

HEALTHY FAMILIES HANDBOOK

YOUR GUIDE TO A
HEALTHY PREGNANCY
AND FAMILY



Shasta County
**Health & Human
Services Agency**

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LOOKING FOR RESOURCES? TRY 2-1-1

211 Shasta is a free phone number and online database that can connect you to any local resource you might need. Calls are answered by trained Call Specialists who are available 24 hours a day, seven days a week.

Dial 2-1-1
or visit 211norcal.org

2-1-1

NorCal | An initiative of United Way
of Northern California



Bright by **Text**



free activities, games and resources
for parents and caregivers of children
prenatal to age 8





Maternal, Child, Adolescent Health Toll-Free Line

Free information, resources, and referrals to prenatal care, maternal mental health, Medi-Cal services, substance use treatment and more within Shasta County! Call M - F, 8 a.m. - 5 p.m.

Call Toll Free 1-800-300-5122

All Parents Have Questions Help Me Grow Has Answers

Help Me Grow helps you understand your child's developmental ages and stages and learn when to call for help. It is available to all parents of children ages 0-8 in Shasta County. It's free to use 24 hours a day!

**Text "HMGShasta"
to 898-211
visit 211norcal.org
or dial 2-1-1**



REPRODUCTIVE HEALTH



COMMUNITY HEALTH CLINICS

The following health centers offer family planning and women's health services such as birth control, STD testing, well-women checks, pregnancy testing and verification, education, and counseling.

Anderson

Anderson Family Health Center
(530) 378-0486
shastahealth.org

Eastern Shasta County

Burney Health Center
(530) 999-9030
mountainvalleys.org

Fall River Valley Health Center
(530) 999-9020
mountainvalleys.org



Hill Country Community Clinic

(530) 337-5750

hillcountryclinic.org

Pit River Health Services

(530) 335-3651

pitriverhealthservice.org

Shingletown Medical Center

(530) 474-3390

shingletownmedcenter.org

Redding

Hill Country Community Clinic

(530) 241-4100

hillcountryclinic.org

Shasta Community Health

(530) 246-5710

shastahealth.org

Planned Parenthood

(530) 351-7100

plannedparenthood.org

Redding Rancheria Tribal Health System

(530) 224-2700

rrths.org

Shasta Community Maternity Center

(530) 225-7480

shastahealth.org

Women's Health Specialists

(530) 221-0193

womenshealthspecialists.org

Shasta Lake

Shasta Lake Family Health

(530) 276-9168

shastahealth.org





GENETIC COUNSELING

UC Davis Genetic Counseling
(916) 734-6900

TeleGenomics Clinic

Provides clinical genomic medicine evaluations and genetic counseling to pediatric and adult individuals and their families who live where access to genetic medicine services are limited.

(877) 430-5332
health.ucdavis.edu



PREGNANCY & BIRTH



BIRTHING HOSPITAL

Mercy Medical Family Birth Center
(877) 418-4733
dignityhealth.org

DOULAS

North State Doula Program

Provides low cost or free doula services for families birthing in Mercy Medical Center, Redding or at home. Includes labor and childbirth education and support; postpartum and breastfeeding support.

(530) 710-4568 (call or text)
northstatedoulaprogram.org

EARLY PRENATAL CARE

Start getting prenatal care as soon as you know you are pregnant! Women who start prenatal care within the first three months of pregnancy and continue have a healthier pregnancy and baby.



WANT HELP WITH YOUR PRENATAL CARE?

Shasta County Public Health can help you get health insurance, find a doctor, link to social support, and connect to other services such as food, transportation, or housing.

Call Toll Free (800) 300-5122

shastacounty.gov



Bright by Text

For more information click [here](#).

Growing Together Perinatal Program

Gift cards, family planning, and breastfeeding support for Partnership Health Plan members. English and Spanish spoken.

(800) 809-1350

partnershiphp.org



Prenatal Care Guidance Program

Helps pregnant women get early and regular prenatal care by connecting them with a doctor while they are applying for Medi-Cal. Call to get connected to providers of these services.

(530) 225-5850 or (800) 300-5122
shastacounty.gov

Visit **benefitscal.com** to start your Medi-Cal application or call **(877) 652-0731**.

Text4Baby

Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year.

