

## Health Services

- CareNet (pregnancy center and medical clinic)..... 246-7075
- California Children's Services (CCS Program)..... 225-5760
- Child Health and Disability Prevention (free to many Medi-Cal or low/moderate income patients; includes dental and health screenings plus immunizations)..... 225-5122
- Health Information Library (Healthline)..... 246-3729
- Maternal, Child and Adolescent Health Program..... 1-800-971-1999  
(information on comprehensive perinatal services or 225-5850  
and prenatal care guidance) Spanish: 245-6458
- Planned Parenthood Shasta-Diablo..... 351-7100
- Shasta County Public Health (nurses, community health)..... 225-5591
- Shasta County Women, Infant and Children (WIC) (Anderson, Burney, Fall River Mills, Redding, Redding Rancheria, Shasta Lake City, Shingletown – nutrition education, healthy food vouchers; must be income eligible)..... 225-5168
- Women's Health Specialists..... 221-0193

## Immunizations

- Shasta Community Health Center..... 246-5710
- Shasta County Public Health..... 223-5591  
Anderson..... 229-8200 Burney..... 335-6700  
Redding..... 229-8441 Shasta Lake City..... 229-8444

## Insurance

- A.I.M. (low-cost health coverage for pregnant women ineligible for Medi-Cal; baby up to 2 years)..... 1-800-433-2611
- Healthy Families/Medi-Cal for children (low or no-cost coverage for children and pregnant women)..... 1-800-300-5122

## Medical Care

- Burney Health Center..... 335-5457
- Cascade Health Center - Burney..... 335-2954
- Fall River Valley Health Center..... 336-6535
- Hill Country Community Clinic- Round Mountain..... 337-6243
- Mayers Memorial Hospital- Fall River Mills..... 336-5511
- Mercy Medical Center- Redding..... 225-6000
- Redding Rancheria Indian Health Services..... 224-2700
- Pit River Health Services (open to all community members; dental- Native American only)..... 335-5090
- Shasta College Health & Wellness Center (for Shasta College students)..... 242-7580
- Shasta Community Health Center - Redding..... 246-5710  
Shasta Lake City Clinic..... 276-5968  
Happy Valley Clinic..... 357-2860  
Anderson Clinic..... 378-0486
- Shasta Regional Medical Center-Redding..... 244-5400
- Shingletown Medical Center..... 474-3390

## Breastfeeding

- La Leche League (pregnant/breastfeeding mother) (Spanish 221-4720)..... 549-4675
- Mayers Memorial Hospital Breastfeeding Resource Center-Fall River Mills..... 336-5511
- Mercy Medical Center Breastfeeding Resource Center..... 225-7485
- WIC/Breastfeeding Support Services..... 245-6466

## Why Breastfeed?

Breastfeeding is good for baby - and good for mom! If you are able to breastfeed successfully, breastfeed your baby for the first year!

- Breast milk offers baby the **best nutrition**
- **Antibodies** in breast milk strengthen baby's immune system
- Breastfeeding promotes **bonding** between mom and baby
- Breastfeeding is **emotionally satisfying** for baby
- Breast milk enhances baby's **brain development**
- Breastfeeding may help mom get **back in shape** and lower the risk of breast cancer

## Physician Referral

- 24-Mercy..... 246-3729
- Shasta Regional Medical Center..... 244-5400

## Smoking Cessation

- Breathe Free..... 243-1461
- California Smoker's Helpline..... 1-800-662-8887
- Quit for Good – Mercy Medical Center Redding (8 session program)..... 247-3729
- Project Ex (teen cessation including teen parents)..... 224-7194
- Second Wind (Native American tobacco cessation program)..... 406-9678
- Shasta County Public Health..... 229-8467

## Substance Abuse

- Empire Recovery Center (Hotline: 246-8339)..... 243-7470
- House of Hope (women and children only)..... 241-3608
- Redding Rancheria Substance Abuse Program (pregnant and parenting women, child care cooperative, individual, group, and family counseling)..... 225-8979
- Right Road Recovery Anderson..... 365-8523  
Burney..... 335-3800
- Shasta County Alcohol & Drug (including Trinity House Perinatal Program)..... 225-5240
- Shasta County Meth Task Force (referrals, resources)..... 247-7444
- Visions of the Cross (women and children)..... 722-1114

## Oral Health

- Hill Country Community Clinic - Round Mountain..... 337-6243
- Shasta College Dental Hygiene Clinic..... 339-3608
- Shasta Community Health Dental Clinic- Redding..... 247-7253