

# Childcare & Child Development Services

<p><b><u>Children's Home Society of California (CHS)</u></b>          Provides a variety of services to children and families in California and nationwide – working to improve their quality of life by offering vital informational, educational, and resource services.</p>	<p><b>530-673-7503</b>  <b>1650 Sierra Avenue # 102</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>E-Center Head Start</u></b>          Provides comprehensive early childhood education, health, nutrition and parent involvement for children ages 0-5 and their families at no cost to the participants.</p>	<p><b>530-634-1200</b>  <b>1506 Starr Drive</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>Family S.O.U.P.</u></b>          Empowers families of children with special needs through support and education to reach their full potential as members of the community.</p>	<p><b>530-751-1925</b>  <b>1650 Sierra Avenue # 106</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>Sutter County Children and Families Commission-First 5</u></b>          Sutter County Children &amp; Families Commission coordinates services that support families to ensure that each child enters school healthy and ready to learn.</p>	<p><b>530-822-7505</b>  <b>1445 Veterans Memorial Circle</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>Sutter/Yuba Friday Night Live</u></b>          Creates partnerships for positive and healthy youth development which engages youth as active leaders and resources in their community.</p>	<p><b>530-822-7215</b>  <b>1445 Veterans Memorial Circle</b>  <b>Yuba City, CA 95993</b></p>



# Perinatal Resources

## Pregnancy - After Birth

<p><b><u><a href="#">Adoption Connection</a></u></b> Helps you understand what would happen between now and the baby's arrival and afterwards.</p>	<p><b>888-517-5580</b> <b>1710 Scott Street</b> <b>San Francisco, CA 95115</b></p>
<p><b><u><a href="#">Adventist-Rideout Breastfeeding Moms Group</a></u></b> Every Wednesday 10-11:30, Adventist Health + Rideout Cancer Center Library. Register <a href="#">here</a> for childbirth classes</p>	<p><b>530-749-6668</b> <b>618 5th St, Marysville,</b> <b>CA 95901</b></p>
<p><b><u><a href="#">American Adoptions</a></u></b> Helps you make an adoption plan with an adoption specialist.</p>	<p><b>800-236-7846</b></p>
<p><b><u><a href="#">A Woman's Friend Pregnancy Resource Clinic</a></u></b> A licensed community care clinic providing medical consultations, pregnancy testing, ultrasound exams, STD &amp; STI education, prenatal education, nutrition information, fetal development education, referrals and practical support.</p>	<p><b>530-741-0556</b> <b>961 Live Oak Boulevard</b> <b>Yuba City, CA 95991</b></p>
<p><b><u><a href="#">Blue Shift Project of Yuba-Sutter</a></u></b> Our common goal is to transform Perinatal Mood &amp; Anxiety Disorders in the Yuba-Sutter area. Find local &amp; online services &amp; supports on the website.</p>	<p>View website <a href="#">here</a></p>
<p><b><u><a href="#">The Christian Assistance Network (CAN)</a></u></b> Church-run organization that provides food, clothing, and diapers.</p>	<p><b>yscan3133@gmail.com</b> <b>22 Teegarden Avenue,</b> <b>Yuba City, CA 95992</b></p>
<p><b><u><a href="#">DADS Chat with an Expert-Postpartum Support International</a></u></b> Free call-in forum for dads facilitated by a perinatal mood disorder expert. First Monday of each month at 5 p.m.</p>	<p><b>1-800-944-8766</b> <b>code 73162#</b></p>
<p><b><u><a href="#">Family PACT</a></u></b> Family PACT is a comprehensive family planning services program that provides contraceptive and family planning-related services, together with client-centered health education and counseling, at no cost to California's low-income residents of reproductive age.</p>	<p><b>916-650-0414</b> <b>familypact@dhcs.ca.gov</b> View website <a href="#">here</a></p>
<p><b><u><a href="#">Healthy Families Sutter County</a></u></b> Healthy Families Sutter County is an evidence-based home visiting program, accredited by Healthy Families America. We provide voluntary, free services starting during pregnancy or the first few months of a baby's life.</p>	<p><b>530-822-7215</b> <b>1-800-371-3177</b> <b>MCAH@co.sutter.ca.us</b> Complete the referral form <a href="#">here</a></p>

