



## Comprehensive Perinatal Services Program Resource & Referral Identification Guide

Clinic Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone #: \_\_\_\_\_

Updated on (date): \_\_\_\_\_ by: \_\_\_\_\_

*Always call to verify services for every referral/resource on your list.  
If needed, call the Orange County Health Referral Line at 1-800-564-8448 or call 211 for resources.*

SERVICE	RESOURCE/REFERRAL
<b>Adolescent Family Life Program (AFLP) and Cal-Learn Program</b>	<p>The Adolescent Family Life Program (AFLP) and Cal-Learn are for pregnant and parenting teens. AFLP is a voluntary program while Cal-Learn is mandatory for teens who participate in the CalWORKs Program. Both programs provide one-on-one support and resources in the following areas and more: Family planning and safer sex, health and health care, education and work, and healthy relationships.</p> <p>Call: 714-567-6229</p> <p>Website: <a href="http://www.ochealthinfo.com/phs/about/family/mcah/tppp">www.ochealthinfo.com/phs/about/family/mcah/tppp</a></p>
<b>Adoption Services</b>	<p>Call 211 for local adoption resources.</p> <p><b><u>Local Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<b>Adult Children of Alcoholics</b>	<p>Adult Children of Alcoholics (ACA) is a 12-Step recovery program for persons who have grown up in alcoholic homes.</p> <p>To find local meeting locations and times, visit <a href="http://www.adultchildren.org">www.adultchildren.org</a>.</p>
<b>Adult School/General Equivalency Diploma (GED) Program</b>	<p>Call your local school district, local community college, or call 211.</p> <p><b><u>Local Adult School/GED Program/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p>

<p><b>Al-Anon /Alateen</b></p>	<p>Al-Anon provides group support to people who are struggling with the effects of someone else’s problem drinking.</p> <p>Alateen is a teen support group for teens who are struggling with the effects of someone else’s problem drinking.</p> <p>Call: 1-888-425-2666 To find local meeting locations and times, visit <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>.</p>
<p><b>Alcoholics Anonymous (AA)</b></p>	<p>Alcoholics Anonymous (AA) is a 12-Step recovery program for people with alcoholism.</p> <p>Call AA’s Orange County Helpline at: 714-556-4555 Website: <a href="http://www.aa.org">www.aa.org</a> or <a href="http://www.oc-aa.org">www.oc-aa.org</a></p>
<p><b>Breastfeeding Education Classes (Prenatal)</b></p>	<p><u>Women, Infants, and Children (WIC)</u> Contact your local WIC office for information about breastfeeding classes. Call WIC: 1-888-942-9675</p> <p><u>Delivery Hospital</u> Contact the delivery hospital to ask if they offer breastfeeding classes.</p> <p><b><u>Local Breastfeeding Education Classes/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Breastfeeding Help Lines</b></p>	<p><b><u>General Help Lines:</u></b> La Leche League (24/7): 1-877-452-5324 National Helpline: 1-800-994-9662</p> <p><b><u>WIC Help Line</u></b> Orange County Health Care Agency WIC Breastfeeding Line: 714-834-8363</p>
<p><b>Breastfeeding/Lactation Consultant</b></p>	<p><u>WIC</u> Contact your local WIC office for breastfeeding/lactation consultation. Call WIC: 1-888-942-9675</p> <p><u>Delivery Hospital</u> Contact the delivery hospital to see if they offer breastfeeding/lactation consultation.</p> <p><b><u>Local Breastfeeding/Lactation Consultant Resource/Phone#:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Breastfeeding Support Group</b></p>	<p><u>WIC</u> Contact your local WIC office for information about breastfeeding support groups.</p>

