



# Health Insurance



# Food



# Medical Care



# Breastfeeding Support

## Healthy Kids Mendocino

707-463-KIDS (463-5437)  
[www.healthykidsmendocino.org](http://www.healthykidsmendocino.org)

- **Healthy Families**  
Offers affordable health care coverage to children.
- **Medi-Cal**  
Free health insurance for children of low-income families.
- **Cal-Kids**  
Affordable health insurance for children in Mendocino County who do not qualify for Healthy Families or Medi-Cal; available regardless of immigration status.

## Medi-Cal for Pregnant Women

Free health insurance for pregnant women who qualify.  
1-877-327-1799 (Ukiah)  
1-877-327-1677 (Coast)

## Access for Infants & Mothers (AIM)

AIM is a low-cost health insurance program that is available to pregnant women who don't qualify for Medi-Cal.  
1-800-433-2611

## CHDP (Child Health & Disability Prevention Program)

CHDP provides help in getting free health check-ups, immunizations, lead testing and education for children, depending on income.  
707-472-2600 (ask for CHDP)  
1-800-743-7793

## California Children's Services (CCS)

Provides medical diagnosis and treatment to children who have serious handicaps and illnesses.  
707-472-2600 (ask for California Children's Services)  
1-800-743-7793

FIRST 5 Mendocino distributes funds from Proposition 10, a California initiative that adds a surtax to tobacco products. FIRST 5 represents an unprecedented public investment in early childhood health and development programs to support and strengthen families with young children.

Public participation is welcome. Call if you would like to attend one of our monthly meetings: 462-4453, or visit [mendochildren.org](http://mendochildren.org).

## WIC (Women, Infants and Children)

Nutritious food and nutrition education at no cost for low-to-moderate-income women who are pregnant, and for infants and children under five years of age.  
1-800-734-7793 (locations throughout the county)

## Food Stamps

An Electronic Benefit Transfer (EBT) card that looks like a bank card and can be used to purchase groceries.  
707-463-7700 (Ukiah)  
707-962-1000 (Ft. Bragg)

## Food For All Mendocino

Provides information and referrals to food assistance programs in Mendocino County; they can also find out if you are eligible for Food Stamps.  
707-46-BREAD (462-7323)

## Food Banks

Free food for low-income people.  
888 N. State St., Ukiah - 707-463-2409  
910 N. Franklin St., Ft. Bragg - 707-964-9404  
299 E. San Francisco Ave., Willits - 707-459-3333  
100 Gschwend Rd., Philo - 707-895-2312

## Free Meals

- **Plowshares** - Free hot meals. Mondays - Fridays.  
11:30am - noon - General Public  
5:30 - 6:00pm - Seniors and Families  
6:00 - 6:30pm - General Public  
1346 S. State St., Ukiah - 707-462-8582
- **Willits Daily Bread** - Free hot meals.  
Mondays - Thursdays 5:30 pm - 6:00 pm.  
58 Bush St., Willits - 707-459-3947
- **Our Lady of Good Counsel** - Free hot lunches  
Mondays and Wednesdays 12:00 noon.  
255 S. Harold, Fort Bragg - 707-964-0229
- **Hospitality House** - Free meals 7 days a week.  
7-8 am General Public  
5-6 pm General Public  
237 N. McPherson St., Fort Bragg - 707-961-1150
- **Interfaith Network** - Free brown bag lunches. Saturdays & Sundays 1:00 - 1:30 pm in front of the Department of Health & Human Services.  
727 S. State St., Ukiah

## Pre-Natal Care

Your pregnancy has a lasting impact on your child's health. It is extremely important to get regular pre-natal care starting in your first trimester and to arrange for a birthing situation that is right for you.

### Obstetricians

Obstetricians (OBs) are medical doctors who have been trained to perform pre-natal services and deliveries. They are able to perform surgeries and are experts at high-risk births. They assist in hospital births only.  
Refer to your yellow pages under "Physicians," then "Obstetrics & Gynecology."

### Certified Nurse Midwives

Midwives give personalized and consistent pre-natal care and can assist with births in hospitals, birth centers, or at your home.  
Refer to your yellow pages under "Midwives" (Ukiah) or "Clinics" then "Mendocino Coast Clinics Inc." (Coast).

