

Parent Resources in Eastern Nevada County

211 Connecting Point : 24/7 help connecting to the following services and many more.
Dial 2-1-1 or for out-of-area calls 844-319-4119

Breastfeeding

- WIC: Helps pregnant parents and families with children under age 5 get healthy food and offers breastfeeding help. 530-582-7814
- Tahoe Forest Breastfeeding Helpline: 530-582-3247
- Nevada County MCAH: Home visiting nurses provide information about health, parenting, newborn care, breastfeeding, safety, family planning, and more. Also help link families to other local services. 530-847-8293 (call or text), 888-301-1450 (toll-free)
- Breastfeeding Coalition of Nevada County: Connects parents with resources for pregnancy, breastfeeding, and postpartum support. Website: <https://nevadacountybfc.wixsite.com/breastfeeding>
- Droplet: 15 minute video on getting started breastfeeding, videos in both English and Spanish Website: www.firstdroplets.com
- Tahoe Forest Pediatrics: 530-587-3523 and organization website: TFHD.com

Childcare

- Sierra Nevada Children's Services: Helps families find and pay for day care and preschool. 530-587-5960
- KidZCommunity: Local Head Start Childcare and Preschool Program 530-886-4122

Diapers

- Nevada County Diaper Project: 530-265-1491 or email Jessica.Ferrer@nevadacountyca.gov
- Sierra Community House: Offers a variety of services to help individuals and families.

Domestic Violence

- Sierra Community House: Provides counseling, support groups, emergency assistance, and other services for both adult and children survivors of violence. **24/7 crisis line: 800-736-1060**

Family Planning/Birth Control

- Truckee Forest Women's Center: 530-587-1041 and organization website: TFHD.com
- Truckee Family Planning Clinic, NCPHD: Basic reproductive health info, family planning, birth control, pregnancy testing, pap tests and breast exams, STD testing and treatment. 530-582-7814

Financial Help

- Nevada County Department of Social Services: Help with cash assistance, housing, employment, food (CalFresh), and more. 530-265-1340
- Sierra Community House: Financial coaching, public assistance application help, rental assistance, tax preparation, and utility payment assistance. 530-546-0952

Food

- WIC: Helps pregnant parents and families with children under age 5 get healthy food and offers breastfeeding help. 530-582-7814
- CalFresh: Monthly food benefits for people with lower incomes. 530-265-1340
- Sierra Community House: Drive through food distribution every Tuesday from 4-5PM. www.sierracommunityhouse.org/our-services/hunger-relief 530-546-0952
- Sierra Bible Church: Food pantry and financial assistance. 530-587- 6025

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Mental Health

- ◆ National Maternal Mental Health Hotline: Call or text 1-833-852-6262 for free support from mental health counselors during or after pregnancy. Multiple languages available.
- ◆ National Suicide Prevention Lifeline: Dial 988 or text "HOME" to 741741
- ◆ County Behavioral Health: Adult and children's mental health and crisis services. **24/7 Crisis Line: 530-265-581 1**
- ◆ Moving Beyond Depression: Free, in home therapy for parents with postpartum depression. Parents must also be involved with MCAH Home visiting, Healthy Babies, or Young Parents Program. 530-265-1491
- ◆ Tahoe Forest Health Perinatal Mood and Anxiety Disorder Therapist: 530-582- 6521
- ◆ Gateway Mountain Center: Counseling programs for youth. 530-426-2110
- ◆ VICTOR Support Services: Offices shared with County Behavioral Health, Provides intensive community-based mental health support for Medi-Cal eligible youth and their families. As well as adult case management and rehabilitation services for those with severe and chronic mental illness. 530-273-2244

Parenting Information and Classes

- ◆ Nevada County MCAH: Home visiting nurses provide information about health, parenting, newborn care, breastfeeding, safety, family planning, and more. Also helps link families to other local services. 530-847-8293 (call or text), 888-301-1450 (toll-free)
- ◆ Healthy Babies Home Visiting: Home visitors help parents learn to solve problems, manage stress, and enjoy and understand their child at every stage. 530-580-8805 ex 2
- ◆ KidZCommunity: Early education programs and services for pregnant women, babies, children, and their families in Placer and Nevada counties. 530-886-4122
- ◆ Sierra Community House: Offers parenting classes, workshops, early learning and parenting support. 530-546-0952
- ◆ California Highway Patrol, Truckee: Car seat installation by appointment. 530-563-9200

Substance Use

- ◆ Nevada County Behavioral Health: Adult and children's substance use and crisis services. **24/7 Crisis Line: 530-265-5811**
- ◆ Granite Wellness: Parent recovery programs, support for children of parents recovering, and support for parents of teens. 530-587-8194
- ◆ Tahoe Forest Behavioral Health: Medication Assisted Treatment and support for opioid addiction. 530-582-3505

