



# Services

## For Pregnant & Parenting Teens

Handout #34

*Healthy Children, Strong Families, Caring Communities*

The following services provide medical care, counseling, support and financial assistance to pregnant and parenting teens in Sacramento County.

### Referral Services

#### **Child Action, Inc.**

Free child care referrals, information about choosing child care and workshops.  
916/369-0191  
[www.childaction.org](http://www.childaction.org)

#### **211 Sacramento**

Dial 2-1-1  
[www.211sacramento.org](http://www.211sacramento.org)  
24-hr information about over 2,400 community services.

### Medical

#### **Cover the Kids**

Connects families to free and low-cost health insurance for children.  
1/866/850-4321

#### **The Effort Birth & Family Health Center**

Teen services, prenatal care, well-woman care.  
916/646-8000  
[www.birthandfamilyhealth.com](http://www.birthandfamilyhealth.com)  
3234 Marysville Blvd. Sacramento, CA 95815

#### **Planned Parenthood Mar Monte**

Pregnancy and women's health services.  
[www.plannedparenthood.org/mar-monte](http://www.plannedparenthood.org/mar-monte)

5385 Franklin Blvd Ste A  
Sacramento, CA 95820  
916/452-7305



1125 10th St,  
Sacramento, CA 95814  
916/444-7966

555 Capitol Mall Ste 510,  
Sacramento, CA 95814  
916/446-5247

201 29th St Ste B,  
Sacramento, CA 95816  
916/446-6921

5700 Watt Ave,  
North Highlands, CA 95660  
916/332-5715

729 Sunrise Ave Ste 900,  
Roseville, CA 95661  
916/781-3310

10947 Olson Dr,  
Rancho Cordova, CA 95670  
916/635-2168

#### **Sacramento County Healthy Teen Mothers Program**

Public health nurses provide support for pregnant teens.  
916/875-0900  
[www.sacdhs.com](http://www.sacdhs.com)

#### **Sacramento County Immunization Assistance Program**

Information about immunizations and immunization services for children.  
916/875-SHOT (7468)  
[www.sacdhs.com](http://www.sacdhs.com)

### Counseling & Support

#### **The Center for Community Health & Well-Being (The Birthing Project)**

Mother Wit Support Group for pregnant teens.  
916/558-4809  
[www.birthingprojectsac.org](http://www.birthingprojectsac.org)

#### **The Center for Fathers and Families**

916/568-DADS (3237)  
Programs for fathers to support family growth and empowerment.  
[www.fathersandfamilies.com](http://www.fathersandfamilies.com)

#### **Diogenes Youth Services, Inc.**

Services for homeless, runaway and at-risk teens and their families.  
800/399-7177 (24-hour hotline)  
[www.diogenesyouthservices.org](http://www.diogenesyouthservices.org)

**Birth and Beyond Family Resource Centers**

Free family support services for pregnant women or families with new babies.  
www.birth-beyond.com

La Familia Family Resource Center  
5523 34th Street  
Sacramento, CA 95820  
916/452-3601

Folsom Cordova Family Resource Center  
10455 Investment Circle  
Rancho Cordova, CA 95670  
916/361-8684

River Oak Family Resource Center  
4322 4th Avenue  
Sacramento, CA 95817  
916/244-5800

North Sacramento Family Resource Center  
1217 Del Paso Boulevard  
Sacramento, CA 95815  
916/679-3743

Valley Hi Family Resource Center  
7000 Franklin Boulevard, Suite 820  
Sacramento, CA 95823  
916/290-8281

Meadowview Family Resource Center  
2251 Florin Road, Suite 158  
Sacramento, CA 95822  
916/394-6300

The Effort North Highlands Family Resource Center  
6015 Watt Avenue, Suite 2  
North Highlands, CA 95660  
916/679-3925

The Firehouse Family Resource Center  
811 Grand Avenue, Suite A-3  
Sacramento, CA 95838  
916/927-7694

**La Familia Counseling Center**  
Counseling for youth.  
916/452-3601

**24-Hour Parent Support Line**  
Provides counselors to answer questions about parenting, provide support, encouragement and resources.  
1/888/281-3000



**Sacramento Crisis Nurseries**  
Free 24-hour respite care for children (birth to 5) from families in crisis.  
Emergency Hotline 877/543-7752  
www.crisisnurseryonline.com

**Crisis Nursery North**  
4533 Pasadena Ave.  
Sacramento, CA 95821  
(916) 679-3600

**Crisis Nursery South**  
6699 South Land Park Drive  
Sacramento, CA 95831  
916/394-2000

**Education Support**

**Sutter Teen Programs**  
Cal-Learn and Adolescent Family Life Program (AFLP) services to help pregnant and parenting teens graduate from high school, become independent and form healthy families.  
916/285-4603  
www.suttersacramento.com/women/community/aflp.cfm

**Schools with Parenting and Child Care Services**

**American Legion High School**  
3801 Broadway  
Sacramento, CA 95817  
916/277-6600

**William Daylor High School**  
6131 Orange Ave.  
Sacramento, CA 95823  
916/427-5428

**Pacific High School Cal-Safe Program**  
5777 Madison Ave Ste 810,  
Sacramento, CA 95841  
916/286-1947

**Sierra Nueva High School**  
1400 Bell St.  
Carmichael, CA 95825  
916/971-7015

**Vista Nueva Career and Technology High School**  
2035 North Ave.  
Sacramento, CA 95838  
916/286-1100

**Walnutwood Adolescent Parent Program**  
10850 Gadsten Way  
Rancho Cordova, CA 95670  
916/638-2598

**Financial Assistance**

**The Centralized Eligibility List (CEL)**  
Free and low-cost child care for eligible families in Sacramento County.  
916/369-0191  
www.thecel.net

**Sacramento County Department of Child Support Services**  
Collects child support payments for custodial parents.  
866/901-3212  
www.dcss.saccounty.net

**Sacramento County Department of Human Assistance**  
916/874-2072  
Provides information on CalWORKs, Cal-Learn, food stamps, Medi-Cal and other programs that provide financial assistance to families in need.  
www.dhaweb.saccounty.net

**WIC (Women, Infants and Children)**  
Health and nutrition for women, infants and children.  
888/WIC-WORKS (1/888/942-9675)  
www.sacdhhhs.com