

Pregnancy Resource Directory

**Mendocino County Public Health
Maternal, Child, and Adolescent Health Program**

2020



TABLE OF CONTENTS

Adoption/Foster Care	4
AIDS HIV Services	4
Alcohol/Drug Abuse Resources	4
Breastfeeding Resources	5
Car Seats	5
Childbirth Classes	5
Child Health and Disability Prevention Program (CHDP) Providers	6
Child Support	7
Counseling Resources	7
Comprehensive Perinatal Services (CPSP) Providers	7
Dental Care	7
Domestic Violence	8
Emergency and Help Lines	8
Family Planning	9
Family Resource Centers	9
Food Emergency	10
Health Insurance	10
Hospitals/Birthing Centers	11
Immunizations	11
Midwives	11
Parenting/Child Care	12
Postpartum Depression/Maternal Mental Health	13
Safe Surrender Program	13
Social Security Administration	14
Financial Assistance/Housing	14
Transportation	15
WIC/Nutrition & Food Assistance	15

Adoption/Foster Care

Mendocino County Health & Human Services
(707) 463-7907
www.mendocares4kids.org/foster/

RCS Foster Care and Adoption Services
800 N. State St.
Ukiah, CA 95482
(707) 467-2000
<https://www.redwoodcommunityservices.org>

Tapestry Family Services
169 Mason St. Suite 300
Ukiah, CA 95482
(707) 463-3300
<http://tapestryfs.org>

AIDS/HIV Services

**Mendocino County AIDS/
VIRAL Hepatitis Network (MCAVHN)**
148 Clara Ave.
Ukiah, CA 95482
(707) 462-1932
<http://www.newmcavhn.org>

AIDS Drug Assistance Program (ADAP)
1120 S. Dora St.
Ukiah, CA 95482
(707) 472-2710

Alcohol/Drug Abuse Resources

Mother To Baby
858-246-1740

Good To Know
<https://www.goodtoknowmendo.com/resources>

Safe Rx Mendocino
<https://www.saferxmendocino.com/>

Mendocino Coast Clinics
205 South St.
Fort Bragg, CA 95437
(707) 964-1251

Mendocino County Suboxone Program
Mendocino Community Health Clinic
Hillside Health Center
333 Laws Ave.

Ukiah, CA 95482
(707) 468-1010

Mendocino County Syringe Exchange Program
**Mendocino County AIDS/
VIRAL Hepatitis Network (MCAVHN)**
148 Clara Ave.
Ukiah, CA 95482
(707) 462-1932

Mendocino County Behavioral Health & Recovery Services Substance Use Disorders Treatment (SUDT) Programs

Ukiah
1120 S. Dora St.
Ukiah, CA 95482
(707) 472-2637

Fort Bragg
790 S. Franklin St.
Ft. Bragg, CA 95437
(707) 961-2665

Mendocino Coast Alcoholics Anonymous
Meeting and information hotline:
1-877-546-9286

**Partnership HealthPlan of California (PHC)
Beacon Health Strategies (Beacon)**
Members may access screening, brief intervention and referral to treatment for risky use or addiction to alcohol or drugs. A primary health care provider may refer for treatment, or an individual may call:
(707) 472-2637

WINDO Program (Ukiah Location Only)
SUDT treatment program for pregnant or parenting women, age 18 and older, women-only individual and group counseling (English or Spanish), with free transportation and child care.
(707) 472-2637
For AA meeting schedules visit:
<http://www.mendocinocoastaa.com>

Gualala Alcoholics Anonymous
Serving Point Arena, Gualala, and Annapolis
Meeting and information hotline:
(707) 884-1401
For AA meeting schedules visit:

<http://www.gualalaaa.org>

Ukiah Valley Alcoholics Anonymous

Serving the Inland Mendocino County area

Information hotline: (707) 462-7123

For AA meeting schedules visit:

<http://www.aaukiah.org>

Mendocino Area Narcotics Anonymous

Meeting and information hotline:

(707) 485-9110

For AA meeting schedules visit

<http://www.mendona.org>

Ford Street Project – Ukiah Recovery Center

139 Ford St.

Ukiah, CA 95482

(707) 462-1934

<https://www.fordstreet.org>

Residential Treatment:

201 Brush St.

Ukiah, CA 95482

(707) 462-6290

Outpatient Treatment:

