

Perinatal Resource Guide Santa Cruz County 2015

Developed and revised by:
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PERINATAL RESOURCES AVAILABLE IN SANTA CRUZ COUNTY

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HOTLINES

- Alcoholics Anonymous475-5782
- American Red Cross462-2881
- California SIDS Program(800) 369-7437
- California’s Smokers Helpline(800) 662-8887
- California Youth Crisis Line(800) 843-5200
- Child Protective Services 454-2273 or (877) 505-3299
- Community Food Hotline662-0991
- Monarch Services for domestic violence or sexual assault.....(888) 900-4232
- Mental Health Crisis Intervention Santa Cruz County(800) 952-2335
- Narcotics Anonymous429-7436
- Parental Stress HotlineSanta Cruz: 426-7322 or Watsonville: 724-2879
- Poison Control-24 Hours of Service(800) 222-1222 TDD: (800) 972-3323
- Psychiatric Emergency600-2800 or 800-952-2335
- Shelter Project/Community Action Board457-1741 ext 210
- Suicide Prevention -24 Hours of Service (800) 784-2433 or (800) 273-8255
- Walnut Ave. Women's Center426-3062 after 5pm (866) 269-2559
- Youth Services Santa Cruz: 429-8350 ext 0

WARMLINES / INFORMATION LINES

Call 2-1-1 (or 800-273-6222) 24/7 for information and referral of food, shelter, childcare, healthcare, disaster response, disability services, employment assistance and more.

- Family Therapist Referral Line 429-7786
- Health Information Nurse Line 454-4339
- La Leche League of Santa Cruz County 425-3088
- Metro Bus Service Information 425-8600
- Mother to Baby medication risk information (866) 626-6847
- New Life Community Services 427-1007
- Nursing Mothers Counsel 688-3954
- Parents Center 426-7322 or 724-2879
- Positively Parenting Warmline 476-7284 x104
- Postpartum Support International..... (800) 944-4773
- U.S. Consumer Product Safety (800) 638-2772

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ACCESS FOR INFANTS AND MOTHERS (AIM)

aka MEDI-CAL ACCESS PROGRAM (MCAP)

800-433-2611**Fax: 1 (888) 889-9238****Website:** www.aim.ca.gov**Services:** Provides low cost health insurance to pregnant women and their infants including prenatal visits, hospital delivery, and full care during pregnancy and for 60 days after the pregnancy. Also covers full health care services to the baby born from the pregnancy for the first two years of life.**Eligibility / Fee:** Family income of 200- 300% of federal poverty level. Premium of 1.5% of annual income. Call for further information.**Language Spoken:** English, Spanish & 8 other languages including Vietnamese & Cambodian.**Area Served:** All of California**ALCANCE - Community Action Board; formerly Women's Ventures program**

406 Main St., Suite 202 | Watsonville, CA 95076

763-2147**Fax: 724-0200****Email:** ErinNS@cabinc.org **Website:** <http://www.cabinc.org/ALCANCE>**Services:** employment readiness workshops, one-one support, resume writing, interview preparation, onsite and community presentations, job placement, retention assistance, vocational training, life skills and asset development, leadership development.**Eligibility / Fee:** Adults who are on CalWORKS, are must be over 18 yrs or older, are unemployed or are struggling to make ends meet. Income assessment needed for eligibility. Application requires.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**ALCOHOLICS ANONYMOUS**

5732 Soquel Dr. | Soquel, CA 95073

475-5782**Fax: 475-5781****Website :** www.aasantacruz.org**Services:** Weekly 12-step meetings conducted by and for community members who support each other in being clean and sober. 230 meetings per week throughout county.**Eligibility / Fee:** None, contributions welcome.**Language spoken:** English & Spanish**Area Served:** All of Santa Cruz County.**ALTO COUNSELING CENTER -Encompass Community Services**

716 Ocean St. Suite 200 | Santa Cruz, CA 95060

423-2003

585 B Auto Center Drive | Watsonville, CA 95076

728-2233**Website:** <http://www.encompasscs.org/community-recovery-services/alto-counseling-center>**Services:** Outpatient chemical dependency programs, including DUI, employee assistance, domestic violence & drug diversion; prevention, early intervention & treatment; public presentations, training & consultation, prop 36, anger management.**Eligibility / Fee:** Sliding scale, costs vary by program.**Language spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**AMERICAN RED CROSS, Santa Cruz Chapter**

2960 Soquel Ave | Santa Cruz, CA 95062

462-2881**Fax: 462-5996****Website:** www.sccredcross.org**Services:** Adult, child and infant CPR, pediatric first aid and child care health and safety classes, disaster preparedness information, emergency shelter, transportation for children & seniors needing out-of-county services.**Eligibility / Fee:** Varies, some scholarships available.**Languages Spoken:** English/ Spanish.**Area Served:** All of Santa Cruz County.

BEACH FLATS CLINIC –Salud Para La Gente Clinic

302 Riverside Ave. | Santa Cruz, CA 95060

423-0222**Website:** www.splg.org**Services:** Pediatrics, Family Practice, Internal Medicine, Dental, call for more information.**Eligibility / Fee:** Medi-Cal, insurance, sliding scale, some no fee.**Languages Spoken:** English & Spanish.**Area Served:** North Santa Cruz County.**BEHAVIORAL HEALTH SERVICES - County of Santa Cruz Health Services Agency**

Psychiatric Emergency Services | 2250 Soquel Ave | Santa Cruz, CA 95062

24-hour non-crisis line: (800) 952-2335**Website:** Crisis Stabilization <http://www.telecarecorp.com/programs/147> **600-2800**Psychiatric Health Facility <http://www.telecarecorp.com/programs/148> **600-2801****Services:** Inpatient services. Crisis stabilization. Evaluation for psychiatric hospitalization, referral.**Eligibility / Fee:** Medi-Cal & insurance accepted or fee based on income and resources.**Languages Spoken:** English & Spanish as available.**Area Served:** All of Santa Cruz County.**BIRTH NETWORK**

PO Box 3629 | Santa Cruz, CA 95063-3629

425-3373**Website:** www.birthnet.org**Services:** Information and resources on Mother-Friendly childbirth services for pre- and post-natal care, hospital, home birth, and other practitioners in Santa Cruz County. Pregnancy information. Free. Call for more information. Look for upcoming events on the website.**Eligibility / Fee:** None, optional membership.**Language Spoken:** English, some materials available in Spanish.**Area Served:** All of Santa Cruz County.**CABRILLO COLLEGE DENTAL HYGIENE CLINIC**

6500 Soquel Dr., Bldg. 600 | Aptos, CA 95003

479-6431**Fax: 477-5687****Website:** www.cabrillo.edu/academics/dentalthygiene**Email:** cabrillodental@cabrillo.edu**Services:** Provides dental cleaning, x-rays, and sealants, preventive dental support for adults and children.**Eligibility / Fee:** Assessments - \$10.00; X-Rays - \$10-35.00; Cleaning- \$ 40.00/ 60.00/ 80.00**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County, Monterey, Santa Clara, and San Benito Counties**CAL-FRESH PROGRAM (aka Food Stamps; Cal-Works) County of Santa Cruz Human Services Department**