## Children's Health Care

It is crucial for the long-term health of your child that you find a consistent, quality children's health-care provider, preferably before the birth.

### Pediatricians

Pediatricians are medical doctors who specialize in providing health care to children.  
Refer to your yellow pages under "Physicians," then "Pediatrics."

### Consolidated Tribal Health Project

Provides health, dental, mental and community services to the Indian Tribes of Mendocino County.  
1-800-642-2847

### Community Health Clinics

Provides access to health care regardless of ability to pay and ensures that there are no closed doors for people seeking primary health care in Mendocino County.  
707-462-1477 x 101 or  
[www.ruralcommunityhealth.org](http://www.ruralcommunityhealth.org) for location sites

### Round Valley Indian Health Center

Provides quality, accessible health care and information to the community it serves.  
707-983-6181 or [www.roundvalleyhealth.com](http://www.roundvalleyhealth.com)

## Immunizations

Routine immunizations are provided by pediatricians at a child's regular check-up. The Health & Human Services Agency also provides routine immunizations regardless of ability to pay or immigration status.  
1-800-734-7793 Health & Human Services Agency  
707-472-2700 (Ukiah)

## Loving Support Breastfeeding Resource Line

Provides information about local breastfeeding resources. Have paper and pen handy.  
707-472-2744 (County-wide - Spanish option available)

## La Leche League

An international, non-profit organization dedicated to providing encouragement, information, support and education to women who want to breastfeed.  
707-485-1940 (Ukiah)  
707-962-0797 (Coast)

## WIC/Breastfeeding Support

Provides breastfeeding support and assistance to mothers who receive WIC services including support groups, pump loans, and one-on-one guidance. Staff is Spanish-speaking and all are breastfeeding peer counselors.  
707-472-2739 (Ukiah)  
707-964-7106 (Coast)



# Financial Assistance

## TANF/CalWorks

Temporary Aid to Needy Families provides benefits to pregnant women and families with dependent children who have little or no income. You may be eligible for Medi-Cal and Food Stamps.  
747 S. State St., Ukiah 707-463-7700  
825 S. Franklin, Ft. Bragg 707-962-1000  
221 Lenore Ave, Willits 707-456-3700

## Willits Community Services (WCS) Ukiah Community Center (UCC) Coast Community Center (CCC)

Provides emergency services to residents such as baby supplies (food, diapers, bottles, formula, etc.), nutritional education, utility assistance, housing, access to additional services, personal care items, etc.  
WCS - 229 E. San Francisco, Willits - 707-459-3333  
UCC - 888 N. State St., Ukiah - 707-462-8879  
CCC - 253 N. McPherson St., Fort Bragg - 707-961-6363





# Parent Support & Family Education

## Family Resource Centers

Mendocino County has a network of Family Resource Centers offering parenting education and other support services for parents.

- **Anderson Valley** - Adult Education & Family Resource Center - 12300 Anderson Valley Way - 707-895-2953
- **Ft. Bragg** - Safe Passage - 208 Dana St. - 707-964-3077
- **Gualala/Pt. Arena** - Action Network 38550 S. Hwy 1 - 707-884-5413
- **Laytonville** - Healthy Start - 44400 Willis Ave. 707-984-8089
- **Potter Valley** - Youth & Community Center 10270 Main St. - 707-743-1789
- **Ukiah** - Nuestra Casa - 487 N. State St. - 707-463-8181
- **Ukiah** - Ukiah Family Center - 10 Cherry St. 707-463-4018
- **Ukiah** - Arbor on Main - 303 N. Main St. - 707-468-5536 (resources for youth & parents ages 15-24)
- **Willits** - Willits Family Resource Center 221 C S. Lenore Ave. - 707-456-3700
- **Willits** - Nuestra Alianza - 2040 Valley Rd. 707-354-3246

## Positive Parenting

**Raise & Shine** Helps families of children ages 0-5 with common child behavior issues (tantrums, whining, bedtime, etc.) Contact the Raise & Shine referral line for free or low-cost services covered by many forms of insurance. 1-866-60-SHINE or 462-1233, [www.raiseandshine.org](http://www.raiseandshine.org)

