

Parent Resources in Western 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. 530-265-1454

Nevada County MCAH: Home visiting nurses provide information about health, parenting, newborn care, breastfeeding, safety, family planning, and more. Helps link families to other local services. 530-847-8293 (call or text) or toll free 888-301-1450

Breastfeeding Coalition of Nevada County: Connects parents with resources for pregnancy, breastfeeding, and postpartum support. Website:

<https://nevadacountybcf.wixsite.com/breastfeeding>

First Droplets: 15 minute video on getting started breastfeeding in both English and Spanish, <https://firstdroplets.com>

Your pediatrician: Many pediatric clinics have breastfeeding help in office.

Childcare

Sierra Nevada Children's Services: Helps families find/pay for day care. 530-272-8866

KARE Crisis Nursery: Emergency shelter or child care for families facing a crisis.
530-265-0693, 24/7 line for emergencies only 530-575-1567

Clothing

Partners Family Resource Centers: Many free services for families, including clothes closet, parenting classes, playgroups, and more. (Penn Valley 530-432-1118 x2249, San Juan Ridge 530-292-3174)

LivingWell Medical Clinic "Families Boutique": free clothes and maternal items 530-272-6800

KARE Crisis Nursery: for families facing crisis. Has diapers, wipes, formula, clothes, books, toys, and bedding for families in need. 530-265-0693, 24/7 line for emergencies only 530-575-1567

Diapers

Nevada County Diaper Project: Free diapers and wipes to families in need call 530-265-1491 or email Jessica.Ferrer@nevadacountyca.gov

Nevada County Food Bank 530-272-3769

Partners Family Resource Centers: (Penn Valley 530-432-1118 x2249, San Juan Ridge 530-292-3174)

Interfaith Food Ministry 530-273-8132

Domestic Violence

Community Beyond Violence: Provides many services like emergency housing, legal assistance, crisis counseling, and therapist referrals for survivors of domestic violence or sexual assault. **24/7 crisis line: 530-272-3467**

Women of Worth: Helps victims escape and recover from domestic violence or abuse.
530-264-7337

Family Planning/Birth Control

Your OB/GYN

The Clinic! Women Health Specialists & Nevada County Citizens for Choice: affordable birth control, pregnancy testing, sexually transmitted infection treatment, and exams for adults and teens. 530-891-1911

LivingWell Medical Clinic: Free sexually transmitted infection and pregnancy testing, education, after abortion support group, and referrals to physicians or other local services. 530-272-6800

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Financial Help

Nevada County Department of Social Services: Help with cash assistance, housing, employment, food (CalFresh), and more. 530-265-1340

Food

WIC: Helps pregnant parents and families with children under age 5 get healthy food and offers breastfeeding help. 530-265-1454

CalFresh: Monthly food benefits for low-income people. 530 265-1340

Food Bank of Nevada County: Gives food to people in need, multiple locations. 530-272-3769

Interfaith Food Ministry: Gives food to people in need. 530-273-8132

Mental Health

National Maternal Mental Health Hotline: Call or text 1-833-852-6262 to talk to a counselor for support and to get connected to resources 24/7, for free. Available in multiple languages.

National Suicide Prevention Lifeline: Text or dial 988

Nevada County Behavioral Health: Adult and children's mental health, substance use, and crisis services. Business hours: 530-265-1437 , **24/7 Crisis Line: 530-265-5811** or toll free 888-801-1437

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

Spirit Empowerment Center: Free peer support or groups for those facing mental health challenges. 530-274-1431

Parenting information and classes

Nevada County MCAH: Home visiting nurses provide info about health, parenting, newborn care, breastfeeding, safety, family planning, and more. Helps link families to other local services. 530-847-8293 (call or text), or toll free 888-301-1450

Healthy Babies Home Visiting: Home visitors help parents learn to solve problems, manage stress, and enjoy and understand their child at every stage. 530-559-6129

Partners Family Resource Centers: free parenting classes and playgroups (Penn Valley 530-432-1118 x2249, San Juan Ridge 530-292-3174)

Helping Hands Nurturing Center: classes and information about nurturing parenting. 530-559-2313

The Nest: Prenatal, newborn care, and parenting classes and groups. 530-637-8411

MotherToBaby California, Ask an Expert: Call 866-626-6847, Chat at <https://mothertobaby.org/affiliates/mothertobaby-california> , or send an email form: <https://mothertobaby.org/ask-an-expert>

Substance Use

Nevada County Behavioral Health: Adult and children's mental health, substance use, and crisis services. Business hours: 530-265-1437, 24/7 Crisis Line: 530-265-5811

Granite Wellness: Offers many services including the Mothers In Recovery Program specifically designed for pregnant or parenting women. 530-273-9541 (GV) or 530-273-9542 (NC)

Kick it CA: Free program that helps Californians kick smoking, vaping, and smokeless tobacco. Toll free at 800-300-8086 or <https://kickitca.org>