139 Ford St.

Ukiah, CA 95482

(707) 462-1934 ext.106

Breastfeeding Resources

Breast Start - FIRST 5 Mendocino & Partners

Information and support for breastfeeding mothers

1-855-855-6455 - Call 24 hours / 7 days per week

<http://www.breaststart.org>

Adventist Health Mendocino Clinic

Kei Velazquez - Certified Nurse Midwife, Nurse

Practitioner, Certified Lactation Consultant

Breastfeeding Support

205 South St.

Fort Bragg, CA 95437

(707) 964-1251

Partnership Healthplan of California (PHC)

Growing Together Perinatal Program

Breastfeeding information and referrals, breast pumps and more, for PHC (MediCal) members.

1-800-809-1350

Text4Baby and Quit4Baby Programs

Receive text messages at no cost to you on prenatal care, baby care, parenting and more. Receive text messages to help you quit smoking during pregnancy and beyond. For either program:

Text BABY to 511411

Women, Infants & Children (WIC)

Lactation experts and peer counselors:

Ukiah - Main Office:

1120 S. Dora St.

Ukiah, CA 95482

(707) 472-2743

Ft. Bragg Office:

120 W. Fir St.

Fort Bragg, CA 95437

(707) 964-7106

Willits Office

474 E. Valley St.

Willits, CA 95490

(707) 472-2743

<https://www.mendocinocounty.org/wic>

Car Seats

**Mendocino County Health and Human Services
Agency Community Outreach Unit (Seats available at a reduced rate)**

1640 S. State St.

Ukiah, CA 95482

(707) 463-KIDS (5437)

AAA

601 Kings Ct.

Ukiah, CA 95482

(707) 463-3015

<https://www.aaa.com/carseats>

California Highway Patrol (CHP)

540 S. Orchard Ave.

Ukiah, CA 95482

(707) 467-4420

Childbirth Classes

Mendocino Coast Clinics

205 South St.
Fort Bragg, CA 95437
(707) 964-1251

Mendocino Community Health Clinic, Inc.

Hillside Health Center - Care for Her

333 Laws Ave.
Ukiah, CA 95482
(707) 468-1010

Child Health and Disability Prevention (CHDP) Program Providers:

Consolidated Tribal Health Project

6991 N. State St.
Ukiah, CA 95482
(707) 485-5115

Mendocino Community Health Clinic, Inc.

Hillside Health Center

333 Laws Ave.
Ukiah, CA 95482
(707) 468-1010

Ukiah Valley Rural Health Center

Pediatrics

260 Hospital Dr., Ste 204
Ukiah, CA 95482
(707) 463-7459 or (707) 463-8000

Robert Rushton, M.D.

Peggy Miniclier, FNP
844 S. Dora St.
Ukiah, CA 95482
(707) 462-8603

Anderson Valley Health Center

13500 Airport Rd.
Boonville, CA 95415
(707) 895-3477
<http://www.avhc.org>

Long Valley Health Center

50 Branscomb Rd.
Laytonville, CA 95454
(707) 984-6131
<https://www.longvalley.org>

Round Valley Indian Health Center

Hwy 162 & Biggar Ln.
Covelo, CA 95428
(707) 983-6181
<http://www.roundvalleyindianhealthcenter.com>

Mendocino Family Healthcare

Carla Stange, FNP
940 Ukiah St.
Mendocino, CA 95460
(707) 937-4202

Baechtel Creek Medical Clinic

1245 S. Main St.
Willits, CA 95490
(707) 459-6861

Little Lake Health Center

45 Hazel St.
Willits, CA 95490
(707) 456-9600
<https://www.mchcinc.org>

Mendocino Coast Clinics

205 South St.
Ft. Bragg, CA 95437
(707) 964-1251
<http://www.mendocinocoastclinics.org>

Mendocino Coast Pediatrics Group

510 D Cypress St.
Ft. Bragg, CA 95437
(707) 964-5696

North Coast Family Health Center

721 River Dr., Ste A (Primary Care)
Ft. Bragg, CA 95437
(707) 961-4631
<http://www.mcdh.org/north-coast-family-health-center/>

Ft. Bragg Rural Health Clinic

Fort Bragg Rural Adventist Health
850 Sequoia Cir.
Ft. Bragg, CA 95437
(707) 964-0259