Text BABY to 511411
text4baby.org

HOME VISITING PROGRAMS

Get connected to a parent champion to answer your questions, provide guidance, and link you to resources to help you meet your family goals. They serve pregnant and parenting families for free. Call **Help Me Grow** to get linked to the program you qualify for and that meets your needs.

(530) 605-2645 or 2-1-1



Early Head Start

For pregnant women and families with children from 0-3 living at or below the Federal Poverty Level.

(530) 241-1036

shastaheadstart.org

Healthy Families Shasta County

Open to all Shasta County residents regardless of age or income that are either expecting or have a child under the age of 3 months.

(530) 247-3312

nvcss.org

Nurse-Family Partnership

For first-time moms who are less than 28 weeks pregnant and eligible for Medi-Cal or WIC. Get paired with a nurse who provides advice & support.

(530) 225-5394

shastacounty.gov or nursefamilypartnership.org

Road to Resilience

Support for high-risk pregnant women with current and/or past history of substance abuse and/or families of substance-exposed infants, up to 6 months post-partum.

(530) 241-5816

hopeshasta.org

TAPP — Teenage Pregnancy & Parenting Program

For pregnant and parenting youth (mothers and fathers), enroll before your 21st birthday. Helps you reach your goals and dreams.

(530) 241-0552

nvcss.org





[Women, Infants, Children \(WIC\) -Breastfeeding Support](#)

Breastfeeding education and 1-on-1 breastfeeding counseling. Pumps are available to rent.

[\(530\) 245-6466](tel:5302456466) or [\(530\) 229-8446](tel:5302298446)

shastacounty.gov

Prenatal Yoga

Free prenatal yoga classes for all stages of pregnancy. Classes are at the Shasta Family YMCA. Membership not required. Call or visit the website for class days and times.

[\(530\) 246-9622](tel:5302469622)

sfymca.org



AFTER PREGNANCY



BREASTFEEDING EDUCATION & SUPPORT

Breastmilk has the best nutrition for your baby. It is recommended to breastfeed your child for the first 12 months (even if they are premature or sick).

Growing Together Program

Breastfeeding information and referrals. Double electric breast pumps are available up to 12 months after baby's birth. Free for mothers on Medi-Cal.

Call to enroll.

(855) 798-8764

partnershiphp.org

La Leche League Redding and Greater Redding

Free breastfeeding support group for all people interested in breastfeeding, chestfeeding, or human-milk feeding. Babies are always welcome.

(530) 247-7406 or (530) 524-1130

Ayuda en Español (530) 221-4720

llnorcal.org



Breastfeeding Resource Center - Shasta Community Maternity Center

Certified Lactation (breastfeeding) consultants, who are registered nurses, offer personal breastfeeding class and 1-on-1 breastfeeding support.

(530) 225-7480

shastahealth.org

Women, Infants, Children (WIC) - Breastfeeding Support

Breastfeeding education and 1-on-1 breastfeeding counseling. Pumps are available to rent.

(530) 245-6466 or (530) 229-8446

shastacounty.gov

HOME VISITING PROGRAMS

Get connected to a parent champion to answer your questions, provide guidance, and link you to resources to help you meet your family goals. They serve pregnant and parenting families for free.

For more information click [here](#).

MATERNAL DEPRESSION & ANXIETY

Healthy Babies Program

Assists pregnant women and mothers of children under the age of two who are feeling anxious and/or depressed to find treatment. May qualify for up to 16 free counseling sessions.

(530) 225-5129 or (800) 300-5122

shastacounty.gov

NEW PARENT GROUPS

Group Peer Support

Trauma-informed support group for moms with babies up to one-year old. Women share the realities of being a mom: the struggles, the successes & everything in-between.

(530) 242-2020

hopeshasta.org





Hike It Baby

Hiking group for families with babies and young children. All levels welcome! Join the Facebook group Hike It Baby Shasta County for the next hike.

jenseleg@gmail.com

hikeitbaby.com

MOPS - Mothers of Preschoolers

Support, friendship, and fun for moms (Pregnancy - Kindergarten). Encourages and equips moms to realize their potential as mothers, women, and leaders. Small annual fee. Scholarships available.

[\(530\) 223-0454](tel:5302230454)

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) @ReddingFirstMOPS](https://www.facebook.com/ReddingFirstMOPS)

Shasta Moms Circle

Meets monthly to talk about breastfeeding issues, parenting and more. To join you must be pregnant or breastfeeding and participating in WIC.

