 Sat.9-12pm	875-2995

· PRENATAL CARE ·

COMPREHENSIVE PERINATAL SERVICE PROGRAM (Medi-Cal) PROVIDERS

- ☺ Provide CPSP support services on site
* Accepts Presumptive Eligibility

CARMICHAEL	
Camellia Women's Health ☺ * (Hmong, Russian, Spanish) 5821 Jameson Court; Carmichael, 95608; Fax 486-8112	486-0411
Mercy Perinatal Diagnostic Center ☺ * 6401 Coyle Ave. Suite 215; Carmichael, 95608 *Mothering of Mothers: Fax 537-5428 *Sweet Success (Diabetic patients only):	537-5211 537-5339
Richard Taggart, MD (Lao) 6444 Coyle Avenue # 1; Carmichael, 95608; Fax 966-0540	966-4446
Women's Health Care * 6403 Coyle Avenue, #370; Carmichael, 95608; Fax 965-9205	967-2892
Women's Health Care Consultants * Anne Marie Adams, MD 6403 Coyle Avenue, Ste 280; Carmichael, 95608; Fax 961-2022	961-2021

DOWNTOWN/MIDTOWN	
Planned Parenthood ☺ * Mar Monte Capitol Drop-in Appointments (ASL, Russian, Spanish, Interpreters) 1125 10 th Street; Sacramento, 95814; Fax 446-2869	444-7966
The Birthing Project ☺ * (Spanish) Medi-Cal eligibility worker on site. Doula Services. Mentor Prog 1900 T St.; Sacramento, 95814; Fax 447-5154	442-2229
UCD Family Practice Clinic (Translation Service) 4860 Y Street, Ste 1600; Sacramento, 95816; Fax 734-6034	734-3630
UCDMC Outpatient OB/Gyn Clinic ☺ * (Translation Service) 4860 Y Street, Ste 2500; Sacramento, 95816; Fax 734-6980 Plus 10 community clinic sites. Call for locations.	734-6900 734-6982

· PRENATAL CARE (cont) ·

COMPREHENSIVE PERINATAL SERVICE PROGRAM PROVIDERS (cont)	
☺ Provide CPSP support services on site	
* Accepts Presumptive Eligibility	

EAST SAC AND ARDEN AREA	
Capitol OB/Gyn ☺ * (Hmong, Russian, Spanish, Ukrainian) Bruce Bob, MD; Ralph Cox, MD; and Thomas E. Melchione, MD 77 Cadillac Dr #230; Sacramento, 95825; Fax 920-3054	920-2082
Mercy Women's Center ☺ * 650 Howe Ave, #400; Sac, 95825; Fax 921-7569	733-6300 *CPSP Program: 733-6321 *Perinatal Recovery Network: 733-6355
Sutter Sweet Success * (Translation Service) For diabetic patients only. Women's and Children's Services 5271 F Street, Bldg C; Sacramento, 95819; Fax 733-7001	733-7000 MOVING

RANCHO CORDOVA AND FAIR OAKS	
Gregory Douglas, MD (Spanish) 1995 Zinfandel Drive, Ste 203; R. C., 95670; Fax 638-9339	638-9335
John Hendry, MD * (Spanish) 5525 Dewey Drive #104; Fair Oaks, 95628; Fax 961-1377	961-1373
The Birth Center ☺ * Ruth Cummings , Certified Nurse Midwife, Nurse Practitioner 6622 Mercy Court; Fair Oaks, 95628; Fax 961-8560 Call during office hours: Tuesdays and Thursdays, 9am to 2pm	961-1860
John O. Womach, MD ☺ * (Spanish) 1995 Zinfandel, #204; Rancho Cordova, 95670; Fax 638-2514	638-1995

NORTH AREA	
Camellia Women's Health ☺ * (Armenian, Hmong, Russ, Span, Lao) 2288 Auburn Blvd. #101; Sacramento, 95821; Fax 920-1019	920-0848
Planned Parenthood ☺ * Mar Monte North Highlands (Spanish) 5700 Watt Avenue; North Highlands, 95660; Fax 332-2587	332-5715
Natomas OB/Gyn * Nathan Allen, MD (Spanish, Hmong) 3234 Marysville Blvd., 95815; Fax 927-0322	924-8776

· PRENATAL CARE (cont) ·

COMPREHENSIVE PERINATAL SERVICE PROGRAM PROVIDERS (cont)
 ☺ Provide CPSP support services on site
 * Accepts Presumptive Eligibility