1020 Emeline Ave, Bldg B | Santa Cruz, CA 95060

454-4165**Fax: 454-4866**

18 W. Beach St. | Watsonville, CA 95076

763-8500**Fax: 763-8530****Website:** [http://santacruzhumanservices.org/EmploymentBenefits/CalFresh\(FoodStamps\)/WhatisCalFresh.aspx](http://santacruzhumanservices.org/EmploymentBenefits/CalFresh(FoodStamps)/WhatisCalFresh.aspx)**Online application:** www.mybenefitscalwin.org**Services:** Electronic Benefit Transfer (EBT) card for purchase of selected food items provided to low-income families.**Eligibility / Fee:** Residence, family & income criteria, no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CAL-LEARN- County of Santa Cruz Human Services Department**

18 W. Beach St. | Watsonville, CA 95076

763-8700**Fax: 763-8703****Website:** <http://www.cdss.ca.gov/cdssweb/PG84.htm>**Services:** Case management to pregnant and parenting teens on Cal-Works so that they can complete high school / GED; child care, transportation & ancillary support, and monetary incentives.**Eligibility / Fee:** Enrollment in Cal-Works, no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County

CAL-WIN**Online application:** www.mybenefitscalwin.org**Services:** Online application for Cal-Fresh, Cal-Works, and Medi-Cal**Eligibility / Fee:** Residence, family & income criteria, no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CALIFORNIA CHILDREN'S SERVICES (CCS)** County of Santa Cruz Health Services Agency

1430 Freedom Blvd, Suite.101 | Watsonville, CA 95076

763-8000**Fax: 763-8410**

PO Box 962 | Santa Cruz, CA 95061 |

454-2540**Website:**[http://santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/ChildrensMedicalServices/CaliforniaChildrenServices\(CCS\).aspx](http://santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/ChildrensMedicalServices/CaliforniaChildrenServices(CCS).aspx)**Services:** Provides for specialized medical care, occupational therapy & physical therapy, and medical case management for children who meet criteria; may cover amniocentesis if fetus at risk.**Eligibility / Fee:** CCS eligible condition, birth through 20 years old, California resident. Possible fee if over 200% of poverty.**Languages Spoken:** English & Spanish/Tagalog**Areas Served:** All of Santa Cruz County.**CALIFORNIA RURAL LEGAL ASSISTANCE** (formerly Legal Aid of the Central Coast)

21 Carr St. | Watsonville, CA 950676 Tuesdays 3-6

724-2253**Fax: 724-7530**

1740 17th Ave. | Santa Cruz, CA 95062 Mondays 10-1

724-2253**Fax: 458-1140****Website:** www.crla.org**Services:** Assistance in civil & housing law, obtaining public benefits, bankruptcy referral, education & other legal matters.**Eligibility / Fee:** County resident, under age 55 years, very low income, no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County, San Benito, and Hollister counties.**CALIFORNIA SUDDEN INFANT DEATH SYNDROME PROGRAM** **800-369-7437****SAFE TO SLEEP training and resources, County of Santa Cruz** **454-4339****Services:** SIDS education, resource & referral information, technical assistance/consultation including risk-reduction, professional & facilitator/peer training, and support for families and others.**Eligibility / Fee:** None. **Languages Spoken:** English, Some materials available in 14 languages.**Area Served:** Statewide**CATHOLIC CHARITIES OF MONTEREY**

217 East Lake Avenue | Watsonville, CA 95076

431-6939**Immigration and Citizenship phone:****422-0602****Website:** <http://catholiccharitiescentralcoast.org/>**Services:** Family and individual counseling, assistance with immigration process, assistance and referrals for rent, food, clothing, transportation needs, utility shutoff and lodging.**Eligibility / Fee:** sliding scale, some services are FREE, and ability to pay.**Languages Spoken:** English & Spanish.**Areas Served:** Santa Cruz, Monterey, San Benito, and San Luis Obispo counties.**CHILD DEVELOPMENT RESOURCE CENTER (CDRC) / CHILD CARE SWITCHBOARD**

400 Encinal St. | Santa Cruz CA 95060

466-5820**Fax 466-5846**

521 Main St., Suite Y | Watsonville, CA 95076

724-2997 Ext.210**Website:** www.cdrc4info.org**Services:** Child care referrals and information, including payment assistance programs; licensing and program planning information, professional & parent trainings, workshops, conferences and resources; advocacy.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.

CHILD HEALTH AND DISABILITY PREVENTION (CHDP) County of Santa Cruz Health Services Agency

1430 Freedom Blvd., St.101 | Watsonville CA 95076

763-8100**Fax: 763-8410**

P O Box 962 | Santa Cruz, CA 95061-0962

Website:[http://santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/ChildrensMedicalServices/ChildHealthandDisabilityPrevention\(CHDP\).aspx](http://santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/ChildrensMedicalServices/ChildHealthandDisabilityPrevention(CHDP).aspx)**Services:** Referrals to free periodic well child exams and limited follow-up treatment for children and youth of low-moderate income families; child health and resource information to families.**Eligibility / Fee:** Medi-Cal income at 200% of poverty or below, or enrolled in Head Start program. Free**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CHILD PROTECTIVE SERVICES** - County of Santa Cruz Human Services Department

1400 Emeline Ave. | Santa Cruz CA 95060

454-4222**Fax: 454-4717**

12 West Beach St. | Watsonville CA 95076

763-8700**CPS Report Line:****454-2273****(877) 505-3299**Website:<http://santacruzhumanservices.org/FamilyChildren/ChildProtectiveServices/WhatisChildProtectiveServices.aspx>**Services:** Investigation of reports of suspected child abuse and neglect, child risk assessment and family services; foster care and public agency adoption services.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CHILDHOOD LEAD POISONING PREVENTION PROGRAM** County of Santa Cruz Health Services Agency

1060 Emeline Ave. Building F. | Santa Cruz, CA 95060

454-4432**Fax: 454-5049**Website:<http://santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/ChildhoodLeadPoisoningPreventionProgram.aspx>**Services:** Prevention education and outreach, blood lead testing information and referral, case management of children with high lead levels, consumer information.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CHILDREN'S BEHAVIORAL HEALTH SERVICES** County of Santa Cruz Health Services Agency

1400 Emeline Ave, Bldg K. | Santa Cruz CA 95060

454-4900**Fax: 454-4920**

1430 Freedom Blvd. | Watsonville, CA 95076

763-8990**Access number for referrals: (800) 952-2335**Website:<http://santacruzhealth.org/HSAHome/HSADivisions/BehavioralHealth/ChildandAdolescentMentalHealthServices.aspx>**Services:** Behavioral health assessments; individual, group and family therapy, family support, evaluation for psychiatric hospitalization, school based day treatment, treatment for Severely Emotionally Disturbed (SED) children, adolescents & families.**Eligibility / Fee:** Medi-Cal, insurance and sliding fee scale accepted.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**CHRONIC DISEASE AND INJURY PREVENTION PROGRAMS** County of Santa Cruz Health Services Agency

1070 Emeline Ave., Bldg. G | P. O. Box 962 | Santa Cruz, CA 95061

454-4141**Fax: 454-5048**Website: <http://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunityHealthEducation.aspx>**Services:** Prevention programs include tobacco education, information and referrals, nutrition, bicycle and pedestrian safety, child passenger safety; SEATS for KIDS programs; syringe services.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.