Redwood Coast Medical Services

Gualala Health Center
46900 Ocean Dr.
Gualala, CA 95445

(707) 884-4005

Point Arena Community Health Center

30 Mill St.

Point Arena, CA 95468

(707) 882-1704

<http://www.rcms-healthcare.org>

Sonoma County Indian Health Project

Manchester/Point Arena Satellite Clinic

24 Mamie Laiwa Dr.

Point Arena, CA 95468

(707) 882-2877

<https://www.scihp.org>

Child Support Financial)

**Mendocino County Department of
Child Support Services**

107 S. State St.

Ukiah, CA 95482

1-866-901-3212

<https://www.mendocinocounty.org/government/child-support-services>

Counseling Resources

24/7 Crisis Phone Number *(Use when person is a danger to self or others): 1-855-838-0404*

Mendocino County Access Line: 1-800-555-5906

Redwood Community Services

Behavioral Health & Recovery Services

Specialty mental health services for youth and adults

<https://redwoodcommunityservices.org>

Ukiah

631 S. Orchard Ave.

Ukiah, CA 95482

(707) 472-2922

Fort Bragg

32670 Hwy 20, Unit 2

Fort Bragg, CA 95437

(707) 964-1136

Willits

99 S. Humboldt St.

Willits, CA 95490

(707) 459-9900

Mendocino County Youth Project

776 S. State St.

Ukiah, CA 95482

(707) 463-4915

Counseling and Therapeutic Services by Licensed Clinicians for youth and young adults up to age 24.

Accept **Medi-Cal/Beacon**, private insurance; grant funded coverage may be available based on eligibility. <http://mcyp.org/counseling-services/>

Comprehensive Perinatal Services Providers (CPSP)

Dashiell, Linda, CNM, NP

230 Hospital Dr., Ste. A

Ukiah, CA 95482

(707) 462-5025

Mendocino Coast Clinics

205 South St.

Fort Bragg, CA 95437

(707) 964-1251

<http://www.mendocinocoastclinics.org/>

**Mendocino Community Health Clinic, Inc.
Hillside Health Center**

333 Laws Ave.

Ukiah, CA 95482

(707) 468-1010

<https://www.mhcinc.org>

**Mendocino Community Health Clinic, Inc.
Little Lake Center**

45 Hazel St.

Willits, CA 95490

(707) 456-9600

<https://www.mhcinc.org>

Dental Clinics Serving Medi-Cal Beneficiaries

Anderson Valley Health Center

13500 Airport Rd.

Boonville, CA 95415

(707) 895-3477

<http://www.avhc.org>

Round Valley Indian Health

Hwy 162 & Biggar Rd.

Covelo, CA 95428

(707) 983-6404

<http://www.roundvalleyindianhealthcenter.com>

Mendocino Coast Clinics

205 South St.
Fort Bragg, CA 95437
(707) 964-1251
<http://www.mendocinocoastclinics.org/>

Long Valley Health Center

50 Branscomb Rd.
Laytonville, CA 95454
(707) 984-6131
<https://www.longvalley.org>

**Mendocino Community Health Clinic, Inc.
Hillside Health Center**

333 Laws Ave.
Ukiah, CA 95482
(707) 468-1010
<https://www.mchcinc.org>

Point Arena Dental Center

175 Main St.
Point Arena, CA 95468
(707) 882-2189
<http://www.rcms-healthcare.org/dental.html>

**Consolidated Tribal Health Project
Dental Services**

6991 N. State St.
Ukiah, CA 95482
(707) 485 -5115
<https://www.cthp.org/>

**Mendocino Community Health Clinic, Inc.
Little Lake Health Center**

45 Hazel St.
Willits, CA 95490
(707) 456-9600
<https://www.mchcinc.org>

Domestic Violence

Project Sanctuary - Ukiah

564 S. Dora St., Ste A-1
Ukiah, CA 95482
(707) 462-9196
<http://www.projectsanctuary.org>

Project Sanctuary - Fort Bragg

461 N. Franklin St.
Fort Bragg, CA 95437
(707) 961-1507
<http://www.projectsanctuary.org>

Emergency and Help Lines

**Mendocino County Child Abuse and Neglect
Hotline**

Ukiah Main Office
727 S. State St.
Ukiah, CA 95482
(707) 463-7992 – Ukiah (Best # to call)
**Behavioral Health Access or Crisis Line (24/7
Toll Free) For Mendocino County**
1-800-555-5906

