

## Colusa County Supportive Services

### Colusa County Public Health Department Offer:

- Child Safety Seat Program
- Immunization education and referral
- California Children Services
- Child Health & Disability Prevention Program
- Monday-Friday 8AM-4:30PM  
251 E. Webster Street  
Colusa, CA 95932  
(530) 458-0380  
1 (800)-655-3110



### Colusa County Social Services Offer:

- Medi-Cal & Insurance services
- Cal-Fresh & Cal-Works application support
- Housing support for Colusa County residents
- Monday-Friday 8AM-4:30PM  
251 E. Webster Street  
Colusa, CA 95932  
(530) 458-0250

### Woman, Infant and Children Program (WIC) Offer:

- Nutrition and health education
- Breastfeeding support
- Nutritious food assistance
- Tuesday-Friday: 8AM-6:30PM  
515 Fremont Street  
Colusa, CA 95932  
(530) 458-5503



#### Remember!

Hospitals need to see your baby's car seat before you are discharged from the hospital. Be proactive and schedule a car seat class with the Public Health, Family Action Centers or First 5 Colusa.



### Family Action Centers of Colusa County Offer:

- Certified Lactation Counselors
- Free New Parent Kits
- Parenting Classes
- Cal-Fresh Application Assistance
- Application Assistance
- Child Passenger Safety Classes
- Car seat check ups
- Food Distribution



#### Arbuckle Center:

812 King Street  
Arbuckle, CA 95912  
(530) 476-0822  
[www.afackids.org](http://www.afackids.org)

#### Williams Center:

602 12th Street  
Williams, CA 95987  
(530) 473-5400  
[www.wfackids.org](http://www.wfackids.org)

#### First 5 Colusa Office:

217 9th Street, Suite B  
Colusa, CA 95932  
(530) 458-5555  
[www.first5colusakids.org](http://www.first5colusakids.org)



**Public Health**  
Prevent. Promote. Protect.

**Colusa County**

Supported by funds received from the California Department of Public Health, Maternal, Child and Adolescent Health Division

## Pregnancy Resources



**Colusa, Yuba, Sutter,  
Butte and Yolo  
Counties**

**Colusa County Public Health**  
Maternal Child and Adolescent Program (MCAH)

## Prenatal Care

Moms should start prenatal care during the first trimester (1-12 Weeks)

### Prenatal Care:

- Special medical care you get from a doctor or midwife while your pregnant.
- Most moms get a least 10 prenatal care visits.
- Your doctor/midwife will monitor the baby and check on your health.



### Benefits of Prenatal Care in the first trimester:

- More likely to deliver a **full-term baby at a healthy baby weight**, than moms who wait later to seek prenatal care.
- Can protect you and your baby from medical complication during pregnancy and birth.

### Check out these apps and websites for more information:

- Womenshealth.gov
- Marchofdimes.org
- Text "BABY" to 511411 to receive free text messages to help you through your pregnancy and first year.



## Prenatal Care Providers Yuba-Sutter Counties

### Sutter North Medical Foundation

969 Plumas Street, Suite 103 & 116  
Yuba City, CA 95991  
(530) 714-9358  
[www.suttermedicalfoundation.org/snmf](http://www.suttermedicalfoundation.org/snmf)  
*Accepts: Straight Medi-Cal, MABC, Private\**

### Rideout Women's Health

1007 Live Oak Blvd, Suite B2  
Yuba City, CA 96991  
(530) 671-8718  
[www.rideoutwomenshealth.org](http://www.rideoutwomenshealth.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

### Woman's Circle Midwife Services

1003 Plumas Street  
Yuba City, CA 95991  
(530) 751-2273  
[www.yubasuttermidwife.com](http://www.yubasuttermidwife.com)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

### Peach Tree Clinic

1445 Veteran's Circle, Suite B  
Yuba City, CA 95991  
(530) 822-7240  
[www.pickpeach.org](http://www.pickpeach.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

### Harmony Health Clinic and Family Resource Center:

1908 North Beale Road, Suite E  
Marysville, CA 95901  
(530) 743-6888  
[www.myharmonyhealth.org](http://www.myharmonyhealth.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

**All providers in Yuba, Sutter, Butte and Yolo are Spanish speaking**

## Butte County

### Enloe Women's Services Esplanade

1665 Esplanade  
Chico, CA 95926  
(530) 332-5070  
[www.enloe.org](http://www.enloe.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

### Enloe Women's Services Magnolia

1405 Magnolia, Suite A  
(530) 332-5080  
[www.enloe.org](http://www.enloe.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

## Yolo County

### Woodland Healthcare/Dignity Health

1325 Cottonwood Street  
Woodland CA 95695  
(530) 668-2600  
[www.dignityhealth.org/](http://www.dignityhealth.org/)  
*Accepts: Straight Medi-Cal, Private\**

### Hansen Family Health Center

215 West Beamer Street  
Woodland, CA 95695  
(530) 405-2800  
[www.communicarehc.org](http://www.communicarehc.org)  
*Accepts: Straight Medi-Cal, MABC, MCHW, Private\**

## Insurance Type

- ☐ **Straight Medi-Cal**  
Phone: (800) 541-5555
- ☐ **MABC=** Medi-Cal Anthem Blue Cross  
Phone: (800) 407-4627
- ☐ **MCHW=** Medi-Cal California Health and Wellness  
Phone: (877) 658-0305
- ☐ **Private Insurance\*** if insurance allows