CLINICA DEL VALLE DEL PAJARO –Salud Para La Gente Clinic

45 Nielson St. | Watsonville, CA 95076

728-0222

Website: www.splg.org

Services: Pediatrics, Family Practice, Internal Medicine, Dental, ObGyn/Women's Health, Behavioral Health

Eligibility / Fee: Medi-Cal, insurance, sliding scale, some no fee.

Languages Spoken: English & Spanish.

Area Served: South Santa Cruz and north Monterey counties.

COCAINE ANONYMOUS

Website: <http://www.norcalca.com/schedules/SantaCruz.asp>

Services: 12-step groups/meetings for those who want to stop using cocaine and all other mood altering substances, including alcohol and marijuana, & peer support.

Eligibility / Fee: None, contributions welcome.

Languages Spoken: English.

Area Served: All of Santa Cruz County.

COMMISSION FOR THE PREVENTION OF VIOLENCE AGAINST WOMEN - City of Santa Cruz

809 Center St. Room 10 | Santa Cruz, CA 95060

420-5363

Fax: 420-5031

Email: cpvaw@cityofsantacruz.com

<http://www.cityofsantacruz.com/departments/city-manager/commission-for-the-prevention-of-violence-against-women>

Services: To make ending violence against women the highest priority in the City of Santa Cruz; to ensure collaboration with other public and private agencies to support existing programs and support the development of new programs as needed; to facilitate meaningful citizen participation in the work of the Commission; to continue to work with law enforcement to develop strategies for the successful prosecution and conviction of the crimes of violence against women. Programs include self-defense classes for women and girls and the Safe Place Network program. Events and programs are scheduled throughout the year to raise awareness and provide information/education regarding violence against women. Meets typically the first Wednesday of each month at 6:45 pm in the SC City Council Chambers.

Eligibility / Fee: None. Small fee for self-defense classes. Low cost for women and girls.

Languages Spoken: English

Area Served: Primarily city of Santa Cruz, but all county residents are welcome.

COMMUNITY ACTION BOARD (CAB)

406 Main St., St.207 | Watsonville CA 95076

763-2147

Website: <http://www.cabinc.org>

Services: Programs offered through CAB include: Shelter Project, Energy Services, Women’s Ventures Program, Santa Cruz County Immigration Project, Davenport Resource Services Center, Natural Resources & Employment, and Coalition for a Living Wage and Youth Community Restoration Project.

Eligibility / Fee: Call for information, no fee.

Languages Spoken: English & Spanish.

Area Served: All of Santa Cruz County.

CONFLICT RESOLUTION CENTER OF SANTA CRUZ COUNTY –

Santa Cruz County: Conflict Resolution & Diversity Life Skills Ed. Project

P.O. Box 187 | Soquel, CA 95073-6117

475-6117

Website: www.crcsantacruz.org

Email: info@crcsantacruz.org

Services: Works with parents & caregivers to help guide children to learn to deal with conflict and diversity creatively and constructively: workshops, on-going support & play groups.

Eligibility / Fee: Sliding scale.

Languages Spoken: English & Spanish.

Area Served: All of Santa Cruz County.

COUNTY OF SANTA CRUZ HUMAN SERVICES DEPARTMENT

1020 Emeline Ave. | Santa Cruz, CA 95060

454-4165**Fax: 454-4092**

18 West Beach St. | Watsonville, CA 95076

763-8500**Fax: 763-8530****Website:** <http://www.santacruzhumanservices.org/>**Services:** Medi-Cal for prenatal care services, food stamps, financial assistance (formerly AFDC).**Eligibility / Fee:** Residence, family & income criteria, no fee. Assessment Needed**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**COVERED CALIFORNIA****Website:** www.coveredca.com**888-421-8080**

County office: 1020 Emeline Ave | Santa Cruz, CA 95060

Services: Online enrollment for health insurance. Assistance and resources available. Compare affordable, quality health insurance options, and choose what best fits your needs.**Area Served:** All of California (website), all of Santa Cruz County (Emeline office)**DAVENPORT RESOURCE SERVICES CENTER**

150 Church St. | P.O. Box 97 | Davenport, CA 95017

425-8115**Fax: 425-8156****Website:** <http://www.cabinc.org/drsc>**Teen Center:** M-F 3:30pm-7:30pm; Tues. Closed**Services:** food & commodities distribution, information and referral, transportation (very limited), periodic immunization clinics, art & recreation classes for children, teen center, senior programs.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** Davenport, north coast area.**DIENTES! COMMUNITY DENTAL CLINIC**

1830 Commercial Way | Santa Cruz, CA 95065

464-5409**Website:** www.dientes.org**Services:** Comprehensive dental services for low-income people. Professional dentists and hygienists on staff to perform routine, preventive, and emergency dental treatment.**Eligibility / Fee:** Medi-Cal, reduced fee private pay.**Language:** English & Spanish.**Area Served:** All of Santa Cruz County.**DOMINICAN HOSPITAL Dignity Health**

1555 Soquel Dr. | Santa Cruz, CA 95065

462-7700**Fax: 462-7673****Website:** www.dominicanhospital.org**Services:** emergency and inpatient including Labor & Delivery, pre- & post-partum mother and newborn care, Level III Neonatal Intensive Care, and Pediatrics. Free, drop-in mother-baby support group. Free, drop-in "Beyond the Blues" support group for moms with depression and anxiety.**Eligibility / Fee:** Medi-Cal, insurance, private pay.**Languages Spoken:** all, via ATT Language Line**Area Served:** All of Santa Cruz County.**DOMINICAN HOSPITAL LACTATION CENTER**

8030 Soquel Ave. Suite 104 | Santa Cruz, CA 95062

462-7862**Fax: 462-7820****Website:** http://www.dominicanhospital.org/Medical_Services/Family_Birthing_Center/052802**Services:** Lactation consultation, breastfeeding supplies, breast pumps, nursing breast, and other products. Free, drop-in support groups for mothers and babies, and for breastfeeding.**Eligibility / Fee:** Variable, services may be covered by some insurance, including Central California Alliance for Health and Medi-Cal. Support group is free.**Languages Spoken:** AT&T Language Line Service.**Area Served:** All of Santa Cruz County.