Toll Free Crisis Line for Mendocino County
1-855-838-0404

National Suicide Prevention Hotline

1-800-273-8255

Mendocino County Adult Protective Services

After Hours Emergency: (877) 327-1799

Ukiah

747 S. State St.
Ukiah, CA 95482
(707) 463-7900
1-877-327-1799

Willits

472 E. Valley St. (formerly 221 S Lenore Ave.)
Willits, CA 95490
(707) 456-3740

Fort Bragg

764 S. Franklin St.
P.O. Box 1306
Ft Bragg, CA 95437
(707) 962-1102

California Poison Control System

1-800-222-1222
<https://www.calpoison.org>

Anytime, Anyplace in California

The California Poison Control System (CPCS)
provides immediate, free and expert treatment ad-
vice and referral over the telephone in case of expo-

sure to poisonous or toxic substances. The hotline operates 24 hours a day, 7 days a week, 365 days a year. Language interpreters always available.

Family Planning Services

Planned Parenthood Ukiah Health Center

Provides reproductive health care and family health care including adolescent-friendly services.

Eligibility: Accepts Medi-Cal, cash, and insurance.

242-A Hospital Dr.

Ukiah, CA 95482

(707) 462-4303

<https://www.plannedparenthood.org>



Family Resource Centers MAP

Mendocino County has a network of 11 Family Resource Centers offering a range of parent education, after-school programs, information and referrals, health insurance application assistance and other local community support for families. Most centers offer child care and some form of transportation.

Action Network - Gualala

P.O. Box 1163

39144 Ocean Dr.

Cypress Village, Ste. 3 & 4

Gualala, CA 95455

(707) 884-5415

<http://www.actionnetwork.info/>

Family Resource Centers (Cont.)

Action Network - Point Arena

200 Main St.

Point Arena, CA 95468

(707) 882-1691

<http://www.actionnetwork.info/>

The Arbor Youth Resource Center

303 N. Main St.

Ukiah, CA 95482

(707) 462-7267

<http://rcs4kids.org/arbor-youth-resource-center>

The ARC Family Resource Center

1640 S. State St.

Ukiah, CA 95482

(707) 234-3300

[http://www.mendochildren.org/family-support/arc-](http://www.mendochildren.org/family-support/arc-family-resource-center-ukiah/)

[family-resource-center-ukiah/](http://www.mendochildren.org/family-support/arc-family-resource-center-ukiah/)

Laytonville Healthy Start Center

P.O. Box 1382

4400 Willis Ave.

Laytonville, CA 95454

(707) 984-8089

<http://www.laytonville.org/healthystart/>

Nuestra Alianza de Willits

291 School St., Room 1

Willits, CA 95490

(707) 456-9418

Potter Valley Youth & Community Center

P.O. Box 273

10270 Main St.

Potter Valley, CA 95469

(707) 743-1789

<http://www.pyvcc.org/>

Pearl Family Resource Center

166 E. Gobbi St.

Ukiah, CA 95482

(707) 234-3300

Round Valley FRC

76470 Henderson Ln.

Covelo, CA 95428

(707) 983-6262

<http://www.roundvalleyindianhealthcenter.com/family-resource-center>

Ukiah Family Resource Center

10 Cherry Ct.
Ukiah, CA 95482
(707) 467-5810

Willits Family Resource Center

474 E. Valley St.
Willits, CA 95490
(707) 456-3710

Food OFFERED

Anderson Valley Food Pantry

13850 Hwy 128
Boonville, CA 95415
(707) 895-2609

Fort Bragg Food Bank

910 N. Franklin St.
Fort Bragg, CA 95437
(707) 964-9404 / 9409
<http://www.fortbraggfoodbank.org>

Gualala Food Pantry

37300 Church St.
Gualala, CA 95445
(707) 884-4330

Laytonville Food Bank

375 Harwood Rd.
Laytonville, CA 95454
(707) 984-6171

Leggett Food Pantry

65100 Drive Thru Tree Rd.
Leggett, CA 95585
(707) 925-6343

Plowshares Community Dining Room

1346 S. State St.
Ukiah, CA 95482
(707) 462-8582
www.fatcow.com
plowshares@pacific.net

Point Arena Food Pantry

24000 S. Hwy 1
Point Arena, CA 95468
(707) 888-2137

Round Valley Food Pantry

76471 Henderson Ln.
Covelo, CA 95428
(707) 983-6262

Ukiah Food Bank

888 N. State St.
Ukiah, CA 95482
(707) 463-2409
<https://www.fordstreet.org/community-food-bank>

Ukiah First Presbyterian Church Food Closet

514 W. Church St.
Ukiah, CA 95482
(707) 468-9235

Willits Food Bank

229 E. San Francisco Ave.
Willits, CA 95490
(707) 459-3333

Health Insurance

Covered Mendocino Outreach

(707) 463-5437

Medi-Cal Access Program (MCAP)