	<p>Call WIC: 1-888-942-9675  <u>Delivery Hospital</u>  Contact the delivery hospital to see if they offer breastfeeding support groups.  <b><u>Local Breastfeeding Support Group/Address/Phone #:</u></b>  _____  _____  _____</p>
<p><b>California Children Services (CCS)</b></p>	<p>California Children's Services (CCS) is a state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs.</p> <p>Call: 1-800-288-4584  Website: <a href="http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx">www.dhcs.ca.gov/services/ccs/Pages/default.aspx</a></p>
<p><b>California Department of Child Support Services</b></p>	<p>California's Child Support Services Program works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support.</p> <p>Call: 1-866-901-3212  Website: <a href="http://www.childsup.ca.gov/home.aspx">www.childsup.ca.gov/home.aspx</a></p>
<p><b>CalFresh (SNAP)</b></p>	<p>The CalFresh Program was established to provide nutrition assistance to people in low-income households. It does that by increasing their food-buying power, so they are able to purchase more nutritious foods, such as fruits, vegetables, and other healthy foods.</p> <p>Call: 1-877-847-3663 or 1-877-847-FOOD  Website: <a href="http://www.calfresh.ca.gov">www.calfresh.ca.gov</a></p>
<p><b>California Smokers' Helpline</b></p>	<p>The California Smoker's Helpline and website offers free telephone counseling, self-help materials, and online help to people who want to quit smoking.</p> <p>Call: 1-800-NO-BUTTS (English) or 1-800-NO-FUME (Spanish)  Website: <a href="http://www.nobutts.org">www.nobutts.org</a></p>
<p><b>CalWORKS</b></p>	<p>The California Work Opportunity and Responsibility to Kids (CalWORKs) program provides cash benefits for the care of children in need when one or both parents are absent, disabled, deceased or unemployed.</p> <p>Visit: <a href="http://ssa.ocgov.com/calfresh/calworks">http://ssa.ocgov.com/calfresh/calworks</a> to learn more about the program</p> <p><b><u>Local Social Services Agency office Office/Address/Phone #:</u></b>  _____  _____  _____</p>

<p><b>Car Seat Safety</b></p>	<p>For child safety seat laws and child safety seat distribution programs in Orange County, visit <a href="http://www.ochealthinfo.com/phs/about/promo/cdip/safety">www.ochealthinfo.com/phs/about/promo/cdip/safety</a>.</p> <p>For additional car seat safety information call: 1-800-745-SAFE (1-800-745-7233)</p>
<p><b>Child Abuse Prevention Programs</b></p>	<p>Infant Home Visitation: Biweekly visits for 6 months focusing on bonding, development, health, and baby care. Toddler Home Visitation: Biweekly visits for 3-6 months focusing on development, health, and managing toddler misbehavior using Positive Parenting Program (Triple P) curriculum.</p> <p>Call: 714-543-4333</p> <p>Website: <a href="http://www.brightfutures4kids.org">www.brightfutures4kids.org</a></p> <p>Call 211 for local child abuse prevention programs.</p> <p><b><u>Local Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Child Health &amp; Disability Prevention (CHDP) Provider</b></p>	<p>The Child Health &amp; Disability Prevention (CHDP) Program provides free health check-ups to help children stay healthy. Low income children are eligible up to age 19. Children with Medi-Cal are eligible up to age 21.</p> <p>To find a CHDP provider call: 1-800-564-8448 or visit: <a href="http://www.ochealthinfo.com/phs/about/family/chdp">www.ochealthinfo.com/phs/about/family/chdp</a>.</p> <p><b><u>Local CHDP Provider/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Child Protection Hotline (Orange County)</b></p>	<p>To make a mandated child abuse report, or to consult with the Social Services Agency regarding concerns about a child, call Orange County Child Protective Services.</p> <p>Orange County Child Abuse Registry: 714-940-1000 or 1-800-207-4464 (24-hour hotline)</p> <p>Website: <a href="http://ssa.ocgov.com/abuse/child">http://ssa.ocgov.com/abuse/child</a></p>
<p><b>Childbirth Classes</b></p>	<p>Refer to delivery hospital</p>
<p><b>Childcare Resources</b></p>	<p><u>California Child Care Resource &amp; Referral</u></p> <p>Child Care Resource and Referral (R&amp;R) services help parents find child care, to a well-developed system that supports parents, providers, and local communities in finding, planning for, and providing affordable, quality child care.</p> <p>Call: 1-800-543-7793</p> <p>Website: <a href="http://www.rrnetwork.org">www.rrnetwork.org</a></p>