SOUTH AREA	
James Brode, MD ☺ * (Hmong, Lao, Vietnamese) 7275 E. Southgate Dr. #401 Sacramento, 95823; Fax 427-8892	427-5881
Fouad Darwish, MD ☺ (Arabic, Spanish, Vietnamese) 8120 Timberlake, #208 Sacramento, 95823; Fax 689-7736	423-3084
Galt Medical Services * (Spanish, Language Line) 387 Civic Drive; Galt, 95632; Fax (209) 745-8085	(209) 745-8080
Healthcare for Women by Women ☺ * (Spanish) 7601 Hospital Dr. Ste. 220 Sacramento, 95823; Fax 689-8943	689-3433
Ira Joyner, MD ☺ * (Spanish) 7501 Hospital Dr. #304; Sacramento, 95823; Fax 689-7935	689-2515
Chainaronk Limanon, MD (Chinese, Hmong, Lao, Russian, Thai) 7248 South Land Park Drive, Suite 103 Sacramento, 95831; Fax 422-6792	422-6787
Sandra Mendez, MD ☺ (Russian, Spanish) 7501 Hospital Dr, #204; Sacramento, 95823; Fax 681-2671	681-2660
Planned Parenthood ☺ * (Spanish, Mien) Mar Monte Fruitridge; 5385 Franklin Blvd, #A-D Sacramento, 95820; Fax 452-9753	452-7305
Professional Medical Clinic for Women * (Hmong, Spanish) Nathan Allen, MD 7237 E. Southgate Dr. Ste. C; Sacramento, 95823; Fax 392-3706	392-2290

REFERRALS	
Toll-Free Family Health Line (Sacramento County DHHS) Referrals for pregnant women to local prenatal care providers, home visitation programs and other community resources. Advice nurse available.	875-BABY 1-888-824- BABY

PRIMARY CARE/CHDP CLINICS

(CHDP-Child Health and Disability Prevention)

*Medi-Cal eligibility worker available on site

Capitol Health Center * 1500 C Street STDs; TB, HIV, Pregnancy tests. Asthma.	874-5303
Del Paso Health Center * 3950 Research Dr; Primary care, Izs	648-0970
Health for All, Incorporated Primary care; Family planning; Health Education.	3 Sites
Las Palmas community Clinic; 577 Las Palmas Ave.	924-6703 924-8501
Meadowview Clinic; 2118 Meadowview Road	427-0368
V Street; 923 V Street	448-6553
North East Health Center * Rusch Park 7805 Auburn Blvd.; Citrus Heights 95610; Family planning; Preg tests; STDs; HIV tests; Immunizations; Scabies, head lice.	969-2724
Oak Park Health Center * 3415 Martin Luther King Jr. Blvd.; Fax: 875-2921; M-F 8-5 Well child exams and Immunizations; Family Planning; Pregnancy Testing; Communicable Diseases and Immunizations.	875-2995
Planned Parenthood Mar Monte	4 Sites
B Street Clinic: 201 29 th Street	446-6921
Capitol Plaza Center: 1125 10 th Street	444-7966
Fruitridge Center:* 5385 Franklin Blvd., Suite A	452-7305
North Highlands Center:* 5700 Watt Ave.	332-5715
Primary Care Center * 4600 Broadway; Travel Immunizations on Tues & Wed: 874-9751 Medically Indigent adults; X-rays; Pharmacy; Family planning; Immunizations; Communicable diseases; Preg Testing; Lab.	874-9670
Sacramento Community Health Center 6950 65 th Street Family planning; Pregnancy tests; STDs; HIV tests; plus Prenatal, Pediatric and Dental care. Spanish speaking.	422-5200
South City Health Center * 7171 Bowling Dr. #300 Primary Care; Medically Indigent adults; Family planning; STDs; Pregnancy testing; Immunizations; HIV testing.	875-0802
The Effort 1820 J Street Walk-in service Mon-Fri 5 pm - 8:00 pm & Tues. 4:30-8pm ; General medical care; Family planning; STDs; Pregnancy tests; Immunizations; Physical exams. Free HIV tests by appointment. Counseling.	325-5556

· SUBSTANCE ABUSE RESOURCES ·

Alcohol and Drug Division (Sacramento County DHHS) Prevention, outpatient, residential and detox., treatment.	875-2050
Alcoholics Anonymous (24 hour support line & resources)	454-1100
California Smokers Helpline {chew-line (800) 844-CHEW} English (800) NO-BUTTS {Mandarin & Cantonese (800) 838-8917} {Spanish (800) 45NO-FUME}	
{Vietnamese (800) 778-8440} {Korean (800) 556-5564} {TDD (800) 933-4TDD}	
Strategies for Change 1507 21 st Street, Suite 100; Fax: 448-8949; Mon-Fri. 8-5 Alcohol and drug treatment, counseling, and support groups. Intensive outpatient program for pregnant women. Childcare	448-2951
Community Center for Health & Well-Being: Amani Substance abuse counseling for pregnant women. Mentor Prog.	442-2229
Mercy Perinatal Recovery Network 650 Howe Ave., Ste 400 95825; A drug and alcohol recovery program for pregnant women and mothers of young children. Offers transitional housing, individual and group counseling, & life skills education.	733-6354
Narcotics Anonymous (24 hour support line & resources)	(800)-600-4673
National Center for Substance Abuse Treatment; 24 hour help line answers questions about drug use and AIDS/ IV drug use. Referrals to local support groups and drug treatment.	(800)-662-4357
Options for Recovery (Sacramento County DHHS) Chemical dependency treatment; transitional living apartment for pregnant and parenting women. Assistance with medical care, shelter, & childcare during treatment.	875-2040
Sobriety Brings About a Change 3307 Broadway, Ste. 200 Formerly Sacramento Black Alcoholism Center. Alcohol and drug abuse outpatient counseling.	454-4242
The Effort (Pregnant women seen as outpatient only) 1820 J Street; Fax: 444-5620; Mon-Fri. 9 a.m. - 7 p.m. Residential treatment, medically supervised detoxification, individual/group outpatient counseling, family support services, general medical treatment and confidential HIV testing.	325-5556
Tobacco Education Unit (Sac Co) Quit kits and quit referrals	875-5869
Much Love To Give (Maternity Home) 95824	388-9380