EAST CLIFF FAMILY HEALTH CENTER

21507 East Cliff Drive | Santa Cruz, CA 95062

427-3500**Website:** <https://www.shealthcenters.org/services/east-cliff-family-health-center/>**Services:** Serves men, women, and children through primary care, pediatric services, pregnancy testing, family planning, prenatal care and education, childbirth classes, mental health counseling (group and individual counseling), health education. Assistance for Covered CA, Medi-Cal and CalFresh enrollment and renewal.**Eligibility / Fee:** Medi-Cal, Healthy Kids, Anthem Blue Cross, Blue Shield, Health Net, FamPact, and sliding scale.**Languages Spoken:** English, Spanish**Area Served:** All of Santa Cruz County**FAMILIES IN TRANSITION**

2941 Park Ave. Unit D | Soquel CA 95073

458-7124**Fax: 728-9793**

406 Main St., ST.326 | Watsonville, CA 95076

728-9791**Fax: 728-9793****Website:** www.fitsantacruz.org**Services:** Housing & rental assistance, employment, training & education plan, counseling, child care, parenting education, budgeting and other social services for homeless families.**Eligibility / Fee:** Homeless families or at risk of becoming homeless, referred by agency/program. No fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**FAMILY HEALTH UNIT** County of Santa Cruz Health Services Agency

1060 Emeline Ave., Bldg. F | Santa Cruz, CA 95060

Health Information Nurse Line**454-4339****Fax: 454-5049****Website:** <http://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/FamilyHealthPrograms.aspx>**Services:** Case management, home visits, education & support for high risk pregnancy and drug-exposed or medically high risk infants and teen parents, health information and referrals to community resources, Comprehensive Perinatal Services Program.**Eligibility / Fee:** Call for eligibility requirements, no fee.**Language Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**FAMILY SERVICE AGENCY OF THE CENTRAL COAST**

104 Walnut Ave. Suite 208 | Santa Cruz, CA 95060

423-9444**Fax: 423-1532**

11-D Alexander St. | Watsonville, CA 95076

728-9970 x 200**Fax: 728-9971****Crisis Line: 458-5300 or toll free (877) 663-5433****Website:** www.fsa-cc.org**Services:** Counseling services for parents, adults and children including an evaluation and treatment program for children under six years old and their families.**Eligibility / Fee:** Sliding scale, Medi-Cal Behavioral Health Plan by County referral only, Healthy Kids.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**GEMMA** (caring for women in transition)

716 Ocean St. Suite 170 | Santa Cruz, 95060

423-2003**Website:** <http://www.encompasscs.org/community-recovery-services/gemma>**Services:** GEMMA's Day Program is a 9-week series of diverse life skills classes, preparing women in jail for their reentry. Classes take place approximately 12 hours per week at a learning location outside of the jail. The Residential Program, Residents are women who have graduated from the Gemma Day Program and who would otherwise be homeless after jail.**Eligibility / Fee:** Currently only women at the Blaine St. minimum-security jail are eligible for participation in the Day Program.**Languages Spoken:** English & Spanish.**Area Served:** See eligibility.

GREEN VALLEY CLINIC –Salud Para La Gente Clinic

280 Green Valley Road. | Watsonville, CA 95076

722-2666

Website: www.splg.org

Services: ObGyn/Women’s Health

Eligibility / Fee: Medi-Cal, insurance, sliding scale, some no fee.

Languages Spoken: English & Spanish.

Area Served: South Santa Cruz and north Monterey counties.

HAND - Help After Neonatal Death: Santa Cruz Chapter

Mailing address: 15 Kerry Court Scotts Valley | CA 95066

438-4513

Meetings held at Congregational Church of Soquel Ann Hutchinson Room 4951 Soquel Dr. | Soquel, 95073

Website: www.handsupport.org

Services: Peer support group meetings for parents, family members and friends of stillborn, miscarriage, interruption of unwanted pregnancy and newborn deaths. Telephone support/counseling.

Eligibility / Fee: None.

Languages Spoken: English. Phone support in Spanish can be arranged.

Area Served: All of Santa Cruz County.

HEAD START – Encompass Community Services

225 Westridge Dr. | Watsonville, CA 95076

688-3802

Website: <http://www.encompasscs.org/child-and-family-development/head-start>

Services: Child development program serving low-income families with children 0-5 yrs. Center-based services and home visiting options. Comprehensive family support services, prenatal support services through the Early Head Start program.

Eligibility / Fee: Call for eligibility requirements; children with special needs and foster children given special consideration for enrollment; no fee.

Languages Spoken: English & Spanish.

Area Served: All of Santa Cruz County.

HEALTHY START CENTERS - Pajaro Valley Unified School District

Children’s Resource Center

440-A Arthur Rd.

Watsonville, CA 95076

761-6125 Fax: 761-6130

Teen Resource Center Watsonville High

250 E. Beach St.

Watsonville, CA 95076

761-6131 Fax: 728-6247

Pajaro Family Resource Center Middle School

250 Salinas Rd. Portable #1

Watsonville CA 95076

761-6633 Fax: 761-6042

Pajaro Valley High Resource Center

500 Harkins Slough Rd. Building A

Watsonville, CA 95076

728-7892 Fax: 728-6931

Starlight Resource Center

225 Hammer Dr. Room 31

Watsonville, CA 95076

728-6979 ext. 5631

Rolling Hills Resource Center

130 Herman Ave. Room 11

Watsonville, CA 95076

729-6341 ext. 4811 Fax: 728-6288

Website: http://www.pvUSD.net/cms/page_view?d=x&piid=&vpid=1309615215212

Services: Services vary at each site; call for information. Some services include: CHDP health exams; preventive and restorative dental services; immunizations; health insurance enrollment; information and referral; car seat program (Pajaro Resource Center only) Students in Transition, Medi-Cal for families, Healthy Kids

Eligibility / Fee: Vary at each site. Please call for information

Languages Spoken: English & Spanish.

Area Served: South County, PVUSD area

HOMELESS PERSONS HEALTH PROJECT (HPHP) - County of Santa Cruz Health Services Agency115 A. Coral St. | Santa Cruz, CA 95060 Toll free **866-731-4747** **454-2080** **Fax: 454-3424****Website:** <http://www.santacruzhealth.org/HSAHome/HSADivisions/ClinicServices/HomelessPersonsHealthProject.aspx>**Services:** Community & St.-based outreach -primary health assessments & hands-on care by nurses, short-term medical coverage, referrals and linkage to other services, including behavioral & medical health care and substance abuse treatment; basic health care clinic hours by nurse appointment.**Eligibility / Fee:** Homeless / None**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County**HOUSING INFORMATION** Santa Cruz County resources**Website:** <http://php.santacruzpl.org/cid/public/quicklists.php?name=Housing>

Updated by the Public Library, with links for Affordable Housing, Domestic Violence, Shelters, Emergency Housing, Homeless Services, Transitional and Veterans

Area Served: All of Santa Cruz County**IMMIGRATION PROJECT of Santa Cruz County (SCCIP) - Community Action Board**

406 Main St., Room 217 | Watsonville, CA 95076

724-5667**Fax: 724-3447****Website:** <http://www.cabinc.org/sccip>**Email:** doug@cabinc.org**Services:** Full range of immigration services & advocacy for low income including citizenship applications and preparation, family petitions, green card and work permit renewals, and other INS-required forms.**Eligibility / Fee:** No fee, donation welcome**Languages Spoken:** Spanish and English**Area Served:** All of Santa Cruz County**IMMUNIZATION CLINICS - County of Santa Cruz Health Services Agency**