	<p><u>Children’s Home Society of Orange County (CHS)</u>  The mission of CHS is to reach out to children and families at risk with a range of services that ensure every child the opportunity to develop within a safe, healthy, and secure environment.  Call: 714-543-2273  Website: <a href="http://www.chs-ca.org">www.chs-ca.org</a></p> <p><u>Head Start</u>  Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. Head Start can help you find free or low-cost childcare.    Call: 1-866-763-6481  Or find a facility near you at: <a href="http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices">http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices</a></p> <p>Orange County Head Start Inc.  Call: 714-241-8920  Website: <a href="http://www.ochsinc.org">www.ochsinc.org</a></p> <p><b><u>Local Head Start/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>Child Care Aware</u>  Child Care Aware provides information about childcare programs in your area through their toll-free referral line and their website.    Call: 1-800-424-2246  Website: <a href="http://www.childcareaware.org">www.childcareaware.org</a></p>
<p><b>Confidential/  Anonymous STD Testing  Location</b></p>	<p><u>Orange County Department of Public Health</u>  Contact the Orange County Department of Public Health’s Division of HIV and STD Programs to find local and confidential STD testing.    STD Clinic: 714-834-8787; HIV Clinic: 714-834-7991  Website: <a href="http://www.ohealthinfo.com/phs/about/dcepi/ttc">www.ohealthinfo.com/phs/about/dcepi/ttc</a></p> <p><b><u>Local County STD Clinic/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

<p><b>Dentist (Must accept Medi-Cal)</b></p>	<p>Dental services are currently provided as one of the many benefits under Medi-Cal. To find a Medi-Cal dental provider:</p> <p>Call: 1-800-322-6384  Website: <a href="http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=prov_ref_orange">www.denti-cal.ca.gov/WSI/Bene.jsp?fname=prov_ref_orange</a></p> <p><b><u>Local Dentist/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Diabetes Specialist or CDAPP Sweet Success Affiliate</b></p>	<p>The California Diabetes and Pregnancy Program (CDAPP) Sweet Success Program focuses on improving pregnancy outcomes for high-risk pregnant women with pre-existing diabetes and women who develop diabetes while pregnant (i.e., gestational diabetes mellitus, or GDM). To locate a CDAPP Sweet Success Affiliate:</p> <p>Call: 714-921-9755  Website: <a href="http://www.cdappsweetsuccess.org/Affiliates/AffiliateLocator.aspx">www.cdappsweetsuccess.org/Affiliates/AffiliateLocator.aspx</a></p> <p><b><u>Local Diabetes Specialist or CDAPP Sweet Success Provider/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Domestic Violence Hotline (Orange County)</b></p>	<p>Call: 714-992-1931  Website: <a href="http://www.ocsd.org/about/info/referral/">www.ocsd.org/about/info/referral/</a></p>
<p><b>Domestic Violence Hotline (National)</b></p>	<p>Call: 1-800-799-7233  Visit <a href="http://www.thehotline.org">www.thehotline.org</a> for more information and resources.</p>
<p><b>Domestic Violence Shelter</b></p>	<p>Find local Domestic Violence shelters by calling 211 or call the Orange County Domestic Violence Hotline at 714-992-1931 for referrals.</p> <p>Website: <a href="http://www.ocgov.com/gov/ssa/community/abuse.asp">www.ocgov.com/gov/ssa/community/abuse.asp</a></p>
<p><b>Emergency Housing/ Homeless Shelter</b></p>	<p><u>Orange County Homeless Services</u>  Website: <a href="http://www.ocgov.com/services/homeless/">www.ocgov.com/services/homeless/</a></p> <p>You can also call 211, 24 hours/day for emergency housing information.</p>
<p><b>Employment Resource Center</b></p>	<p><u>Orange County Job Seeker Services</u>  Website: <a href="http://www.ocwib.org/jobseeker">www.ocwib.org/jobseeker</a></p> <p><u>CareerOneStop</u></p>

