

PREGNANCY RESOURCES and FREE PREGNANCY TEST in Sacramento. Included are help during pregnancy, resources for early pregnancy, pregnancy signs, pregnancy symptoms, and weekly pregnancy calendars, services for pregnant teens and parents of pregnant teens, help for childbirth, family planning, transitional housing for pregnant moms.

Go to: [www.onefatherslove.com](http://www.onefatherslove.com) to view the online resource center.



Helping Individuals and Families  
Achieve Self Sufficiency

### **Pregnancy Care Guidance Program**

Phone: (916) 875-BABY or 1-888-824-BABY

"Nursing staff provide coordination and referral for pregnant women to access medical providers. They also provide information and referrals regarding nursing services and programs available."

### **Sacramento Life Center**

Sacramento, CA

Ph. (916) 451-4357

Provides free:

- [Pregnancy Testing](#)
- [Counseling](#)
- [Non-diagnostic Ultrasounds to confirm pregnancy](#)
- [Resources and Referrals to community organizations](#)
- [Post Abortion Counseling Service](#)

### **Birth and Beyond**

1217 Del Paso Blvd., Sacramento, CA. 95815, Ph. (916) 679-3743 -

All services are **Free**.

**Baby and Me** ~ Parents learn activities to do with their infant/toddler, classes held each Tuesday from 1-2p.m

**Make Parenting a Pleasure** ~ 13 week free course to learn parenting skills each Tuesday call for times.

Offers classes in English, Spanish, including Russian support group.

### **North Sacramento Family Resource Center**

1217 Del Paso Blvd., Sacramento, CA. 95815

Ph. (916) 679-3743 - Hours 8:30-5p.m.

Sacramento parents given diapers, some baby formula and a home meeting opportunity with mothers parenting resources.

### **Sacramento Native American Health Center**

2020 J Street, Sacramento, CA 95811

Ph. (916) 341-0575

The Sacramento Native American Health Center opened it's Doors in May of 2005 and provides primary medical care; comprehensive dental care; individual, group and family counseling services; substance abuse counseling; women's health; youth services; nutrition and diabetes care; prenatal care; HIV/AIDS **prevention and care**; and home visitation services for at-risk Native American women and children.

- **Medical Services**
- **Dental Services**
- **Nutrition Services**
- **Community Health**
- **Behavioral Health**
- **Home Visitation**

### **Well Child Clinics**

7171 Bowling Drive, Suite 700, Sacramento, CA 95823

Ph. (916) 875-0851-Call for locations.

Well Child Clinics offer free services for children of families who are uninsured including medical examinations, immunizations, growth and development assessments, vision and hearing screening and lab tests as needed.

### **Birth Connection**

4421 A Street, Sacramento, CA 95819

Ph. (916) 451-9868

Provides support and education to birth mothers with unplanned pregnancies including decision making, goal setting, childbirth preparation, adoption planning, and access to prenatal care and *accompaniment to hospital*.

### **Public Health Nursing**

3950 Research Drive, Sacramento, CA 95838

Ph. (916) 648-0982-**North Office**. (916) 875-0900-**South Office**.

The Sacramento County Public Health Nursing program provides free assistance to low-income pregnant women to obtain pre-natal care. Also, a public health nurse can come to your home once or twice each week offering in-home assistance to mothers and/or fathers to help with your infant, such as bathing, nutritional feeding, strategies for keeping your home baby safe and other health related needs.

### **The Birthing Project**

1900 T Street, Sacramento, CA. 95814

Ph. (916) 442-2229

There are many Sacramento programs and moms resources available to give the support moms need to have a healthy baby.

Click here for their [Calendar of Events](#).

**Imani** ~ provides counseling for a drug free pregnancy.

**Baby Bucks Store** ~ given when you make your appointments or complete assigned activities and can be used to buy baby clothes, blankets, Etc. at the Baby Bucks store.

**The Sister Friend and Doula Support** ~ pairs you with another mother who will support you throughout your pregnancy and one year after.

**Parenting Support** ~ helps you learn the parenting skills that create healthy, happy families. All family members are welcome and encouraged to attend.

### **Alternatives Pregnancy Center**

2628 El Comino Ave. Suite B-1, Sacramento, CA 95821

**IF YOU THINK YOU ARE PREGNANT, call for a free,**

**Confidential test. (916) 880-4040 or email us at [info@aprc.info](mailto:info@aprc.info)**

Click below all free pregnancy services for:

[Early Signs of Pregnancy](#)

[Take an Online Pregnancy Test. How exactly does pregnancy occur?](#)

### **Sutter Teen Health Program**

5271 F Street, Building C, Sacramento, CA 95819

Ph. (916) 285-4603

Provides family life education for children 6th, 7th, 8th and 10th grade students. Teaches families of the students how to be the primary sex educators of their children. Works with anyone interested including individuals & groups for free or low-cost.

Sutter - [Adolescent Family Life Program](#) (AKA) **Cal-Learn program**.

2143 Hurley Way, Suite 230, Sacramento, CA 95825

Ph. (916) 285-4600

Provides free help for pregnant or parenting adolescents who enroll before turning 19. Includes case management, medical services, legal services, housing, childcare, infant services, additional pregnancy and parenting programs.

### **Sierra Nueva High School for Pregnant and Parenting Teens**

1400 Bell Street, Sacramento, CA 95825

Ph. (916) 971-7015

San Juan Unified School District alternative school for pregnant and parenting teens.

### **Tubman House**

Sacramento, CA

Ph. (916) 372-6272

Provides an 18 month free transitional living program for pregnant or parenting families 18 - 21 age group facing homelessness.

### **Planned Parenthood**

201 29th Street, Suite B, Sacramento, CA 95816

Ph. (916) 446-6921-**B Street**, 444-7966-**Capital Plaza**,

452-7305-**Fruitridge Center**, 332-5715-**North Highlands**, 781-3310-**Roseville**

(530) 662-4646 Woodland (530) 674-2603 Yuba City

Abortion Services - Birth Control Services - Emergency Contraception - General Health Care - HIV Testing - HPV & Hepatitis Vaccines - LGBT Services - Men's Health Services - Patient Education - Pregnancy Testing, Options & Services - STD Testing & Treatment - Women's Health Services