1080 Emeline Ave. | Santa Cruz CA 95060

454-4100

9 Crestview Ave. | Watsonville, CA 95076

763-8400**Website:** <http://www.santacruzhealth.org/HSAHome/HSADivisions/ClinicServices/ImmunizationServices.aspx>**Services:** Vaccinations for children and adults, information about immunizations including vaccine safety.**Eligibility / Fee:** Medi-Cal, minimal fee per child or family**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**JANUS (of Santa Cruz)**

200 Seventh Ave. Suite 150 | Santa Cruz, CA 95062

462-1060**Fax: 462-497****Website:** <http://www.janussc.org>**Toll free: 866-526-8772****Services:** Assessment, detoxification, residential treatment, outpatient, day treatment, family program, relapse prevention, aftercare, perinatal program (3 years and under, child care provided (4years and under), Inpatient (90 days) services, pregnant and postpartum), transitional housing, DUI classes. Outpatient services for pregnant and parenting women 18 years old and older**Eligibility / Fee:** insurance, private pay, sliding scale.**Language Spoken:** English & Spanish.**Area Served:** All over, including: Santa Cruz, Monterey, San Benito counties.**JANUS COMMUNITY CLINIC**

1000-A Emeline Ave. | Santa Cruz, CA 95060

425-0112**Website:** <http://www.janussc.org/treatment/opiate.html>**Services:** Methadone treatment, opiate and maintenance services.**Eligibility / Fee:** Maintenance: \$450/month (Low Income: \$375/month) with a one-time \$200 administration fee. Medi-Cal accepted for maintenance only.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.

JANUS PERINATAL (formerly Mondanaro-Baskin Center for Women and Children)

516 Chestnut Ave. | Santa Cruz, CA 95060

423-9015**Fax: 423-9098****Website:** <http://www.janussc.org/treatment/perinatal.html>**Services:** 24-hour residential alcohol/drug treatment program for pregnant & parenting women and their children through age three. Eight beds for low-income women, six-month commitment.**Eligibility / Fee:** Sliding scale fee, Medi-Cal pregnant & post-partum only.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**JESUS, MARY & JOSEPH HOME**

132 Lennox St. | Santa Cruz, CA 95060

459-6712**Website:** <http://www.stfrancissoupkitchen.org/jmj.html>**Services:** Up to 6 months live-in shelter for single women and single moms with children, including meals. Referrals to other services.**Eligibility / Fee:** Must be drug/alcohol-free. Depends by case.**Language Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**LA LECHE LEAGUE of Santa Cruz County****425-3088****Website:** www.llnorcal.org/groups/SantaCruzCA.html**Email:** LLLofSantaCruz@gmail.com**Services:** Breastfeeding education, information and support through phone contact, email, monthly meetings, and lending library; topics include breastfeeding, pregnancy, birth, and parenting.**Eligibility / Fee:** None, optional membership**Language Spoken:** English, written materials in Spanish**Area Served:** All of Santa Cruz County**LA MANZANA COMMUNITY RESOURCE CENTER**

521 Main St. Suite Y | Watsonville, CA 95076

724-2997**Fax: 724-2915****Website:** <https://communitybridges.org/lmcr/>**Services:** Comprehensive information and referral, health and nutrition education and support, parent classes and support, home visiting, education and economic self-reliance workshops and support, bi-lingual literacy center, child passenger safety program, health insurance access, citizenship assistance, advocacy, community activities, family leadership development.**Eligibility / Fee:** No fee, donations welcome.**Languages Spoken:** English & Spanish.**Area Served:** Primarily South Santa Cruz County and Pajaro**LAWYER REFERRAL SERVICE OF SANTA CRUZ COUNTY** **425-4755****Services:** Provides legal services at a reasonable fee. For \$50, an appointment can be arranged for clients to meet with a lawyer appropriate for needs. The meeting is for up to 1/2 hour of legal advice.**Languages Spoken:** Staff only speaks English, so an interpreter is needed for the initial call, but staff is able to book many appointments with attorneys who either speaks Spanish or who have Spanish-speaking staff.**Area Served:** All of Santa Cruz County**LIVE OAK FAMILY RESOURCE CENTER** A Program of Community Bridges

1740 17th. Ave. | Santa Cruz, CA 95062

476-7284**Fax: 476-2769****Website:** <http://communitybridges.org/locr/>**Services:** Information and links to community services, health care enrollment assistance, 2nd Harvest food distribution site, health screenings, free onsite ESL, tutoring and teen programs, summer sports program, family home visits and other assistance. Parent education programs include: childbirth education classes (group and private), parenting education and support groups, infant/toddler play groups.**Eligibility / Fee:** Many no-cost, some sliding scale**Languages Spoken:** English & Spanish; many parenting programs conducted in Spanish.**Area Served:** The greater Live Oak Area, Santa Cruz, and Capitola

MEDI-CAL - County of Santa Cruz Human Services Department

1020 Emeline Ave. Building B | Santa Cruz CA 95060

18 W. Beach St. | Watsonville, CA 95076

454-4165**763-8500****Fax: 454-4092****Website:** www.hsd.co.santa-cruz.ca.us **Online application:** <http://www.mybenefitscalwin.org/web/consortium/home>**Services:** Expedited Medi-Cal health coverage for prenatal care services; Medi-Cal coverage for low-income children and families.**Eligibility / Fee:** Residence, family & income criteria, no fee or share of cost for pregnancy.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County**MEDI-CRUZ - County of Santa Cruz Health Services Agency**

1080 Emeline Ave. Room 101 | Santa Cruz CA 95060

9 Crestview Dr. | Watsonville, CA 95076

454-4070**763-8033****Fax: 454-4896****Fax: 763-8237****Website:** <http://www.santacruzhealth.org/HSAHome/HealthBenefitPrograms/MediCruzSpecialtyProgram.aspx>**Services:** Limited coverage of medical services for undocumented persons not eligible for Medi-Cal.**Eligibility / Fee:** Drop-in appointments. No fee or minimal share of cost. Please call for more information.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**MIGRANT HEAD START - Pajaro Valley Unified School District**

294 Green Valley Rd. | Watsonville, CA 95076

728-6955**Fax: 728-6998****Website:** http://www.santacruz.k12.ca.us/ed_services/migrant_headstart.html**Services:** Child development program serving migrant farm worker families with children 6 weeks to 6 years old. Center-based and family day care home options. Family support, education and advocacy.**Eligibility / Fee:** Call for eligibility requirements; children with disabilities given special consideration for enrollment; no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**MONARCH SERVICES –formerly Defensa de Mujeres/Women’s Crisis support**