	<p>To deliver integrated, easy-to-understand workforce information that helps job seekers, students, workers, workforce intermediaries, and employers develop their capacity and make sound economic decisions in the new economy.</p> <p>Call: 1-877-US2-JOBS (1-877-872-5627)</p> <p><b><u>Local Employment Resource Center/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>English as Second Language (ESL) Classes</b></p>	<p>Contact your local school district, community college, or call 211.</p> <p><b><u>Local ESL Classes/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Exercise or Fitness Resources</b></p>	<p>Contact local city/county parks, local recreation centers, and local YMCAs for information about low-cost exercise classes in your area.</p> <p><u>County of Orange Department of Parks and Recreation</u> Visit <a href="http://www.ocparks.com">www.ocparks.com</a> for information about local parks and their fitness/exercise activities.</p> <p><u>YMCA</u> The YMCA also offers fitness and recreation programs. Some YMCA's offer sliding scale fees for those who cannot afford the full cost of membership. To locate your local YMCA: Call: 1-800-872-9622 Visit: <a href="http://www.ymca.net/find-your-y/">www.ymca.net/find-your-y/</a></p>
<p><b>Family Counseling/Support Program</b></p>	<p><u>National Parent Helpline</u> The National Parent Helpline allows callers to speak with a trained Helpline Advocate who will provide emotional support and link callers to services if necessary. Call: 1-855-4-A-PARENT or 1-855-427-2736 (Monday-Friday 10 a.m.-7 p.m.) Website: <a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a></p> <p><u>Postpartum Support International</u> Postpartum Support International has a toll-free helpline that provides serves clients in English and Spanish. Callers receive referrals to appropriate local resources including emergency services. Call: 1-800-944-4PPD (1-800-944-4773) Website: <a href="http://www.postpartum.net">www.postpartum.net</a></p> <p>Call 211 for additional family counseling/support programs in your local area.</p>

<p><b>Family Planning</b></p>	<p>Call: 1-800-914-4887          Website: <a href="http://www.ocalthinfo.com/phs/about/family/fhcs/fps">www.ocalthinfo.com/phs/about/family/fhcs/fps</a></p> <p><b><u>Local Family Planning Agency/Address/Phone #:</u></b></p> <hr/> <hr/> <hr/>
<p><b>Food Bank</b></p>	<p><u>Food Banks</u>          Website: <a href="http://www.ocgov.com/about/emergency/assistance/food">www.ocgov.com/about/emergency/assistance/food</a></p> <p><u>Waste Not OC Coalition</u>          Waste Not OC is a public-private coalition formed with the goal of eliminating hunger and reducing food waste by facilitating the donation of wholesome surplus food from permitted food facilities to local pantries.          Website: <a href="http://www.wastenotoc.org">www.wastenotoc.org</a></p> <p><u>USDA National Hunger Clearinghouse</u>          Call USDA National Hunger Clearinghouse for local food providers in your area, as well as information on government programs and benefits.          Call: 1-866-348-6479          Website: <a href="http://www.nhc.fns.usda.gov/nhc/nhc-main-page">www.nhc.fns.usda.gov/nhc/nhc-main-page</a></p> <p><b><u>Local Food Bank/Address/Phone #:</u></b></p> <hr/> <hr/> <hr/>
<p><b>Grief &amp; Loss Resources</b></p>	<p><u>Pregnancy After Loss Support (PALS):</u>          Online magazine, online peer-to-peer support, grief &amp; loss resources.          Website: <a href="https://pregnancyafterlosssupport.com/">https://pregnancyafterlosssupport.com/</a></p> <p><u>The Compassionate Friends:</u>          Local support and online groups for those grieving the death of a child.          Call: 1-877-969-0010          Website: <a href="http://www.compassionatefriends.org/home.aspx">www.compassionatefriends.org/home.aspx</a></p> <p><u>First Candle</u>          Provides a 24/7 Grief Support Hotline staffed with grief counselors related to the death of a baby.          Call: 1-800-221-7437          Website: <a href="http://www.firstcandle.org/grieving-families">www.firstcandle.org/grieving-families</a></p>