[\(530\) 245-6466](tel:5302456466) or [\(530\) 229-8446](tel:5302298446)

shastacounty.gov

Story Times

Shasta Public Libraries & Cottonwood Library.

For more information click [here](#).



INFANT/CHILD HEALTH



CHILD CARE

Resource and Referral - SCOE

Helps you find child care providers that meet your needs, provides referrals to in-home or center-based care, and links eligible families to no cost or reduced cost options.

(530) 225-2999

shastacoe.org

Shasta Head Start

Provides free, high quality child care and social services to low income children and their families. Also supports children with special needs.

(530) 241-1036

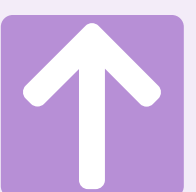
shastaheadstart.org

State Preschool - Shasta County Office of Education (SCOE)

Provides high quality early education and family partnerships that set children up for success in Kindergarten and beyond. Free or reduced cost based on eligibility. Contact for more information.

(530) 605-2524

shastacoe.org



CHILD MENTAL HEALTH

Children's Mental Health

Provides outpatient counseling, assessment, case management, medication, social rehabilitation, and urgent care/crisis services for youth ages 0-21.

(530) 229-8041 or (888) 385-5201 (24 hr)

shastacountycaresforkids.com

Kids Turn

An educational program for families with separated parents. Provides a safe environment for children learning to cope with divorce.

(530) 244-5749

kidsturnredding.org

WANT HELP WITH YOUR CHILD'S HEALTH?

Shasta County Public Health can connect you and your child to health insurance, pediatricians, dentists, immunizations, and any other services you may need.

Call Toll Free [\(800\) 300-5122](tel:8003005122)

shastacounty.gov

CHILD SAFETY SEATS



Car Seat Checks - California Highway Patrol

Free inspection of your car seat by a CHP officer. Call 8am-5pm to see if an officer is available.

(530) 242-4300

2485 Sonoma St. Redding, CA 96001

We Have a Little Emergency (W.H.A.L.E.) Car Seat Identification Kit

Contains a sticker for the car seat with medical and contact information in case of an emergency where the driver/caregiver is incapacitated. Provided for free through First 5 Shasta.

(530) 646-3780

first5shasta.org

Free Car Seat Class - Shasta County HHSA

Learn the safest way to install a car seat, how to buckle up your child, and get the most current information on car seat laws. Low cost car seats are available for those who are eligible.

(530) 225-5850 or (800) 300-5122

shastacounty.gov

DENTISTS



Your child's first dental visit should occur after their first tooth appears or by their first birthday, whichever happens first.

Local Oral Health Program - Shasta County HHSA

Get information on proper dental care, education on dental services provided through Medi-Cal, and Shasta County dentists that accept Medi-Cal.

(530) 245-6851 or (530) 225-5937
smilebigshasta.com

DISABILITY ASSISTANCE



California Children's Services

A state program that coordinates and pays for medical care and therapy services for children under 21 with certain health care needs.

(530) 225-5574
dhcs.ca.gov

Early Intervention Program - Shasta County Office of Education

A program for families of children 0-3 who have a disability or significant delays in their development.

(530) 605-2541
shastacoe.org



Help Me Grow

Provides developmental assessments and referrals.
For more information click [here](#).

Far Northern Regional Center

Provides services and supports that allow persons with developmental disabilities to live productive lives as welcomed members of their community.
Serves infants to adults.

[\(530\) 222-4791](tel:5302224791)

farnorthernrc.org

Rowell Family Empowerment of Northern California

A parent run organization that offers free services to families of children with disabilities ages 0-22.

[\(530\) 226-5129](tel:5302265129)

rfenc.org

Shasta Head Start

For more information click [here](#).

HEALTH INSURANCE

Apply for Medi-Cal, food, or cash assistance.

benefitscal.com

Find a health care plan.

coveredca.com

Partnership Healthplan of California

Provides Medi-Cal benefits through local care providers. Has a list of Medi-Cal providers.

[\(800\) 863-4155](tel:8008634155)

partnershiphp.org

IMMUNIZATIONS

Recommended Vaccine Schedule

Find the vaccines your child needs at any age by visiting the website below.

cdc.gov/vaccines/parents/



Shasta County HHSA Immunization Clinic

Routine, low-cost childhood and adult vaccines.