· TEEN PROGRAMS AND SERVICES ·

<p>Adolescent Family Life Program 4704 Roseville Road, Suite 101; North Highlands 95660 Case management for pregnant or parenting teens, ages 12-17, including boys. Medical, educational, and legal services. Child development education and parenting classes also provided.</p>	334-0266
<p>Birth & Beyond Teen birth control & substance abuse; home visitation.</p>	498-1000
<p>Cal-Learn Program 4704 Roseville Rd., Ste. 101; NH 95660 Services for pregnant or parenting adolescents under 19 years without high school diploma. Must be Cal-Works.</p>	334-0188
<p>Diogenes Youth Services and Safe House 9837 Folsom Blvd., Ste L; Services for runaway, homeless, abandoned, abused and neglected youth, including crisis resolution, counseling, support groups, health education, emergency shelter and transitional housing.</p>	24-Hour Hotline 800-339-7177
<p>Elk Grove Unified School District Cal-Safe programs. Classes & support services for pregnant/parenting teens. Valley High School: Daylor High School:</p>	681-7577 427-5428
<p>Folsom Cordova Unified School District Adolescent Parent Program; Curb to curb service; childcare</p>	638-8747
<p>Grant Joint Union High School District Pacific High School Cal-Safe program. Classes & support services for pregnant/parenting teens</p>	286-1947
<p>National Runaway Switchboard Crisis intervention, counseling, confidential message center for kids and adults.</p>	1-800-621-4000 24-hour
<p>Sacramento City Unified School District Alternative Schools for pregnant/parenting teens under 18.</p>	277-6767
<p>San Juan Unified School District Sierra Nueva High School School age parenting, on site childcare, Lamaze classes, support</p>	971-7015
<p>Teen Safety Net (Chemical Dependency Center for Women) 1507 21st St.; Provides substance abuse treatment, support services, and food outreach services to homeless teens.</p>	448-2951
<p>Teen Success Program - Planned Parenthood Weekly support groups for parenting teens. Various locations.</p>	446-5037 ext 138
<p>Wind Youth Center 300 Ahern St.; Nurturing, hot meals, showers, laundry, and emergency clothing and shelter to homeless or at-risk youth.</p>	443-8333

· TRANSPORTATION ·

Birthing Project Clinic provides transportation to their clinic.	442-2229
Blue Cross/Medi-Cal provides bus vouchers for medical appointments. Must give 7 days advanced notice.	1-800-407-4627
Paratransit Only for people with disabilities and frail elderly ages 75+ Advance reservations for door-to-door service, wheel-chair service included. Services within County of Sacramento only. Fees: \$2 one-way. Sacramento airport \$8 one-way.	429-2744 or 429-2415
Regional Transit Bus & Light Rail Information.	321-2877
The following Home Visitation/Case Management Programs provide their clients with transportation assistance for medical appointments:	
<ul style="list-style-type: none"> ❖ AFLP/Cal Learn ❖ Birth and Beyond ❖ Black Infant Health Program ❖ Nurse-Family Partnership 	Ask your home visitor for more information or see page 14 to enroll in a Home Visitation Program.

· UTILITY PAYMENT ASSISTANCE ·

Centro Guadalupe 730 S Street Food, rental, utility and jobs assistance to Latino community and others in certain zip codes. Income tax assistance. Bilingual	443-5367
Community Resources Project 250 Harris Ave., Suite 6 Home Energy Assistance Program; weatherization; M-F 8:30-12	567-5220
Salvation Army 1200 North B street Utility assistance, rental assist., food boxes; call for details.	442-0303

· VISION CARE ·

Blue Cross Medi-Cal Vision Service Plan	1-800-877-7195
Molina Medi-Cal Customer Service: Care Provider through Premier Vision Service:	1-800-526-8196 1-800-977-0436
Personal Vision Care 6950 65 th Street No or low cost exams and glasses for Medi-Cal clients.	424-3900
Western Health Advantage (UC Davis) Customer Service: Annual exams only; referral through your primary care provider	1-888-227-5942

For additional resources call **InfoLine Sacramento** at 498-1000.



Pregnancy Resource Guide

Published by
County of Sacramento
Countywide Services Agency
Department of Health & Human Services
Division of Public Health
www.scph.com <<http://www.scph.com>>

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