233 East Lake Ave | Watsonville CA 95076

1685 Commercial Way | Santa Cruz, CA 95065

722-4532**425-4030****Fax: 722-4990****24-hour crisis line: 888-900-4232****Website:** <http://www.monarchsc.org/>**Email:** postmaster@wcs-ddm.org**Services:** Emergency shelter, crisis counseling, Emergency response to domestic violence & sexual assault survivors; advocacy; support groups; legal assistance; presentations & training; children’s services; family workshops; neighborhood outreach; community organizing; and self-defense classes.**Eligibility / Fee:** Sliding scale to free, depending on ability to pay.**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County**MOTHER TO BABY CALIFORNIA****Formerly known as CTIS Pregnancy Health Information Line**

University of California | San Diego School of Medicine

Dept. of Pediatrics #08281 | 9500 Gilman Dr. La Jolla, CA 92093-0828

866-626-6847**Website:** www.mohtertobabyca.org**Email:** mohtertobabyca@ucsd.edu**Services:** Information on the effects of drugs and medications on fetal development, in pregnancy and breastfeeding; free pediatric exam offered to pregnant women who agree to participate in our follow-up program, and counselors will call if requested.**Eligibility / Fee:** None.**Languages Spoken:** English, Spanish, Tagalog**Area Served:** Statewide

MOUNTAIN COMMUNITY RESOURCES

6134 Hwy. 9 | Felton, CA 95018

335-6600**Website:** <https://communitybridges.org/mcr/>**Services:** Services include health screenings, food distribution, WIC services, information & referral, weekly playgroup and parent support group, Triple P parent education.**Eligibility / Fee:** No Fee**Languages Spoken:** English/limited Spanish.**Area Served:** San Lorenzo Valley/Scotts Valley.**NARCOTICS ANONYMOUS****Website:** <http://www.scnapi.org/>**Information/Hotline:** 429-7436**Services:** 12-step meetings conducted by and for community members who want to stop use of narcotics and other mood altering substances and stay clean; peer support**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County**NEW LIFE COMMUNITY SERVICES**

707 Fair Ave. | Santa Cruz, CA 95060

427-1007**Fax: 888-474-6361****Website:** www.newlifesc.org**Toll Free: 888-474-6758****Services:** Substance abuse treatment; emergency homeless shelter services; case-management & referral and family counseling.**Eligibility / Fee:** Sliding scale to no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**NUEVA VISTA COMMUNITY RESOURCES****Formerly known as FAMILIA CENTER and BEACH FLATS COMMUNITY CENTER**

711 East Cliff Dr. | Santa Cruz CA 95060

423-5747**Fax: 423-5922**

Youth Services at 133 Liebrandt | Santa Cruz, CA 95060

423-5747**Website:** <https://communitybridges.org/nvcr/>**Services:** Information, referral & follow-up to community services, interpretation & assistance in completing medical & employment forms. Food distribution twice a month, parent workshops, after-school programs. Cal-Fresh assistance and reporting.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County, primarily north Santa Cruz County.**NURSING MOTHERS COUNSEL**

P. O. Box 66634 | Scotts Valley, CA 95067

688-3954**Website:** www.nursingmothers.org**Services:** Volunteer over the phone breastfeeding support, information and consultation; home visits, peer counselor training. Free breastfeeding class on the second Saturday of the month, 9 am–noon, at the East Cliff Family Health Center.**Eligibility / Fee:** None.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**PAJARO VALLEY LOAVES AND FISHES**

150 Second St. | Watsonville, CA 95076

722-4144**Fax: 722-5269****Website:** <http://www.pvloavesandfishes.org/>**Services:** Food pantry (food boxes & bags). Hot lunches served at 12 Noon.**Eligibility / Fee:** Food pantry - I.D. card, proof of income, and address, no fee.**Languages Spoken:** English & Spanish**Area Served:** South Santa Cruz County & Pajaro.

PAJARO VALLEY SHELTER SERVICES

115 Brennan St. | Watsonville, CA 95076

728-5649**Fax: 722-6177****Website:** www.PVSHELTER.org**Services:** Case management. Emergency shelter for homeless women & children. Transitional housing and long term support for homeless families.**Eligibility / Fee:** Shelter: none. Transitional housing: rent based on income.**Language Spoken:** English & Spanish**Area Served:** South Santa Cruz & North Monterey Counties.**PAPAS SUPPORTING FATHER INVOLVEMENT**

225 Westridge Drive | Watsonville, CA 95076

763-3123**Fax 724-3534****Website:** <http://www.papassfi.org/>**Services:** Activities that strengthen family relationships, help fathers/father-figures become more involved with their children, and provide a more positive environment for the children's social-emotional development.**Eligibility / Fee:** some services free.**Language Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**PARENTS CENTER**

530 Soquel Ave. | Santa Cruz, CA 95062

426-7322**Fax: 426-2803**

255 East Lake Ave. | Watsonville, CA 95076

724-2879**Web info:** <http://php.santacruzpl.org/cid/public/full.php?id=527>

Above phone numbers also serve as 24-hour hotlines.

Services: Counseling and educational services for families with children under 12 years, child abuse prevention and treatment services, parenting groups & classes.**Eligibility / Fee:** Medi-Cal, sliding scale, insurance, some services free.**Language Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**PEP - PERSONAL ENRICHMENT PROGRAM** Dominican Santa Cruz Hospital Education Center |

610 Fredrick St Room 101 | Santa Cruz, CA 95065

457-7099**Fax: 457-7088**

Child Birth Center and Birth Center Tour

457-7171**Website:** https://www.dominicanhospital.org/Classes_And_Events/index.htm**Services:** Childbirth preparation, exercise, health and safety classes.**Eligibility / Fee:** Varies by class.**Language Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**PLANNED PARENTHOOD**Westside Clinic 1119 Pacific Ave, | Ste. 200 Santa Cruz, CA 95060**426-5550****Fax: 425-0106**La Mariposa Clinic 398 South Green Valley Rd. | Watsonville, CA 95076**724-7525****Fax: 724-7438****Website:** <http://www.plannedparenthood.org/planned-parenthood-mar-monte>**Services:** Pregnancy testing & counseling, family planning/birth control, abortion & vasectomy services, pediatric care, general medical care.**Eligibility / Fee:** Medi-Cal, insurance, sliding scale, FamPact**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**PVUSD: CAL-SAFE TEEN PARENT PROGRAM**

294 Green Valley Rd. | Watsonville, CA 95076

786-2100 ext. 2760**Fax: 722-3651****Services:** High school classes, child development and parenting education; counseling in career and personal development.**Eligibility / Fee:** Pregnant and/or parenting teens; must be under 19 years old to begin program.**Languages Spoken:** English/Spanish.**Area Served:** Boundaries of Pajaro Valley Unified School District

REBELE FAMILY SHELTER - Homeless Community Resource Center
115 Coral St. | Santa Cruz, CA 95060 **458-6020 Ext. 1103**

Website: <http://scshelter.org/index.php?page=rebele-family-shelter>

Services: Family shelter up to six months, showers, two meals per day, referrals for other services, including mail, laundry, case management, adult counseling, health-care, job assistance, and children attend area schools.