(530) 225-5591

shastashots.com

SAFE SLEEP



Reduce your baby's risk of sleep related infant death by:

- Placing your baby on their back to sleep.
- Using a firm mattress in a safety approved crib.
- Keeping blankets, crib bumpers, and toys out of baby's sleep area.
- Dressing your baby in a wearable blanket. Do not use a loose blanket and do not overbundle.

Shasta County SIDS Coordinator

Information about SIDS, local grief and loss resources, and free SIDS reduction trainings.

(530) 225-5850 or (800) 300-5122

shastacounty.gov

WELL-CHILD CHECK-UPS

Child Health and Disability Prevention

Provides complete well-child check-ups for vision, hearing, and teeth. Free for children on Medi-Cal and uninsured children that are income eligible.

(800) 300-5122 or (530) 225-5122

shastacounty.gov



TEEN/YOUTH RESOURCES



RECREATION CENTERS

Anderson Parks and Recreation

Provides recreational opportunities through a variety of classes and programs for all ages. Call or register online.

(530) 378-6656

ci.anderson.ca.us

Healthy Shasta

Find resources on nutrition and being active. Learn tips for staying healthy at school, work, and home. Participate in challenges to win prizes and learn about local healthy activities.

(530) 225-5351

healthyshasta.org

Redding Recreation

Provides fun, affordable, interactive classes and programs for the whole family. Register for classes, camps, activities, and more online or by calling.

(530) 225-4095

cityofredding.org

TEEN PARENTING

TAPP - Teenage Pregnancy and Parenting Program

For more information click [here](#).



YOUTH CENTERS/ RESOURCES



Anderson Teen Center

A free after-school center for youth ages 13-18. Provides snacks, mindfulness exercises, games, cooking classes, art, music, athletics, computer access, and boys and girls leadership groups.

(530) 365-9021

hopeshasta.org

Martin Luther King Jr. Center

Free activities for youth with a focus on ages 8-18. Provides classes on technology, nature, girls and boys mentoring clubs. Snack/meal included.

(530) 225-4375

cityofredding.org

NorCal Outreach - LGBTQ+ Youth Groups

A weekly group for youth ages 11-17 that is a safe space for LGBTQ+ teens to be authentic and create friendships. Includes fun games and activities.

(530) 949-6267

norcaloutreach.org

Redding Teen Center

A free after-school center where teens get snacks, play games, take classes, and learn life skills. Center pairs teens with a senior volunteer mentor. Serves youth 13-18.

(530) 242-2020

hopeshasta.org



Teen Centered App

A mobile phone app for Shasta County teens full of resources for themselves or friends in need like mental health resources, help with dating violence, college options, jobs, and a calendar of local teen events and activities.

[\(530\) 242-2020](tel:(530)242-2020)

hopeshasta.org

YOUTH MENTORS



Catalyst Mentoring

Awakens youth to their unique purpose and potential through life-on-life mentoring with a positive adult role model.

[\(530\) 319-7164](tel:(530)319-7164)

catalystmentoring.org

Youth Options

Groups and classes for teens that teach life-skills, financial literacy, and prevention of alcohol, tobacco, and other drug use. Also provides one-on-one or group mentoring to youth ages 8-17.

[\(530\) 244-7194](tel:(530)244-7194)

youthoptionsshasta.org



ALCOHOL & DRUG RECOVERY PROGRAMS



QUIT SMOKING

Kick It California-CA Smokers helpline.

1-800-300-8086

kickitca.org

Public Health Tobacco Education Program

Information and referrals to community resources.

(530) 229-8469

shastacounty.gov

Tobacco Recovery Self-Management

Free tobacco recovery workshop with
Shasta Community Health Center.

(530) 229-5115

shastahealth.org

OUTPATIENT TREATMENT

Call 211 for a full list of centers that offer
Medication Assisted Treatment (MAT) near you.

Call 2-1-1 or visit 211norcal.org



Aegis Treatment Centers

Specific care for pregnant women, gender and culture. Tele-health available. Offers MAT.

(530) 222-7213

aegistreatmentcenters.com

Behavioral Health Team at CalWorks

Free professional, client-centered outpatient services. Must be a CalWorks participant.

(530) 225-5000

shastacounty.gov

Empire Outpatient

Outpatient alcohol and other drug treatment and counseling. Telehealth available.

(530) 244-7074

empirerecoverycenter.org

Groups Recover Together

Weekly in-person or virtual group therapy based on gender, culture, or similar life experiences (pregnant, parenting, etc.) Offers MAT.