# Perinatal Resources

## Pregnancy - After Birth

<p><a href="#"><u>La Leche League of Northern California &amp; Hawaii</u></a> Helps breastfeeding mothers through mother-to-mother support, encouragement, information, and education.</p>	<p><b>707-485-1940</b></p>
<p><a href="#"><u>Lifetime Adoption</u></a> Pregnant or considering adoption for your child? Provides a FREE adoption planning kit for those considering adoption options.</p>	<p><b>800-923-6784</b></p>
<p><a href="#"><u>Mind Body Pregnancy</u></a> Covers all topics related to emotional health during the reproductive period of a woman's life. Including mood, anxiety, mental illness, hormones, treatments, and many others.</p>	<p>View website <a href="#"><u>here</u></a></p>
<p><a href="#"><u>MotherToBaby</u></a> Specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions, and much more, during pregnancy or breastfeeding.</p>	<p><b>866-626-6847</b> <b>Text: 855-999-3525</b> <b>Chat live or email an expert <a href="#"><u>Here</u></a></b></p>
<p><a href="#"><u>Postpartum International Support (PSI):</u></a> The PSI warmline is a toll-free telephone number anyone can call to get information and support about perinatal depression or mood/anxiety disorders.</p>	<p><b>1-800-944-4773</b> Or to chat with an expert visit <a href="#"><u>here</u></a> for more information</p>
<p><a href="#"><u>Sutter County Breast Feeding Support Webpage</u></a>  <a href="#"><u>TriCounty Breastfeeding Resource Guide (English)</u></a> <a href="#"><u>TriCounty Breastfeeding Resource Guide (Spanish)</u></a></p>	<p>View Clickable Breastfeeding Resource Guides in English and Spanish</p>
<p><a href="#"><u>Sutter County HHS-Maternal Child Adolescent Health</u></a> Sutter County Maternal Child Adolescent Health – Offers safety approved portable cribs and education to parents and caregivers of infants under age 1 to help reduce the risk of Sudden Infant Death Syndrome and other sleep related deaths. Lactation specialists provide families with support to help them achieve their breastfeeding goals. Nurses assist women, teens, and young adults with finding free or low-cost quality reproductive health and pregnancy related medical care.</p>	<p><b>1-800-371-3177</b> <b>1445 Veterans Memorial Circle,</b> <b>Yuba City, CA 95993</b> <b>MCAH@co.sutter.ca.us</b></p>

# Family & Youth Services

<p><b><a href="#">Actively Moving Forward- Heal Grief App</a></b>          Provides a national network of young adults all connected, heard, and understood by other like-minded young adults grieving a similar death loss in a way young adults communicate best, digitally and 24/7. Community members can access facilitated virtual support groups, tools, resources, reading, videos, supportive quotes, and community engagement via direct messaging, group chats, posts, and interactive comment boards that bereavement care professionals monitor.</p>	<p>View website <a href="#">here</a></p>
<p><b><a href="#">Alta California Regional Center</a></b>          Assists people with developmental disabilities and their families by building a team of supportive physicians, therapists, and other professionals.</p>	<p><b>530-674-3070</b>  <b>950 Tharp Rd # 202</b>  <b>Yuba City CA 95993</b></p>
<p><b><a href="#">All-Options</a></b>          Uses direct service and social change strategies to promote unconditional, judgmentfree support for people in all their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption.</p>	<p><b>Talkline: 888-493-0092</b></p>
<p><b><a href="#">Andrew McDonough B+ Foundation Family Assistance Program</a></b>          Helping families of children under the age of 21 with cancer. The B+ Foundation Family Assistance Program gives qualified families money for expenses that are attributable to their child’s cancer diagnosis.</p>	<p><b>302-563-8389</b></p>
<p><b><a href="#">BE STRONG APP</a></b>          Resources, support, intervention, and best practices on combatting many adversities by increasing resilience and supporting you in emotional, behavioral, and everyday challenges. If you or those you know are struggling with hunger, housing, escaping violence, mental health and more...help is at your fingertips.</p>	<p><b>954- 246-5807</b>          View website <a href="#">here</a></p>
<p><b><a href="#">CalHOPE-Brightlife Kids</a></b>          Mental Health coaching and resources for parents with kids ages 0-12.</p>	<p>View website <a href="#">here</a></p>