<p><b>Health Educator</b></p>	<p>Refer to the provider’s CPSP application for the appropriate health education staff/consultant.</p> <p><b><u>Health Educator/Phone #:</u></b></p> <hr/> <hr/> <hr/> <hr/>
<p><b>Home Visitation Programs</b></p>	<p><u>Children’s Bureau</u></p> <p>Infant Home Visitation: Biweekly visits for 6 months focusing on bonding, development, health, and baby care. Toddler Home Visitation: Biweekly visits for 3-6 months focusing on development, health, and managing toddler misbehavior using Positive Parenting Program (Triple P) curriculum.</p> <p>Call: 714-399-2621  Website: <a href="http://www.all4kids.org">http://www.all4kids.org</a></p> <p><u>Early Head Start</u></p> <p>Early Head Start is a program that serves low-income families with pregnant women, infants and toddlers up to age 3. The program provides home visitation services focused on child and family development as well as linking families to services such as medical, mental health, nutrition, and education. Clients are served by various agencies throughout Orange County based on their zip code. To find the local program for your client contact Head Start.</p> <p>Call: 1-877-773-5543  <a href="http://prekkid.org/our-programs/early-head-start/">http://prekkid.org/our-programs/early-head-start/</a></p> <p><u>Nurse-Family Partnership (NFP)</u></p> <p>Evidenced-based, nurse home visiting program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children.</p> <p>Call: 714-834-7747  Website: <a href="http://www.ochealthinfo.com/phs/about/phn/cn/nfp">www.ochealthinfo.com/phs/about/phn/cn/nfp</a></p> <p><u>Public Health Nursing</u></p> <p>Home visiting Public Health Nurses provide comprehensive assessment, education and linkage to needed services.</p> <p>Call: 714-834-7747  Website: <a href="http://ochealthinfo.com">http://ochealthinfo.com</a></p> <p><b><u>Local Early Head Start/Address/Phone #:</u></b></p> <hr/> <hr/> <hr/> <hr/>

<p><b>Housing Resources</b></p>	<p><u>Orange County Housing Authority</u>  Orange County Housing Authority (OCHA) is a division within Orange County Community Services that administers federally funded programs to provide monthly rental assistance to qualified tenants in privately owned rental housing.  Call: 714-480-2700  Website: <a href="http://www.ochousing.org">www.ochousing.org</a></p> <p><u>Fair Housing Council of Orange County</u>  Protect the quality of life in Orange County by ensuring equal access to housing opportunities, fostering diversity and preserving dignity and human rights.  Call: 714-569-0823 or 1-800-698-3247  Website: <a href="http://www.fairhousingoc.org/about/">www.fairhousingoc.org/about/</a></p>
<p><b>Infant Care Supplies</b></p>	<p>Call 211 or visit <a href="http://baby2baby.org/our-impact/">http://baby2baby.org/our-impact/</a> to see a list of agencies that receive donated baby supplies.</p>
<p><b>Interpretation Service</b></p>	<p><u>Fee for Service Medi-Cal clients</u>  Call the “Language Line” at 1-800-874-9426  <i>(If you do not know your provider access code type 000000 and ask operator to look up code.)</i></p>
<p><b>Lactation Accommodation Laws</b></p>	<p>Website: <a href="http://www.dir.ca.gov/dlse/Lactation_Accommodation.htm">www.dir.ca.gov/dlse/Lactation_Accommodation.htm</a></p>
<p><b>Legal Assistance (Free or low-cost)</b></p>	<p><u>Legal Aid Society of Orange County</u>  Provides civil legal services to seniors and low-income individuals and to promote equal access to the justice system through advocacy, legal counseling, innovative self-help services, in-depth legal representation, economic development and community education.  Call: 1-800-834-5001; Local: 714-571-5200  Website: <a href="http://www.legal-aid.com">www.legal-aid.com</a></p> <p><b><u>Local Legal Assistance Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Local Law Enforcement Agency (Police/Sheriff Dept.)</b></p>	<p>Call 211 to find local law enforcement contact information.  Contact your City Police Department.</p> <p><b><u>Local Law Enforcement Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Medi-Cal</b></p>	<p>Website: <a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a>  Call: 1-800-541-5555</p>

