

## PARENTAL RESILIENCE & SOCIAL CONNECTIONS

*If you feel this is an emergency or you are in crisis, please call:*  
**Yolo County 24hr toll-free Access Line: (888) 965-6647 or**  
**National Suicide Prevention Hotline: (800) 273-TALK (8255)**

### **“I have insurance. I want to find a therapist or psychiatrist. What do I do now?”**

If you have health insurance, you also have behavioral/mental health benefits such as counseling. You don't need authorization from your Primary Care Physician to get started!

1. If you have **private insurance**, [flip your insurance card](#) over and call the behavioral health line to learn more.
2. If you have **Partnership HealthPlan of California**, call *Beacon Health Options* toll-free at **(855) 765-9703** or visit their website: [www.partnershiphp.org/Pages/PHC.aspx](http://www.partnershiphp.org/Pages/PHC.aspx)

If you do not have health insurance and would like information on how to sign up for health insurance, please visit your local Family Resource Center (listed below) or visit Covered California at [www.coveredca.com/](http://www.coveredca.com/)

### **“I want to meet other parents!”**

**Check with your Healthcare Provider about what support groups are offered within your Healthcare network.**



#### **Family Hui**

Huis (Hoo'ees) are cooperative groups that support parents and caregivers through a facilitated group environment led by a trained peer leader. Huis are 12 weeks long and include a unique opportunity for you and your child to make friends and create a caring community. Children welcome.

Email: [lroberts@lead4tomorrow.org](mailto:lroberts@lead4tomorrow.org) | [www.familyhuimainland.org/](http://www.familyhuimainland.org/)



#### **Mother & Baby Source**

Whether you are pregnant, postpartum, parenting a toddler or starting to potty train, Mother & Baby Source has a class for you! Located in downtown Davis, Mother & Baby Source is both a store and a hub for moms to learn, connect and play. Class prices range in price, so check out their website, drop in or give them a call to get more info!

**(530) 756-6667** | [www.motherandbabysource.com/](http://www.motherandbabysource.com/)



#### **Sweet Potato Pie**

Offers a weekly meetup to help ease concerns and creates a place where you can meet other new parents to share experiences and get help.

**(530) 662-8000** | [www.sweetpotatopieonline.com/new-baby-me-meet-ups-in-the-press/](http://www.sweetpotatopieonline.com/new-baby-me-meet-ups-in-the-press/)

***If you have insurance, you can call the number on the back of your card to get help.***

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### TEEN SUCCESS<sup>®</sup> Planned Parenthood Teen Success Support Group

A weekly support group for pregnant and parenting women under age 21. The meeting locations are in Del Paso Heights, Meadowview, Oak Park, Woodland, and Yuba City.

(916) 325-1706 | [www.plannedparenthood.org/planned-parenthood-mar-monte/local-education-training/join-teen-success-group](http://www.plannedparenthood.org/planned-parenthood-mar-monte/local-education-training/join-teen-success-group)

**“I’m not looking for support groups. I need other family or parenting-focused things.”**



Family Resource Centers  
Woodland, Davis, Yolo, Knight Landing, & Dunnigan locations  
Main office: 175 Walnut Street, Woodland CA 95695  
(530) 406-7221



Family Resource Centers  
West Sacramento, Clarksburg, & Davis locations  
Main Office: 600 A Street, Davis, CA 95616  
(530) 757-5558



Family Resource Centers  
Winters, Esparto, & Capay Valley  
Main Office: 17317 Fremont Street, Esparto, CA 95627  
(530) 787-4110



CommuniCare Health Centers  
Woodland: 215 W. Beamer Street; (530) 405-2811  
Davis: 2040 Sutter Placer; (530) 758-2060  
West Sacramento: 500 Jefferson Blvd.; (916) 406-2900



Yolo Crisis Nursery provides a safe, temporary home for children up to age 5 during times of extreme family crisis. It also helps parents and guardians resolve immediate problems and gain family stability.

(530)758-6680  
[www.yolocrisisnursery.org/](http://www.yolocrisisnursery.org/)



Breastfeeding Warmline: After baby is here, you can call WIC at any time to get the answer to your breastfeeding questions. Call (800) 663-8685.