## Pregnant & Parenting Teens

**Cal-Learn** provides services to teens on TANF to get their high school education with bonus incentives. 707-472-2733 Health & Human Services Agency

**Adolescent Family Life Program (Teen Futures)** Public Health Nurses provide education, counseling, and other services. 707-472-2730 Health & Human Services Agency

**Cal-SAFE** supports pregnant and parenting teens in school. Cal-SAFE provides child care and focuses on academic success. 707-467-5190 Mendocino County Office of Education 707-964-3077 Safe Passage Family Resource Center

## Child Care & Early Education

Quality child care and education is vital to the healthy development of your child. Refer to the yellow pages under "Child Care" for private child care and education providers.

**Rural Communities Child Care** provides free child care referrals, a single enrollment application for child care assistance to state funded programs & preschools, training and assistance to start a child care business. 707-467-3211 (Ukiah) 707-964-3080 x 10 (Coast) 707-459-2019 x 11 (Willits)

**Head Start** offers family support and quality child care for children ages 0-5 of families who are income eligible, with sites throughout Mendocino County. 707-462-2582 North Coast Opportunities

**Native American Head Start**  
Pinoleville 707-468-3835  
Round Valley 707-983-6919

**State Preschool** provides children, ages 3-5, with an active learning environment to promote growth, development and health. Available to income eligible families throughout the county. 707-467-5168 Mendocino County Office of Education

**School Readiness Project** parent advocates help families prepare their children, ages 0-5, for school success. In Willits, Hopland, Ukiah and Round Valley. 707-467-5140 Mendocino County Office of Education

## Public Health Nursing Services

Bilingual staff assists pregnant and new parents with referrals to community resources, obtaining medical care, questions about pregnancy, child development, information and resources on quitting tobacco, alcohol and other drugs. 1-800-734-7793 Health & Human Services Agency

## Free & Low Cost Resources

**Kit for New Parents** is free to all new and expectant parents and includes local resources, DVDs, brochures and more. In English or Spanish. 707-GO-CHILD (462-4453)

**Smoke Alarms** and installation are free for families with children 0-5 who do not have working smoke alarms in their home. 707-GO-CHILD (462-4453)

**Car Seats** for income eligible families. 707-472-2695, Ukiah 707-964-3077, Ft. Bragg



The Kit for New Parents



# Drugs & Alcohol

## AODP (Alcohol & Other Drug Programs WINDO Program & Perinatal Services)

Helps pregnant and parenting women quit using alcohol and drugs and learn new ways to manage life's problems. Offers other support services such as transportation and child care assistance. 707-472-2637 (Ukiah) Health & Human Services Agency 707-456-3821 (Willits) Health & Human Services Agency 707-961-2522 (Coast) Health & Human Services Agency

## Tobacco Control Program

Provides help to quit smoking. 707-472-2695 Health & Human Services Agency 1-800-NO BUTTS (1-800-766-2888)



# Legal Support

## Project Sanctuary

24-Hour Crisis Line; domestic violence services and advocacy; shelter for battered women and their children; counseling. 1-800-575-4357 707-463-HELP (4357) (Ukiah)

## Family Support Services (Child Support)

Every parent has a legal obligation to support their children. Call if you should be getting Child Support from your child's other parent. 707-463-4216 Department of Child Support Services

## Victim/Witness Assistance

Crisis intervention, emergency assistance, referrals and help with the criminal justice system. 707-463-4218 (throughout the county)

## Birth Certificates

Call to receive a certified copy of a Mendocino County Birth Certificate for children 0-1 year. 707-472-2772 Health & Human Services Agency

## Self-Help Legal Access Center

Provides legal assistance and legal information for parents without lawyers. Helps with child custody and visitation plans, adoptions and more. Walk-in Mondays-Thursdays, noon - 4:00 pm Ukiah Courthouse, Room 304, 100 N. State St., Ukiah

# Help

## Is On the Way!

A guide to resources in Mendocino County for new & expectant parents



[www.mendochildren.org](http://www.mendochildren.org)

GO CHILD (462-4453)