Medi-Cal Access Program
P.O. Box 15559
Sacramento, CA 95852-0559
1-800-433-2611
<http://mcap.dhcs.ca.gov>

To apply for Medi-Cal Access Program go to
<https://www.Coveredca.com>

MCAP provides pregnant women with comprehensive coverage for a low cost with no co-payments or deductibles for its covered services. MCAP is for middle-income families who do not have health insurance and whose income is too high for no-cost Medi-Cal. MCAP is also available to women who have other health insurance plans with a maternity-only deductible or copayment greater

than \$500. Newborns may be covered by the program.

Partnership Health Plan of California

Santa Rosa Regional Office

1-800-863-4155

<http://www.partnershiphp.org>

Hospitals

Adventist Health Howard Memorial (non-birthing hospital)

One Marcela Dr.

Willits, CA 95490

(707) 459-6801

<https://www.adventisthealth.org/howard-memorial/>

Adventist Health Ukiah Valley (formerly Ukiah Valley Medical Center)

275 Hospital Dr.

Ukiah, CA 95482

(707) 462-3111

<https://www.adventisthealth.org/ukiah-valley>

Adventist

700 River Dr.

Ft. Bragg, CA 95437

General (707) 961-1234

Emergency (707) 961-1234, ext. 652

<http://www.mcdh.org/>

Immunizations

**Mendocino County
Health and Human Services Agency
Public Health Communicable Disease &
Immunization Programs**

See Monthly Calendar of Nursing Services at:

<https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health>

Fort Bragg

120 W. Fir St.

Fort Bragg, CA 95437

(707) 472-2600

1-800-734-7793

Ukiah

1120 S. Dora St

Ukiah, CA 95482

(707) 472-2600

1-800-734-7793

Willits

472 E. Valley St.

Willits, CA 95490

(707) 472-2600

1-800-734-7793

Consolidated Tribal Health Project

6991 N. State St.

Ukiah, CA 95482

Medical: (707) 467-5649

Dental: (707) 467-5601

Behavioral Health: (707) 467-5645

<https://www.cthp.org>

Mendocino Coast Clinics

510 D. Cypress Ave.

Fort Bragg, CA 95437

24/7 Assistance (707) 964-1251

Or (707) 964-5696

<http://www.mendocinocoastclinics.org>

Mendocino Community Health Clinic, Inc.

Hillside Health Center

333 Laws Ave.

Ukiah, CA 9548

(707) 468-1010

<https://www.mchcinc.org>

Mendocino Community Health Clinic, Inc.

Little Lake Health Center

45 Hazel St.

Willits, CA 95497

(707) 456-9600

<https://www.mchcinc.org>

Midwives

Blessings Birth Center

230 Hospital Dr., Ste. A

Ukiah, CA 95482-4563

(707) 462-5025

Bloom Waterbirth Wellness Center

530 S. Main St.

Ukiah, CA 95482

(707) 671-7476

Mendocino Midwives

205 W. Clay St.
Ukiah, CA 95482
(707) 836-6386

Mountain Valley Midwifery

205 W. Clay St.
Ukiah, CA 9548
(707) 671-6281

Trees of Life Midwifery Services

Willits, CA 95470
(707) 502-7440
<http://www.midwifemonika.com>

Parenting/Child care**FIRST 5 Mendocino**

166 Gobbi St.
Ukiah, CA 95482
(707) 462-4453
<http://www.mendochildren.org>

Triple P Mendocino (FIRST 5 Mendocino)

County-wide program with focus on parenting and behavior intervention
(707) 462-1233
<http://www.mendochildren.org/family-support/triple-p-mendocino/>

NEST**Redwood Community Services
Nurturing Education and Skills Training**

16170 Main St., Ste. F
Lower Lake, CA 95457
(707) 263-5881
<http://rcs4kids.org/nurturing-education-and-skills-training-nest/>
NEST is a long-term residential program for homeless pregnant and parenting youth ages 18 - 21.