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### *Make Time for Yourself—A Self-Care Guide for Busy Parents* from Yolo County Children's Alliance

This guide talks about the importance of self-care for parents and caregivers and provides many ideas to try. Taking care of yourself can give you more energy to take care of your baby. To help you prioritize self-care, the guide divides specific self-care ideas into those that only take 5 minutes to do and those that take more time. There are also activities that you can do with children. The ideas involve calming your mind, connecting with supportive relatives and friends, exercising, laughing, finding activities that bring joy, and getting enough sleep.

The guide is available in English, Spanish, and Russian. Read through the ideas and see which ones feel right for you. Enjoy making time for yourself!  
[www.yolokids.org/forfamilies/](http://www.yolokids.org/forfamilies/)

**“I should be happy, but...I feel guilty, sad, confused, overwhelmed, I can't sleep, I am using drugs and/or alcohol...Is this normal...It's not what I expected...”**

**If you feel like these issues are a concern, please contact your primary care provider.**



### **Postpartum Support International (PSI) Warm-line**

The Postpartum Support International Warm-line is a toll-free telephone number anyone can call to get basic information, support and resources in English and Spanish. Warm-line messages are returned every day of the week, and they have a confidential voicemail.

**(800) 944-4773 (4PPD)**

For local support contact your PSI Coordinator, in Yolo County that is Deb Solis 530-574-2712 and/or Jennifer Travis (530) 650-5420



### **CommuniCare Health Centers**

Provide services, including primary medical and dental health care, behavioral health services, substance abuse treatment, health education, and support services. They strive to deliver services in a supportive, safe, non-judgmental manner that stresses patient involvement and responsibility, health education, counseling, and preventive health care in all programs.

[www.communicarehc.org/](http://www.communicarehc.org/) | (see previous page for phone numbers)

**“My doctor gave me medications for postpartum depression, but I haven't started them. I don't feel comfortable telling him/her, and I have questions about side effects.”**

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### [Mother to Baby](#)

Did you know there are experts available by phone to answer your questions about exposures to chemicals, foods, medications and more at Mother To Baby California? They will e-chat with you or just talk to you about your questions and your worries. No judgment, just answers.

Call (866) 626-6847 or TEXT (855) 999-3525 | [mothertobaby.org/](http://mothertobaby.org/)

**“I am a parent and a member of the LGBTQ community. What resources are there to support me?”**



### [The Rainbow Babies](#)

Provides a central area for general information on the many aspects of GLBT pregnancies and parenting. Also provides space for parents or would-be parents to share their stories about their respective paths to parenthood. Includes information on insemination, surrogacy, adoption, foster care, pregnancy, and raising kids.

[www.therainbowbabies.com/index.html](http://www.therainbowbabies.com/index.html)

**“I lost my pregnancy or had an abortion. What resources are out there to support me?”**



### [The Return to Zero Healing Center](#)

Based in Los Angeles, but their website has rich resources centered on grief and bereavement. Founded by Dr. Kiley Hanish after the loss of her own child, the center offers in-person retreats as well as online resources that can help a mother, couple and family grieve the loss of their loved one. The Emmy-nominated movie “Return to Zero” starring Minnie Driver is based on Kiley’s story.

[www.returntozerohealingcenter.com/](http://www.returntozerohealingcenter.com/)



### [Project Heal](#)

A website for mothers to find healing and connection. Carly Marie, an artist, mother and speaker based in Perth, Australia, launched this project after she lost her son, Christian. She takes orders from around the world to write your baby’s name into the form of a butterfly, the international symbol for babies born sleeping and babies who left us too soon.

[carlymarieprojectheal.com/](http://carlymarieprojectheal.com/)



### [Sharing Parents: Pregnancy and Infant Loss Support Group](#)

A volunteer support group of parents who have experienced the death of their baby(ies) from the time of conception through early infancy.

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

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### Exhale

The nation's premiere organization addressing the emotional health and well-being of women and men after abortion.

**After-Abortion Talkline: (866) 4-EXHALE | [exhaleprovoice.org/](http://exhaleprovoice.org/)**

**"I'm a dad. I need to support my partner, but this is hard for me, too..."**



### Postpartum Support International

Did you know that dads can suffer from postpartum depression, too? It can come many months after the baby is born and can look totally different than what you might think.

[www.postpartum.net/get-help/resources-for-fathers/](http://www.postpartum.net/get-help/resources-for-fathers/)

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