(530) 341-2866

joiningroups.com

Shasta Community Health Centers

Counseling, group therapy, and MAT. The maternity center provides nonjudgmental prenatal care with MAT and substance use services. Locations in Redding, Anderson, and Shasta Lake.

(530) 646-3993

shastahealth.org

Visions of the Cross

Offers gender-specific, faith-based, residential and outpatient care for women.

(530) 722-1114

visionsofthecross.com



Women's Recovery & Resiliency Services

For pregnant women or women with young children. Transportation and childcare is provided.

(530) 245-6411

shastacounty.gov

FIND RECOVERY TOOLS

For more information on recovery options, support groups, and non-judgmental care visit the Women's Connect website or call. It is anonymous and confidential.

(530) 225-5850 or (800) 300-5122

womensconnectshasta.com



RESIDENTIAL TREATMENT

Empire Residential

Offers 30, 60, and 90 day residential treatment for substance use. Pregnant women accepted.

(530) 243-7470

empirerecoverycenter.org



Visions of the Cross

Offers gender-specific, faith-based, residential and outpatient care for women. Inpatient treatment of pregnant women up to 60 days after a baby's birth.

(530) 722-1114

visionsofthecross.com

Women's New Life Recovery Program

Faith-based, free, 18 month residential program. Children and babies welcome during treatment. Provides graduates with transitional housing.

(530) 242-5920

gnrm.org

SUPPORT GROUPS



Narcotics Anonymous - Shasta/Trinity

(800) 764-1081

shastana.org

Alcoholics Anonymous - NorCal Group

(530) 225-8955

aanorcal.org

Celebrate Recovery

A Christ-Centered, Bible-Based, 12-Step Ministry

(530) 247-1850

cc4square.org



MENTAL HEALTH & SUBSTANCE USE COUNSELING



COUNSELING

Listed services are free for those eligible or covered by Medi-Cal. They all offer individual, family, and couples therapy. Additional services are listed below each entry. Centers with alcohol and drug services are marked with *.

Beacon Mental Health Services

List of mental health and substance use disorder providers that accept Medi-Cal in your area.

(855) 765-9703

beaconhealthoptions.com

Creekside Counseling

Maternal support services. Telehealth available.

(530) 722-9957

creeksidecounseling.org

Dunamis

Group therapy; neurofeedback; applied behavior analysis. Telehealth available.

(530) 338-0087

dunamiscenter.com



Healthy Babies Program

Maternal mental health services.

For more information click [here](#).

Hill Country Community Clinic*

Children's counseling; group therapy; classes.

Round Mountain: [\(530\) 337-5793](tel:(530)337-5793)

Center of Hope (Redding): [\(530\) 691-4453](tel:(530)691-4453)

CARE Center (Redding): [\(530\) 691-4446](tel:(530)691-4446)

hillcountryclinic.org

Mountain Valleys Health Centers*

Child therapy; substance use counseling.

Burney: [\(530\) 999-9030](tel:(530)999-9030)

Fall River Mills: [\(530\) 999-9020](tel:(530)999-9020)

mountainvalleys.org

North American Mental Health Services

Telehealth available. For those on Medi-Cal only.

[\(530\) 646-7269](tel:(530)646-7269)

namhs.com

Northern Valley Catholic Social Services

Child therapy; school-based therapy; dual diagnoses treatment.

[\(530\) 241-0552](tel:(530)241-0552)

nvcss.org

Pit River Health Services*

Outpatient alcohol and other drug treatment; anger management. For American Indians and those on Medi-Cal. Located in Burney.

[\(530\) 335-3651](tel:(530)335-3651)

pitriverhealthservice.org

Redding Rancheria Tribal Health System*

Child therapy; substance use counseling. For American Indians and those on Medi-Cal.

Churn Creek: [\(530\) 768-2436](tel:(530)768-2436)

Tribal Health Center: [\(530\) 224-2700](tel:(530)224-2700)

rrths.org





Shasta Options *

Group therapy; substance use counseling.

(530) 224-5469

shastaoptions.com

Shasta County Mental Health, Alcohol & * Drug Services

Individual counseling, social rehabilitation, medication, and urgent crisis services.

(530) 225-5252 or (888) 385-5201

shastacounty.gov

Wright Education Services

Domestic violence/batterer's treatment; anger management; child abuse treatment/parenting; DUI classes; individual and family counseling.