<p><b>Medi-Cal Drug Treatment Facility</b></p>	<p>The Department of Health Care Services maintains a listing of all publicly funded alcohol and drug treatment and recovery programs for pregnant and parenting women in California. Call: 1-800-879-2772</p> <p><b><u>Local Drug Treatment Facility/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Medi-Cal Managed Care Member Services</b></p>	<p>Call: For CalOptima Members: Customer Service Department: 714-246-8500 or toll-free at 1-888-587-8088 Call General: 714-246-8500 Call Toll-Free: 1-888-587-8088 Call TDD/TTY: 1-800-735-2929 Call Provider Relations Number: 714-246-8600</p>
<p><b>Mental Health Services</b></p>	<p><b><u>Orange County Health Care Agency Behavioral Health Services Information and Referral Line</u></b> The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services. Call: 1-855-OC-Links (1-855-625-4657) or live chat online at <a href="http://www.ochealthinfo.com/oclinks">www.ochealthinfo.com/oclinks</a></p> <p><b><u>Orange County Crisis Assessment Team/Orange County Psychiatric Mobile Response Services</u></b> Call: 1-866-830-6011</p> <p><b><u>Orange County Crisis Prevention 24-Hour Suicide Hotline</u></b> Call: 1-877-CRISIS (1-877-727-4747)</p> <p>You can also call 211 for additional information about local mental health clinics.</p> <p><b><u>Local Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>MotherToBaby</b></p>	<p>MotherToBaby provides information about what is safe for pregnant and breastfeeding women including information on: medications, herbal products, infections, vaccines, maternal medical conditions, illicit substances, and other common exposures such as paint, pesticides, hot tubs, etc.</p> <p>Call: 1-866-626-6847 Website: <a href="http://www.mothersbaby.org">www.mothersbaby.org</a></p>

<b>MOMS</b>	<p>Maternal and infant health promotion, education and risk screenings, postpartum self-care, infant development, breastfeeding, nutrition, GDM support, maternal depression support.</p> <p>Call: 714-972-2610</p> <p>Website: <a href="http://www.momsorangecounty.org">www.momsorangecounty.org</a></p>
<b>National Parent Helpline</b>	<p>The National Parent Helpline connects parents with an advocate who listens, offers support, helps problem solve, and connects parents to supportive resources.</p> <p>Call: 1-855-4-A-PARENT or 1-855-427-2736</p> <p>Website: <a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a></p>
<b>Narcotics Anonymous</b>	<p>Narcotics Anonymous is a 12 Step recovery program that offers group meetings and peer support to persons with drug and/or alcohol addiction(s).</p> <p>Call: 1-800-863-2962</p> <p>Visit: <a href="http://www.na.org/meetingsearch">www.na.org/meetingsearch</a> to find your local meeting location and times.</p>
<b>Orange County Parent Wellness Program (OCPWP)</b>	<p>OCPWP provides prevention and early intervention services to expectant and new parents, during pregnancy or within 12 months of having a child. Youth, women, and men served by OCPWP are experiencing mild to moderate symptoms of anxiety and/or depression which are attributable to either the current pregnancy or the recent birth of their child.</p> <p>Call: 714-480-5160</p> <p>Website: <a href="http://www.ochealthinfo.com/bhs/about/pi/early/pwp">www.ochealthinfo.com/bhs/about/pi/early/pwp</a></p>
<b>Prenatal Diagnostic Center (PDC)</b>	<p><u>California Perinatal Screening Program</u>  The California Prenatal Screening Program (PNS) provides free follow-up diagnostic services at State-approved Prenatal Diagnosis Centers (PDCs) for women with screening results indicating a high-risk for a birth defect. Services offered at these Centers include genetic counseling, ultrasound, and amniocentesis.</p> <p>Visit: <a href="http://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/default.aspx">www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/default.aspx</a></p> <p><b><u>Local PDC/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<b>Primary Care Provider/Local Community Clinic</b>	<p>Call Orange County Health Referral Line: 1-800-564-8448 or call 211 to locate a provider or clinic in your area.</p>
<b>Public Library or Adult Literacy Program</b>	<p>Check with your local city/county library for the types of programs and services offered.</p> <p>Visit: <a href="http://www.ocpl.org">www.ocpl.org</a></p>