Family Spirit

Consolidated Tribal Health Project
6991 N. State St.

Redwood Valley, CA 95470
(707) 485-5115

<https://www.cthp.org>

**Healthy Families Home Visiting Mendocino
County Mendocino County HHSA Public Health**

Maternal Child and Adolescent Health
1120 S. Dora St.
Ukiah, CA 95482
(707) 472-2600
<https://www.mendocinocounty.org/government/health-human-services-agency/public-health/healthy-families-america>

NCO Head Start Child Development Program

550 N. State St.
Ukiah, CA 95482
(707) 462-2582
<https://www.ncoinc.org/programs/head-start-child-development/>

**Pinoleville Native American Head Start & Early
Head Start**

500 Pinoleville Dr.
Ukiah, CA 95482
(707) 468-3835
<http://ppnheadstart.com/home/head-start/>

NCO Rural Communities Child Care

Assistance for parents in accessing child care and community resources; parent education
<https://www.ncoinc.org/programs/rural-communities-child-care/>

Ukiah

413 N. State St.
Ukiah, CA 95482
(707) 467-3200
1-800-606-5550

Willits

221-D S. Lenore Ave.
Willits, CA 95490
(707) 459-2019

Fort Bragg

111A Boatyard Dr.
Fort Bragg, CA 95437
(707) 964-3080

MotherWise

Information and resources for health and wellness in pregnancy, childbirth, breastfeeding, infant care, parenting, and postpartum depression support.

180 N. Main St.

Lakeport, CA 95453

(707) 349-1210

<https://www.motherwiselife.org/>

Pediatrics**Ukiah Valley Rural Health Center****Pediatrics**

260 Hospital Dr., Ste 204

Ukiah, Ca 95482

(707) 463-7459 or

(707) 463-8000

Mendocino Coast Clinics

510 D Cypress St.

Fort Bragg, CA 95437

(707) 964-5696

MCHC Health Centers**Ukiah**

Hillside Health Center

333 Laws Avenue, Ukiah, CA 95482

(707) 468-1010

Willits

Little Lake Health Center

45 Hazel St.,

Willits, CA 95490

(707) 456-9600

Postpartum Depression/Maternal Mental Health

If you experience depression or other mental health conditions during or following pregnancy, your primary care provider may refer you to a qualified counselor, therapist or other helpful resources.

Partnership HealthPlan of California (PHC)

Members may contact **Beacon Health Strategies (Beacon)** for help in locating outpatient mental health services.

1-855-765-9703 or 1-800-863-4155

Mendocino County Crisis Line

(Use when person is a danger to self or others)

Toll Free, 24/7: 1-855-838-0404

Postpartum Support International

Website provides information about perinatal mood and anxiety disorders, connection with peer support, including online support groups; help finding local resources. Resources for dads, too. <http://www.postpartum.net>

Call PSI Helpline: 1-800-944-4773

Spanish: Ext. 1; English: Ext. 2

Text: 1-503-894-9453

The Blue Dot Project

<https://www.thebluedotproject.org/>

[whataremmhdorders/](https://www.thebluedotproject.org/whataremmhdorders/)

Information on maternal mental health disorders, resources for support, connection with others who currently struggle with and/or have survived these conditions.

Postpartum Health Alliance

<https://postpartumhealthalliance.org/>

Information and resources, including online support group, access to podcasts relating to perinatal mood disorders.

The American College of Obstetricians and Gynecologists.

<https://www.acog.org/Patients>

FAQ's on all aspects of women's health and pregnancy, including depression; includes topical pamphlets in Spanish.

Safe Surrender Baby Program

To surrender a newborn baby under the Safe Haven Law, walk in and ask for a designated employee who can accept the child. Ask for someone who can accept the baby. Designated staff encourage individuals to complete a family medical history questionnaire; however, it is **not** required. Within 14 days of surrender, an individual may inquire about how to reclaim the child. There are no fees to surrender a newborn baby under the Safe Haven Law.

Adventist Health Howard Memorial

One Marcela Dr.