(530) 223-5122

wrighteducationservices.com



WELLNESS CENTERS



Offer support groups, life skills development, assisted daily living plans, arts, crafts and music. Free for any person going through mental health or substance use challenges, and their families.

Circle of Friends *

Located in Burney.

(530) 335-4222

hillcountryclinic.org

Sunrise Mountain Wellness Center *

Located in Redding.

(530) 618-5630

 @SunriseMountainWellnessCenter-KingsView



PARENTING SUPPORT

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) are stressful events that happen to children like abuse, neglect, or problems in the home. This can lead to physical and mental health problems as adults.

Visit the website below to learn if you have ACEs and how you can break the cycle of trauma to create a positive environment for your kids.

shastastrengtheningfamilies.org

EARN AND LEARN

Centers where you can earn credits by attending free parenting and life skills classes. You can then use those credits to purchase items for your baby.

Care Net Pregnancy Center

(530) 246-7075

carenetredding.org



Life Light Pregnancy Help Center

(530) 222-5200 (call or text)

lifelightcenter.org

FAMILY RESOURCE CENTERS



Bright Futures - Intermountain Community Center

Offers family events and activities like story time and play dates, parent cafés, Triple P parenting classes, developmental screenings, and English learners program. In Eastern Shasta County.

(530) 335-4600

burneytccn.org

BRIGHT BY TEXT

Sends FREE activities, games, local resources, and events to expecting parents and caregivers of children between the age of 0-8 right to their cell phones. Available in English and Spanish.

text **SHASTAKIDS** to 274448



Cottonwood Community Library

Borrow books. Offers free computer access, story times, arts and crafts, and family events.

(530) 347-4818

f @Cottonwoodlibrary



First 5 Shasta

Serves families with children birth to kindergarten. Offers free resources, story times, books (for agencies/organizations), and other family centered activities. Check website calendar for details.

(530) 646-3780

first5shasta.org

Shasta Public Libraries

Borrow books, toys, games, and more. Offers free story times, baby social hours, classes, and more. Create-It space has podcasting and crafting equipment, 3D printers, and VR.

Anderson: (530) 365-7685

Burney: (530) 335-4317

Redding: (530) 245-7250

shastalibraries.org



Pathways to Hope for Children

Provides programs and events that support children and families, including a parenting tip hotline, walk-in resource center, parenting education and peer partners.

Hotline for Hope: (530) 710-8609

hopeshasta.org



FOSTER CARE & ADOPTION

Foster & Kinship Care Education

Free classes to help Resource Families understand the Child Welfare System, learn about the effects of trauma, abuse, and neglect, and develop the specialized parenting skills needed to care for children in foster placements.

(530) 339-3611

shastacollege.edu

Kindred Hearts - Post Adoption Services

Provides monthly parent support group and respite event with free childcare, as well as a 24/7 adoptive parent hotline.

(530) 298-0627

kindredheartsprogram.com



Lilliput

Offers adoption, resource family evaluation and approval, as well as post adoption services that include a variety of support groups, classes and social events for adoptive families.

(530) 722- 9092

lilliput.org

Shasta County Children's Services

Become a resource family to a foster child. Receive support, classes, respite care, and guidance on how to adopt your foster child.

(530) 225-5791

shastacountycaresforkids.com

Children's Legacy Center

Foster Family agency that applies a care model that nurtures an extended family community network.

(530) 768-1880

info@childrenslegacycenter.org



HOME VISITING PROGRAMS

Get connected to a parent champion to answer your questions, provide guidance, and link you to resources to help you meet your family goals. They serve pregnant and parenting families for free.

For more information click [here](#).



PARENTING EDUCATION

Bridges to School Success - Shasta County Office of Education

Free, online and in person groups to make parenting easier. For caregivers of children 0-18.

(530) 225-0350

shastacoe.org

Parent Cafés

A safe place for parents and caregivers to connect and talk about parenting. Learn about resources and build relationships. Free family-style meal and children's craft provided. Occurs monthly.

(530) 242-2020

hopeshasta.org



Triple P - Positive Parenting Program

Parenting information and classes that help with common parenting issues like tantrums, disobedience and bedtime drama. Offered for free at many agencies in Shasta County.