Eligibility / Fee: Must be drug/alcohol-free, no fee, refundable deposit

Languages Spoken: English & Spanish

Area Served: All of Santa Cruz County

REGALO DE AMOR LACTATION CENTER Women, Infants & Children (WIC) Program

18 West Lake Ave. | Suite A Watsonville CA 95076

722-7121

Fax: 722-8532

1105 Water St. | Santa Cruz CA 95062

426-3911

Fax: 426-0437

Website: <https://communitybridges.org/wic/>

Services: Prenatal & post-partum breastfeeding information and support to WIC clients or those who meet WIC eligibility guidelines.

Eligibility / Fee: None.

Language Spoken: English & Spanish.

Area Served: South Santa Cruz County - 95076 Zip Code area.

RIVER ST. SHELTER

115C Coral St. | Santa Cruz, CA 95060

459-6644

Fax: 459-0813

Website: <http://www.encompasscs.org/community-support-services/river-street-emergency-shelter>

Services: Shelter, food (breakfast & dinner); washer/dryer; drug & alcohol education/counseling, 12-step meetings, case management services toward employment/housing; referral to County Behavioral Health.

Eligibility / Fee: Primarily for homeless with dual (drug & mental health) diagnosis, no fee.

Language Spoken: English; Spanish - evening staff only.

Area Served: All of Santa Cruz County.

SALUD PARA LA GENTE HEALTH CLINIC –Main Clinic

204 East Beach St | Watsonville, CA 95076

728-0222

Fax: 724-2011

Website: www.splg.org

Services: Pediatrics, Family Practice, Internal Medicine, Dental, Eye Care, ObGyn/Women's Health including Comprehensive Perinatal Services Program, Sports Medicine, Behavioral Health.

Eligibility / Fee: Medi-Cal, insurance, sliding scale, some no fee.

Languages Spoken: English & Spanish.

Area Served: South Santa Cruz and north Monterey counties.

SALVATION ARMY

721 Laurel St. | Santa Cruz, CA 95060

426-8365

Fax: 426-4370

214 Union St. | Watsonville, CA 95076

724-3922

Website: http://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?query=95060&mode=query_1&limit=20

Services: Emergency food & clothing, PG&E assistance, emergency shelter, shower & dinner in South County only, youth programs, church every Sunday morning and evening.

Eligibility / Fee: I.D. required. No fee.

Languages Spoken: English & Spanish.

Area Served: All of Santa Cruz county & Pajaro area.

SAN ANDREAS REGIONAL CENTER

1110 Main St. Suite 8 | Watsonville, CA 95076

728-1781**Fax: 728-5514**

EARLY START PROGRAM for children 0-3years of age

(855) 370-3580**Website:** <http://www.sarc.org>**Services:** Serves children 3 years and older with developmental disabilities. Diagnosis & evaluation, prevention, advocacy, community education and training, individual program planning, infant services, respite, parent education, skill training, adult programs, adaptive equipment, residential placement/supported living options.**Eligibility / Fee:** 3 years old at risk & over 3 years old - a substantially handicapping disability, including mental retardation, cerebral palsy, epilepsy, autism. No fee for most services.**Languages Spoken:** English & Spanish.**Area Served:** Santa Cruz, San Benito, Monterey, Santa Clara counties.**SANTA CRUZ WOMEN'S HEALTH CENTER**

250 Locust St. | Santa Cruz, CA 95060

427-3500**Fax: 457-2486****Website:** <http://www.schealthcenters.org>**Services:** Serves women and children through primary care, pediatric services, pregnancy testing, family planning, prenatal care and education, mental health counseling (group and individual counseling), health education. Assistance for Covered CA, Medi-Cal and CalFresh enrollment and renewal.**Eligibility / Fee:** Medi-Cal, Healthy Kids, Anthem Blue Cross, Blue Shield, Health Net, sliding scale.**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County.**SECOND HARVEST FOOD BANK**

800 Ohlone Parkway | Watsonville, CA 95076

722-7110**Fax: 722-0435****Community Food Hotline:** 662-0991**Website:** www.thefoodbank.org**Services:** Community Food Hotline, referrals to Emergency food programs.**Eligibility / Fee:** Federal poverty guidelines and residency**Language Spoken:** English & Spanish**Area Served:** All of Santa Cruz**SHELTER PROJECT of Community Action Board**

501 Soquel Ave. St. E | Santa Cruz, CA 95062

457-1741 ext 210**Fax: 457-0617****Website:** <http://cabinc.org/tsp>**Services:** Rental assistance, motel vouchers for medical Emergency, people with HIV/AIDS, voice mail services for homeless people seeking jobs or housing or needing communication with a medical provider, advocacy & information.**Eligibility / Fee:** Call for information.**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County**SIENA HOUSE MATERNITY HOME**

108 High St. | Santa Cruz, CA 95060

425-2229**Fax: 425-0138****Website:** www.sienahouse.org**Services:** Residential program of support, education & guidance for pregnant & early postpartum women.**Eligibility / Fee:** Call for eligibility requirements. No fee.**Languages Spoken:** English**Area Served:** All of Santa Cruz County.

SOBER LIVING ENVIRONMENTS OF SANTA CRUZ

2845 Soquel Ave | Santa Cruz, CA 95062 (men and women)

423-3890

Si Se Puede (men only, Corralitos)

761-5422**Website:** <http://www.encompasscs.org/community-recovery-services/sober-living-environments>**Services:** Referral resource for counseling, rehabilitation & recovery related services, housing for low-income individuals in a structured, drug-free living environment.**Eligibility / Fee:** Call for information**Languages Spoken:** English.**Area Served:** Santa Cruz county & outlying areas**SPEAK UP SANTA CRUZ** Perinatal mood and anxiety disorders

Please visit the website for more information about local support groups, meetings and locations.

Website: <http://www.speakupsantacruz.org/>

Our mission is to improve awareness of perinatal anxiety and mood disorders (PAMD) in our community, provide education and support to the facilitators of the perinatal wellness groups in Santa Cruz County, expand resources and support systems for women at risk for PAMD in our community, and provide professional development resources to increase provider screening and referral.

SPECIAL CONNECTIONS FAMILY RESOURCE CENTER

984-2 Bostwick Ln. Suite 1218 | Santa Cruz, CA 95062

464-0669

103 Herman Ave Watsonville, CA 95076

Website: http://www.santacruz.k12.ca.us/spec_ed/special_connections.html**Services:** Resource, information and support for families of infants and toddlers with special needs; parent to parent support; parent education, information on early intervention and community resources.**Eligibility / Fee:** Must be enrolled in the Early Start Program. 0 - 3 years of age with special needs. No fee.**Language Spoken:** English & Spanish.**Area Served:** Santa Cruz County and San Benito Counties**SPECIAL EDUCATION LOCAL PLAN AREA PROGRAMS - (SELPA) Special Services**