Willits, CA 95490
(707) 459-6801
<https://www.adventisthealth.org/howard-memorial/>

Adventist Health Ukiah Valley

275 Hospital Dr.
Ukiah, CA 95482
(707) 462-3111
<https://www.adventisthealth.org/ukiah-valley>

Adventist Health Mendocino Coast

700 River Dr.
Ft. Bragg, CA 95437
(707) 961-1234
<http://www.mcdh.org>

Social Security Administration

For information and services or to schedule an appointment call between 7 a.m. to 7 p.m.
1-800-772-1213
English/Spanish

Social Security Office

521 S. Orchard Ave.
Ukiah, CA 95482
1-888-590-2706 or
TTY: 1-800-325-0778
<https://www.ssa.gov>

Financial Assistance/HOUSING

**Employment & Family Assistance Services,
Health & Human Services Agency**

CalFresh Program

Available to eligible low-income individuals and families. CalFresh benefits may be used to purchase food in markets that accept EBT cards.

CalWORKs and Temporary Assistance to Needy Families (TANF)

Provides a temporary cash grant to eligible low-income families. The cash grants are based upon income and resource levels and medical costs are covered through Medi-Cal. Services that are designed to promote self-sufficiency are also provided with cash benefit programs.

Medi-Cal Program

Provides health care coverage to low income individuals and families.

What to bring to your Medi-Cal Appointment:

- ◆ Identification: photo ID, driver's license, birth certificate, green card
- ◆ Proof of pregnancy: A note from a doctor or clinic that says you are pregnant
- ◆ Social Security Number/card for you and each family member
- ◆ Proof of Property: Bank statements, tax statements
- ◆ Proof of Income: Pay stubs, employer letter, income tax forms

Start an application online at:

<https://www.c4yourself.com>

Or apply in person at:

Ukiah

737 S. State St.
Ukiah, CA 95482
(707) 463-7700
1-877-327-1711

Fort Bragg

764 S. Franklin St.
Ft. Bragg, CA 95437
(707) 962-1000
1-877-327-1677

Housing Programs

Ukiah

Ford Street Project
139 Ford St.
Ukiah, CA 95482

Willits

Willits Community Services
229 E. San Francisco St.
Willits, CA 95490
(707) 459-3333

Ft. Bragg

Hospitality House
460 S. Franklin St.
Fort Bragg CA 95437
(707) 961-0172

Ukiah Main Office
737 S. State St.
Ukiah, CA 95482
(707) 463-7990

Transportation

Mendocino Transit Authority
<http://mendocinotransit.org/>
241 Plant Rd.
Ukiah CA, 95482
1-800-696-4MTA (1-800-696-4682) or
(707) 462-1422

Dial-A-Ride
Ukiah
(707) 462-3881

MTA Ft. Bragg
(707) 964-1800

ADA Paratransit Service
707-462-1422
Ukiah: (707) 462-3881
Ft. Bragg: (707) 964-1800
Willits: (707) 459-9038

Partnership HealthPlan of California

Individuals covered by PHC or Medi-Cal may qualify for Non-Medical Transportation (NMT).
Contact:

Medical Transportation Management
Phone: 1 (888) 828-1254

For Non-Emergency Medical Transportation (NEMT), PHC members who are non-ambulatory may contact:

PHC Care Coordination
Phone: 1 (800) 809-1350

A written doctor's prescription and approval (TAR) are required for NEMT.

(5 days advance notice for either service)

Redwood Taxi
Ukiah

707-462-9000
Willits
707 354-62000

Taxi 707
707-272-1322
Hey Taxi—Medical Transport
707-462-5336

WIC-Women, Infants & Children

A federally funded nutritional program for low-to-moderate income pregnant, postpartum, and breastfeeding women, infants and children to the age of five years who are at nutritional risk. WIC offices are located in Ukiah, Willits and Ft. Bragg. Staff travel to outlying clinics in Pt. Arena, Boonville, Covelo, Laytonville, and Gualala monthly or bi-monthly. There is also an office at Consolidated Tribal Health Project.

In County Phone Number 1-855-843-2949
<https://www.mendocinocounty.org/government/health-and-human-services-agency/public-health>

Ukiah - Main Office
1120 South Dora Street
Ukiah, CA 95482
Phone (707) 472-2743

Ft. Bragg Office
120 West Fir Street
Fort Bragg, CA 95437
Phone (707) 964-7106

Willits Office
474 E Valley St
Willits, CA 95490
Phone: (707) 472-2743