[\(855\) 275-8109](tel:(855)275-8109)

triplepshasta.com

All Parents Have Questions **HELP ME GROW HAS ANSWERS**

Help Me Grow Shasta helps you understand your child's developmental ages and stages. Also learn when to call for help. Easily connects families to resources. Call Shasta County Office of Education for more information.

[\(530\) 605-2645](tel:(530)605-2645) or [2-1-1](tel:2-1-1)

Text HMGShasta to [898211](tel:898211)

helpmegrowshasta.com



EMERGENCY SERVICES



DOMESTIC VIOLENCE & ABUSE

One Safe Place - 24 Hour Crisis Hotline

Provides legal services, safety, and emotional support to intimate partners, children, and seniors affected by domestic violence and sexual assault. Call if you need help or want to help someone else.

(530) 244-0117

ospshasta.org

24-Hour Child Abuse Hotline

Suspected child abuse must be reported immediately by calling the Shasta County Child Protective Services 24-hour hotline.

(530) 225-5144

shastacounty.gov



EMERGENCY FOOD



211 Shasta

Call 2-1-1 to get connected to local agencies that provide free meals and groceries.

2-1-1

211norcal.org

EMERGENCY PREPAREDNESS



Listos California - Disaster Ready Guide

Learn how to prepare for an emergency to better protect you and your family. Download your guide below.

listoscalifornia.org



FREE Text-based Emergency Preparedness Training.

Text LISTOSCA to 72345

LOOKING FOR RESOURCES? TRY 2-1-1

211 Shasta can connect you to any local resource you might need. They can guide you to every resource found in the Healthy Families Handbook and more. Just call 211. Available 24/7.

Call 2-1-1 or visit 211norcal.org

EMERGENCY SHELTER

Good News Rescue Mission

Provides shelter, meals, showers and laundry to people experiencing homelessness. Clothing vouchers and resource referrals also available.

(530) 241-5754

gnrm.org

LEGAL SERVICES

Crime Victims Assistance Center

Walks victims through the legal process and provides assistance with navigating the criminal justice system. Helps victims understand the effects of trauma and rebuild their lives.

(530) 225-5220

shastacounty.gov

Family Law Facilitator

Provides information about the procedures, laws, rules, and forms for court cases. Gives referrals if needed but does **not** provide legal advice.

(530) 245-6900

shasta.courts.ca.gov



Legal Services of Northern California

Provides free legal services that help people fight for their right to housing, government benefits, healthcare, civil rights, family safety, and more.

(530) 241-3565 or (800) 822-9687

lsnc.net

Shasta County Department of Child Support Services

For more information on child support visit:

www.childsupport.ca.gov. California Child Support Services assists in establishing and enforcing financial and medical support orders for children.

(866) 901-3212

shastacounty.gov/child-support-services

Southeast Asian Christian Ministry

Free support to all immigrants and refugees in the North State. Helps with applications for green cards, work permits, citizenship, asylum, and more.

(530) 241-5802

seacmredding.org



MENTAL HEALTH CRISIS

If you or someone you care about are in immediate danger of harming yourself or others, call 911 or go to an emergency room.

Shasta County 24/7 Mental Health Crisis Line

The line is answered by a professional and compassionate staff member of the Health and Human Services Agency.

(530) 225-5252 or (888) 385-5201

shastacounty.gov



Mobile Crisis Outreach Team (MCOT)

Provides free, on-the-spot urgent mental health services to people suffering severe mental illness. Responds to crises throughout the county.

General information: (530) 238-7134

Crisis response: (530) 238-7133

hillcountryclinic.org



MENTAL HEALTH CRISIS

Hill Country C.A.R.E. Center

Free, urgent outpatient mental health care. Anyone can walk into the center 365 days a year and receive care regardless of insurance.

(530) 691-4446

hillcountryclinic.org

SUICIDE PREVENTION

National Suicide Prevention Hotline

Provides 24/7, free and confidential support for people experiencing crisis, as well as information on suicide prevention and resources.

(800) 273-8255 or 988

Text: 741741

Ayuda en Español: (888) 628-9454

suicidepreventionlifeline.org

Shasta Suicide Prevention

Local suicide prevention resources and support for you or your loved one.

shastasuicideprevention.com

POISON CONTROL

Poison Control

Contact Poison Control right away if you suspect a poisoning. Call 911 right away if the individual collapses, has a seizure, has trouble breathing, or can't be awakened.

(800) 222-1222

poison.org

