

BABY-TODDLER and WIC Resources in Sacramento.

Infant baby newborn formula food WIC toddler clothes activities bedding toys breastfeeding clothing shoes baby feeding free diapers my baby

Go to: www.onefatherslove.com to view the online resource center



Helping Individuals and Families
Achieve Self Sufficiency

Sacramento Food Bank and Family Services-Two Locations

Offers *Free* diapers, baby food, formula, infant clothes closet if you attend one monthly workshop. Offers additional resources and family assistance including Computer Lab, and has onsite infant playcare provided while you are attending services.

SFBFS Mother Baby Program - 3333 3rd Ave., Sacramento, CA 95817 (916) 456-1980

- Hours: M/T/Th/F 10am-2pm and W 4pm-7pm
- Serves pregnant women and parents/guardians with babies are 0-24 months old. Must be residents of zip codes 95814, 95816-95820, 95822-95824, 95826-95829, 95831 and 95832, or homeless. May provide one-time assistance for residents of Rancho Cordova or Elk Grove.
- Residents must provide photo ID for the parent (grandparents or guardians must show proof of guardianship), birth certificate or immunization record for the baby and proof of residency such as a piece of mail (not junk mail) or a rental agreement/lease. Homeless must have photo ID for the parent and birth certificate/immunization record for the baby, and let the volunteer/manager know that they're transient.
- Provides emergency baby/toddler food, clothing, diapers, formula and hygiene items, and miscellaneous baby and maternity items (may have baby/toddler furniture). Attendance in parent education classes are required after the first visit. Clients can come once each calendar month to receive services. Call for more information.

SFBFS' Saca Community Learning Center – 2469 Rio Linda Blvd., Sacramento, CA (916) 648-8729

- Hours: M 12pm-8pm and T-F 10am-2pm
- Serves pregnant women and parents/guardians with babies are 0-24 months old. Must be residents of zip codes 95608, 95610, 95621, 95626, 95628, 95652, 95660, 95662, 95673, 95811, 95815, 95821, 95825, 95833-95838, 95841-95843 and 9864, or homeless.
- Residents must provide photo ID for the parent (grandparents or guardians must show proof of guardianship), birth certificate or immunization record for the baby and proof of residency such as a piece of mail (not junk mail) or a rental agreement/lease. Homeless must have photo ID for the parent and birth certificate/immunization record for the baby, and let the volunteer/manager know that they're transient.
- Provides emergency baby/toddler food, clothing, diapers, formula and hygiene items, and miscellaneous baby and maternity items (may have baby/toddler furniture). Attendance in parent education classes are required after the first visit. Clients can come once each calendar month to receive services. Call for more information.

Black Infant Health

Ph. (916) 875-6158

Information for and enrollment can be made by calling the Toll-*Free* Family Line at 1-888-824-BABY.

"Eligibility criteria is set up to serve low income (American born) African American pregnant and/or parenting women with children up to their first birthday. Pregnant teens is referred to appropriate teen mother programs, unless they state they would prefer the Black Infant Health Program."

County DHHS WIC Program

The Women, Infants and Children (WIC) Nutrition Program Can Help with Food and Health and Breastfeeding Education The WIC program provides vouchers for *free* milk, eggs, peanut butter, and more including assistance with breastfeeding and other healthy nutritional infant and toddler supplemental foods. WIC serves income eligible families with children pre-natal to 5 age group. Please call the WIC clinic location in County most convenient to you, WIC Program has a new number for public to contact us is~**876-5000**

North Sacramento Grand Avenue Office 811 Grand Ave., Suite A1 Sacramento, CA. 95838 Ph. (916) 427-5500	Oak Park Area 3415 Martin Luther King Blvd. Sacramento, CA 95817	South Sacramento 2251 Florin Road, Suite 100 (Florin & 24th Street) Sacramento, CA 95822	Rancho Cordova 10665 Coloma Rd. Rancho Cordova 95670
CRP WIC Breastfeeding Help Line Ph. (916) 875-2020 English, 875-2021 Spanish Sacramento County WIC Breastfeeding Advice Line Ph. (916) 427-5500, Ext. 333 Community Resource Project WIC (CRP WIC): Ph. (916) 326-5830 To locate WIC offices in other areas of California call: 1-888-WIC-WORKS			
Downtown Area 915 Broadway At Broadway and 9th Street	North Highlands 5655 Hillsdale Blvd #16 Between Palm and Walerga.	Citrus Heights 7636 Greenback Lane Between Mariposa and Birdcage St.	Galt 229 4th Street

The Effort-Medical Clinic

1820 J Street, Sacramento, CA 95814

Ph. (916) 325-5556

May offer assistance to medical indigent people well child care, birth control, family planning and pregnancy testing with additional services by appointment.

First 5 Sacramento

Ph. (916) 876-5865

Free help and resources for families with children 0 - 5 age group School Readiness, Medical Home/Healthy Kids, Effective Parenting skills workshops, Fluoridation, Community Building, Initiative Increasing Participation in Quality Early Care and Education, Nutrition, Breastfeeding.

Well Child Clinics

7171 Bowling Drive, Suite 700, Sacramento, CA 95823

Ph. (916) 875-0802 or (916) 648-0982

Provides free physical examinations and immunizations 2 months to 18 years.

Will provide referrals for medical and other health related care.

Breastfeeding Coalition of Sacramento

Ph. (1 (800) 687-1179 or (916) 734-5051 - 24hrs UCD Medical Center.

Provides updated information and breastfeeding resource guide for families, professionals and the community.

Mercy Women's Center

650 Howe Ave., Suite 530, Sacramento, CA 95825

Ph. (916) 614-2200

Provides breast pump sales, rentals, lactation consultations and other education and wellness programs for women of all ages.

Chicks in Crisis

8359 Elk Grove Florin Road, Suite 103, Box 263, Sacramento, CA 95829

Ph. (916) 441-1243 - Toll-free (888) 208-8086

Chicks in Crisis Inc. is dedicated to reducing the number of infants facing abandonment, foster care, abuse or death by giving pregnant women in crisis the opportunity to make informed choices for themselves and their children, while developing the skills necessary to become productive members of the community. If you are pregnant and are looking for guidance, help and support, you have come to the right place.

River City Community Services

1322 Twenty-Seventh Street CA. 95816

Ph. (916) 446-2627

May possibly have some *free* infant diapers & baby formula if you ask for some when you receive a food basket.

Healthy Teen Mothers Program

7171 Bowling Drive, Suite 800, Sacramento, CA. 95823

Ph. (916) 875-0900 or 1 (888) 824-2229

"A nurse will work with you up until your babies 2nd birthday."

Offers *free* assistance in finding infant or toddler health insurance and a doctor for your infant care needs, answer your breast feeding questions and explain what nutritional foods to give to your newborn baby.

SAFE KIDS - Free Car Seat Safety Checks

Dates subject to change. To make an appointment, please call (916) 864-5779.

Questions? Please call (916) 864-5779

Attend one of our free car seat checks and learn how to install your seat correctly.

- Make an appointment. Drop-ins welcome, but might have to wait
- You must bring your child and car seat
- Expectant parents should have their car seat checked before the baby is born
- Services are offered in Spanish and Russian on selected dates

Two convenient locations:

South Area

Methodist Hospital

7500 Hospital Drive

Sacramento

Third Wednesday of every month

9 a.m. to 1 p.m.

North Area

Mercy San Juan Medical Center

6501 Coyle Avenue

Carmichael

Please call to make an appointment