# Family & Youth Services

<p><b><u>CalHOPE-Soluna</u></b> Mental Health coaching and resources for teens and young adults ages 13-25.</p>	<p>View website <a href="#">here</a></p>
<p><b><u>California Student Aid Commission</u></b> The California Chafee Grant for Foster Youth awards up to \$5,000 a year to eligible foster youth. The Chafee Grant may be used at any eligible California college or university, or career or technical school.</p>	<p>View website <a href="#">here</a></p>
<p><b><u>CalWORKs and Employment Services</u></b> A public assistance program that provides temporary financial assistance and services to meet basic needs such as housing, utilities, food, and clothing to eligible families that have children in the home.</p>	<p><b>530-822-7133</b> <b>539 Garden Hwy, Suite A,</b> <b>Yuba City, CA 95991</b></p>
<p><b><u>The Christian Assistance Network (CAN)</u></b> Church-run organization that provides food, clothing, and diapers.</p>	<p><b>yscan3133@gmail.com</b> <b>22 Teegarden Avenue,</b> <b>Yuba City, CA 95992</b></p>
<p><b><u>PG&amp;E Medical Baseline Program</u></b> Assistance program for residential customers who depend on power for certain medical and independent living needs</p>	<p><b>800-743-5000</b></p>
<p><b><u>SafeSpace</u></b> Youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities.</p>	<p>View website <a href="#">here</a></p>
<p><b><u>SafeSpace Stories-Podcast</u></b> Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource.</p>	<p><b>Apple Podcast Link: <a href="#">here</a></b> <b>Spotify Podcast Link: <a href="#">here</a></b></p>
<p><b><u>Sensitive Services</u></b> (Partnership Health Benefit) Includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services for Medi-cal beneficiaries with no prior approvals needed.</p>	<p>View website <a href="#">here</a></p>



# Family & Youth Services

<p><b><u>Sutter County Child Welfare Services</u></b>  <b>24-hour emergency line: 530-822-7227</b>          Provides services to children who have been abused, neglected, or who are at risk of being abused or neglected. The focus is on child safety and well-being, strengthening families, and providing permanency.</p>	<p><b>530-822-7151</b>  <b>1531-A Butte House Rd</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>Sutter County Community Action Agency (SCCAA)</u></b>          SCCAA funds private non-profit or public organizations in Yuba-Sutter that meet the needs of low-income in the area and promote self-sufficiency.</p>	<p><b>530-751-8555</b>  <b>950 Tharp Ave #1303</b>  <b>Yuba City, CA 95953</b></p>
<p><b><u>Sutter County HHS-Maternal Child Adolescent Health</u></b>          Sutter County Maternal Child Adolescent Health – Program for families with children with special health care needs, partners with families to connect with specialty services, access resources, and build support to overcome challenges and ensure the best outcomes for their children. Services for pregnant and parenting individuals who are experiencing symptoms of mood and anxiety disorders such as postpartum depression to develop support plans and coping strategies, and if desired, connect with treatment providers.  <u>Healthy Families Sutter County</u> – Starting during pregnancy or their baby's first few months, family support specialists, empower parents to help their children develop the social, emotional, and cognitive skills they need to succeed in life. Eligible families: Sutter county residents, pregnant or baby less than 3 months old, and Medi-Cal eligible</p>	<p><b>1-800-371-3177</b>  <b>1445 Veterans Memorial Circle,</b>  <b>Yuba City, CA 95993</b>  <b>MCAH@co.sutter.ca.us</b></p>
<p><b><u>Sutter County Superintendent of Schools</u></b>          Delivering successful solutions to the challenges of our local and regional partners by providing innovative support and services to promote education and self-sufficiency.</p>	<p><b>530-822-2900</b>  <b>970 Klamath Lane</b>  <b>Yuba City, CA 95993</b></p>
<p><b><u>Sutter - Yuba Behavioral Health</u></b>          Serves adults and children of all ages within both Sutter and Yuba Counties.</p>	<p><b>888-923-3800</b>  <b>1965 Live Oak Blvd</b>  <b>Yuba City, CA</b></p>
<p><b><u>Talk About Grief</u></b> (Community Hospice Support Programs)          Virtual grief support group. Our Child Grief Support Programs support children and teens who are grieving the death of someone close to them and are offered free of charge.</p>	<p><b>209-578-6300</b></p>