	<p><b><u>Local Library/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Registered Dietitian</b></p>	<p>Refer to the provider’s CPSP application for the appropriate registered dietitian staff/consultant.</p> <p><b><u>Registered Dietitian/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>School Program for Pregnant/Parenting Teens</b></p>	<p>Check with your local school district for pregnant/parenting teen programs.</p> <p><b><u>Local Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Safe Surrender Program</b></p>	<p>The Safely Surrendered Baby Law allows parents to surrender their baby within 72 hours of birth to a local fire department, hospital or other safe surrender site, with no questions asked. It is confidential and parents will not be prosecuted.</p> <p>At the time of surrender, a bracelet is placed on the baby for identification purposes and a matching bracelet is provided to the parent, in case the baby is reclaimed. A parent has up to 14 days from the time of surrender to reclaim their baby.</p> <p>A voluntary medical questionnaire will be offered, but it can be declined. The questionnaire is to collect medical information for the health and survival of the infant. All identifying information that pertains to a parent is strictly confidential.</p> <p>Call: 1-877-BABY-SAFE or 1-877-222-9723  Website: <a href="http://www.babysafe.ca.gov">www.babysafe.ca.gov</a></p>
<p><b>Smoking Cessation Program</b></p>	<p><b><u>The California Smoker’s Helpline</u></b>  The California Smokers' Helpline provides telephone counseling. Their website provides self-help materials, and online help in 6 languages.  Call: 1-800-NO-BUTTS (English) or 1-800-NO-FUME (Spanish)  Visit: <a href="http://www.nobutts.org">www.nobutts.org</a></p>

	<p><u>SmokeFree.Gov</u>  SmokeFree.Gov provides access to smoking cessation programs via text messages, the quitSTART phone app, an online chat feature, and a hotline where you can speak to a coach.  Call: 1-800-784-8669 or 1-800-QUIT-NOW  Visit: <a href="http://smokefree.gov/">http://smokefree.gov/</a></p> <p><u>Tobacco Use Prevention Program</u>  Call: 1-866-NEW-LUNG or 1-866-639-5864</p>
<p><b>Social Worker</b></p>	<p>Refer to the provider’s CPSP application for the appropriate social work staff/consultant.</p> <p><b><u>Social Worker/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Substance Abuse Treatment</b></p>	<p><u>Perinatal Substance Abuse Services Initiative - Assessment &amp; Coordination Team (PSASI/ACT)</u>  Monthly home visits to promote adherence to prenatal care, drug treatment programs and ensure access to health care coverage. Education regarding, immunizations, family planning, infant development and maternal/infant bonding. Care coordination for HIV infected client including adherence to medication regimen and testing.  Call: 1-714-834-7747  Website: <a href="http://ochealthinfo.com/phs/about/phn/specialized/psasi">http://ochealthinfo.com/phs/about/phn/specialized/psasi</a></p> <p>Website: <a href="http://ssa.ocgov.com/comres/substance">http://ssa.ocgov.com/comres/substance</a></p> <p>Call 211 for local substance abuse treatment referrals</p> <p><b><u>Local Agency/Address/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Text4Baby</b></p>	<p>This is a text-based service for pregnant women and postpartum moms to receive free text messages with information about pregnancy and they baby’s first year of life. Text4Baby website also contains reading materials on pregnancy and postpartum topics.</p> <p>To enroll text BABY to 511411 (or BEBE for Spanish).  Visit: <a href="http://www.text4baby.org">www.text4baby.org</a></p>
<p><b>Transportation Services</b></p>	<p><u>Orange County Transportation Authority</u>  Visit: <a href="http://www.octa.net">www.octa.net</a></p> <p><b><u>Other Transportation Resource (if available)/Phone #:</u></b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

**WIC Program**

WIC is a health and nutrition program for women, infants, and children. WIC helps families by providing nutrition education, issuing checks for healthy supplemental foods, and making referrals to healthcare and other community services. Participants must meet income guidelines and be either pregnant women, new mothers, infants, or children under age five.

To find your local WIC office:

Call: 1 (888) YOUR WIC or 1 (888) 968-7942

Call: 1-888-942-9675

Visit: [www.ohealthinfo.com/phs/about/family/nutrition/wic](http://www.ohealthinfo.com/phs/about/family/nutrition/wic)

For information about WIC:

Visit: [www.ohealthinfo.com/phs/about/family/nutrition/wic](http://www.ohealthinfo.com/phs/about/family/nutrition/wic)

**Local WIC/Address/Phone #:**

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