294 Green Valley Rd | Watsonville, CA 95076

786-2130**Fax: 728-8107****Website:** www.PVUSD.net**Services:** Identification, assessment and provision of quality educational programs for children with disabilities, according to the school district area in which the family resides. An Individualized Education Program team, including the child's parent(s), develops educational goals & objectives for the child & determines which services are needed.**Eligibility / Fee:** All parents with children birth to 22 years residing within one of the school district areas. No fee. Can request an assessment and evaluation to determine eligibility for special education services.**Languages Spoken:** English & Spanish**Area Served:** By district area – PVUSD or North Santa Cruz County**SPECIAL PARENTS INFORMATION NETWORK (SPIN)**

294 Green Valley Rd. Ste. 313 | Watsonville, CA 95076

722-2800**Fax: 722-2580**

740 Front St., Ste. 175 | Santa Cruz CA 95060

423-7713**Website:** www.spinsc.org**Services:** Parent-directed family resource center with special needs. Provides information, training, referral resources, support, advocacy and empowerment, educational events, and mentoring.**Eligibility / Fee:** None**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County

ST. FRANCIS CATHOLIC KITCHEN

205 Mora St. | Santa Cruz, CA 95060

459-6712**Website:** <http://www.stfrancissoupkitchen.org/kitchen.html>**Services:** Lunch served Mon – Fri. 12pm - 1pm. Showers available Mon. – Fri. 11pm – 12pm
Clothing provided Mon., Wed., & Fri. 11:30am - 1pm.**Eligibility / Fee:** No alcohol/drugs, no fee.**Languages Spoken:** English, but Spanish translators often available; all language speakers welcome.**Area Served:** All of Santa Cruz County.

SUTTER LACTATION CENTER - Sutter Maternity and Surgical Center2900 Chanticleer Ave. | 2nd Floor Santa Cruz, CA 95065-1152**477-2229****Fax: 477-2221****Website:** http://www.suttersantacruz.org/programs/clinical/programs_clinical_lactation.html**Services:** Lactation counseling & education, sales & rental of breast pumps, breastfeeding support products, video & book lending library, drop-in support groups.**Eligibility / Fee:** Variable, services covered by some insurance including Central California Alliance for Health & Medi-Cal, support groups free.**Languages Spoken:** English & Spanish; AT&T Language Line Service Translators for all languages.**Area Served:** All of Santa Cruz County.

SUTTER MATERNITY & SURGERY CENTER - Birth Center, Medical & Surgical Services

2900 Chanticleer Ave. | Santa Cruz, CA 95065

477-2200**Website:** <http://www.suttersantacruz.org/>**Services:** Inpatient/outpatient testing, labor & delivery, pre- & post-partum mother and newborn care. Weekly drop-in group for mothers with babies birth to 6 months old; Perinatal Wellness support group; CPR & infant massage; lactation center - individual and group support, pump station; medical/surgical care.**Eligibility / Fee:** Medi-Cal, insurance, cash; support group free**Language Spoken:** English & Spanish; AT&T Language Line Service Translators for all languages.**Area Served:** All of Santa Cruz County.

VALLEY CHURCHES UNITED MISSIONS

9400 Highway 9 | Ben Lomond, CA 95005

336-8258**Fax: 336-5689**

Mailing Address P. O. Box 367 | Ben Lomond, CA 95005

Website: www.vcum.org**Services:** Emergency food pantry, information & referral services, Emergency rental assistance, gas and food vouchers, limited utilities & medical assistance.**Eligibility / Fee:** San Lorenzo/Scotts Valley or adjacent unincorporated area resident or homeless, no fee.**Languages Spoken:** English, limited Spanish.**Area Served:** San Lorenzo Valley, Scotts Valley.

VOUCHER PROJECT / SCC PARENTS ASSOCIATION

9047 Soquel Dr., Suite D | Aptos, CA 95003

688-2152**fax: 688-2156****Website:** www.voucherproject.org**Services:** Payment assistance for child care services for eligible families; resource and child assessment assistance, book & video lending library. Child care providers must be licensed or licensed exempt.**Eligibility / Fee:** Based on income and family size, possible share of cost, waiting list.**Languages Spoken:** English & Spanish**Area Served:** All of Santa Cruz County.

WALNUT AVE. WOMEN'S CENTER

303 Walnut Ave. | Santa Cruz, CA 95060

426-3062**Fax: 426-3070****Website:** www.wawc.org **24 hour Domestic Violence Hotline 866-269-2559****Services:** Domestic violence / child abuse prevention & intervention, subsidized child care, teen mothers program, food bank, women's work center & clothing closet, parenting & exercise classes, breast cancer prevention/support groups.**Eligibility / Fee:** None, fee for exercise classes only.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**WATSONVILLE COMMUNITY HOSPITAL**

75 Nielson Rd. | Watsonville, CA 95076

Maternity Unit: 761-5611**CPSP - Perinatal Services Sweet Success:****763-6015****Website:** <http://www.watsonvillehospital.com>**Maternity Services - CPSP:** Comprehensive perinatal support services, including Sweet Success program for gestational diabetes, Level II intensive care nursery; Baby Talk – mother infant support group, Wed. 10:00a.m. – 12:00p.m**Eligibility / Fee:** Medi-Cal, insurance, private pay**Languages Spoken:** English & Spanish.**Area Served:** Santa Cruz & North Monterey Counties.**WATSONVILLE COMMUNITY SCHOOL**

221 Airport Blvd. | Watsonville CA 95076

722-9419**Services:** High school classes, child development and parenting education; counseling in career and personal development. On-site child care provided during school hours for eligible students.**Eligibility / Fee:** Pregnant and/or parenting teens; must be under 19 years old to begin program.**Languages Spoken:** English/Spanish.**Area Served:** Santa Cruz County**WATSONVILLE HOSPITAL LACTATION CENTER - Watsonville Community Hospital**

75 Nielson Rd. | Watsonville, CA 95076

763-6015**Services:** Breastfeeding support, breastfeeding pumps, support services for Alliance mothers, referrals to other needed services.**Eligibility / Fee:** Alliance/Medi-Cal, private insurance, private pay**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County.**WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM - Community Bridges, Inc.**

1105 Water St. Santa Cruz, CA 95062

426-3911**Fax: 426-0437**

18 W. Lake Ave. Suite A Watsonville, CA 95076

722-7121**Fax: 722-8532****Website:** <https://communitybridges.org/wic/>**Services:** Supplemental food coupons, nutritional assessments, education and counseling, Regalo de Amor Lactation Center, classes, referrals to medical care and other social services, and breastfeeding counseling.**Eligibility / Fee:** Santa Cruz County/95076 zip code resident; no fee.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County & 95076 zip code.**YOUTH SERVICES**

709 Mission St. Santa Cruz, CA 95060

429-8350**Fax: 425-1526**

241 East Lake Ave. Watsonville, CA 95076

688-8856**Fax: 728-3629****Answering service after 5pm: 429-8350****Website:** <http://www.encompasscs.org/youth-services/youth-services>**Services:** Individual and group counseling services to adolescents and families, drug treatment, parent support groups, school presentations by peers. Employment services for youth and adult. Sueños program for youth.**Eligibility / Fee:** Sliding scale, Medi-Cal for 8-week intervention group only.**Languages Spoken:** English & Spanish.**Area Served:** All of Santa Cruz County