# Family & Youth Services

<p><b><u><a href="#">Victor Community Support Services</a></u></b>          Provides a variety of programs that serve youth and families with mental health needs in the Yuba-Sutter area.</p>	<p><b>530-273-2244</b>  <b>1227 Bridge Street, Suite D</b>  <b>Yuba City, CA 95991</b></p>
<p><b><u><a href="#">Women, Infants &amp; Children (WIC)</a></u></b>          The WIC program is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC. WIC offers nutrition benefits, education and more.</p>	<p><b>530-822-7224</b>  <b>1445 Veterans Memorial Circle Yuba City, CA 95993</b></p>
<p><b><u><a href="#">Your Life Your Voice</a></u></b>          You don't have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7.</p>	<p><b>800-448-3000</b>  <b>Text: VOICE to 20121</b></p>
<p><b><u><a href="#">Youth for Change</a></u></b>          Youth for Change (YFC) provides specialized services for children, youth, and families who have intensive treatment needs. The specialized services provided include Community Based Services (CBS), Full Service Partnership (FSP), Therapeutic Behavioral Services (TBS), Intensive In-Home Based Services (IHBS), and Wraparound.           View Youth for Change Programs available for Sutter County <a href="#">Here</a></p>	<p><b>530-418-1002</b>  <b>1525 Plumas St,</b>  <b>Yuba City, CA 95991</b>  <b>YFC Office</b></p> <p><b>530-822-7513, ext. 414</b>  <b>1445 Veterans Memorial Circle, Ste B,</b>  <b>Yuba City, CA 95991</b>  <b>SYBH Office</b></p>
<p><b><u><a href="#">Yuba College</a></u></b>          Provides services to allow eligible 9th, 10th, 11th, and 12th-grade students to enroll in college courses; these efforts assist students in planning and completing their college degrees through quality dual or concurrent enrollment, with less cost, while working toward a two-year or four-year college educational goal.</p>	<p><b>530-741-6700</b>  <b>2088 North Beale Road</b>  <b>Marysville, CA 95901</b></p>
<p><b><u><a href="#">Yuba College Disabled Students Services</a></u></b>          Provides support services and academic accommodations to ensure access for students with disabilities consistent with the educational offerings and mission of Yuba College.</p>	<p><b>530-741-6795</b>  <b>2088 North Beale Road,</b>  <b>Building 1800</b>  <b>Marysville, CA 95901</b></p>
<p><b><u><a href="#">Yuba-Sutter Child Care Planning Council</a></u></b>          Providers and their families plan for and promote the highest-quality and most accessible services for the care of all children and youth.</p>	<p><b>530-749-4040</b>  <b>1104 E Street</b>  <b>Marysville, CA 95901</b></p>