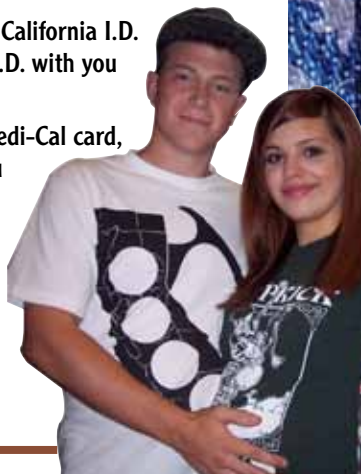


Helpful Tips

- Memorize your social security number (xxx-xx-xxxx)
- Get a school or California I.D. and keep your I.D. with you at all times
- If you have a Medi-Cal card, keep it with you
- Keep a list of emergency phone numbers (trusted adult, prenatal care provider, baby's doctor, etc.)



Dads Are Important!

Dad, just like mom, needs to be involved in his children's lives:

- Be a positive role model.
- Spend time with your children.
- Play with them. Teach them about the world.
- Take part in caring for them.



| Funded in part by : |

First 5 Yuba

Sutter County Children & Families Commission
California Department of Education, Child Development Division through contracts with Yuba County Office of Education & Sutter County Superintendent of Schools



Pregnant & Parenting Teens

Places to go for help & information



Questions?

I might be pregnant, where can I go to find out? Call—

- Planned Parenthood _____ 821-4800
- A Women's Friend _____ 741-0556
- Yuba County Public Health _____ 749-6366
- Harmony Health Medical Clinic _____ 743-6888
- Sutter County Public Health _____ 822-7215

I AM pregnant. Now what do I do?

- Tell a trusted adult
- Get medical care
- Contact WIC for food

I just had my baby & need food & diapers. Where do I go? Call—

- WIC Yuba County _____ 749-4830
Sutter County _____ 822-7224
- Salvation Army _____ 216-4530
- Contact a Family Resource Center (see inside)
- American Red Cross _____ 673-1460

I need to get to my baby's doctor appointment. Who can help me?

- For transportation call YS Transit at 634-6889 (\$5 a month pass for teens; children free)

For a **LOW or NO COST Car Seat** call

- Harmony Health FRC _____ 742-5049
- Yuba County Public Health _____ 749-6366

I need childcare! Call—

- Children's Home Society _____ 673-7503

I want to go back to school. Call—

- Yuba Cal Learn
Ask for Jan _____ 749-6987
- Sutter Cal Learn
Ask for Sharon _____ 822-7133 Ext. 437

Where can I get a job?

- Youth Employment Opportunity Program
_____ 749-4885
(See EDUCATION & JOB SERVICES inside)

I have a drug/alcohol problem. Who can I call?

- YS Drug/Alcohol Prevention
Ask for Dulia _____ 674-1885 X 109

Someone is hitting me. Where can I get help? Call—

- Casa de Esperanza _____ 674-2040

My baby won't stop crying? My child is having temper tantrums?

- Yuba Co.—Call Thelma _____ 749-4991
- Sutter Co.—Call Linda _____ 822-5968

I need to talk to someone who understands what I am going through.

Where do I go? Call—

- Harmony Health FRC _____ 742-5049
- Teen Success _____ 821-4803



| Food & Nutrition Help |

WIC Program	
Yuba County _____	749-4830
Sutter County _____	822-7224
Salvation Army _____	216-4530

| Child Care |

Children's Home Society of CA _____	673-7503
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| Let's Talk |

Harmony Health FRC _____	742-5049
Teen Success _____	821-4803

| Education & Job Service |

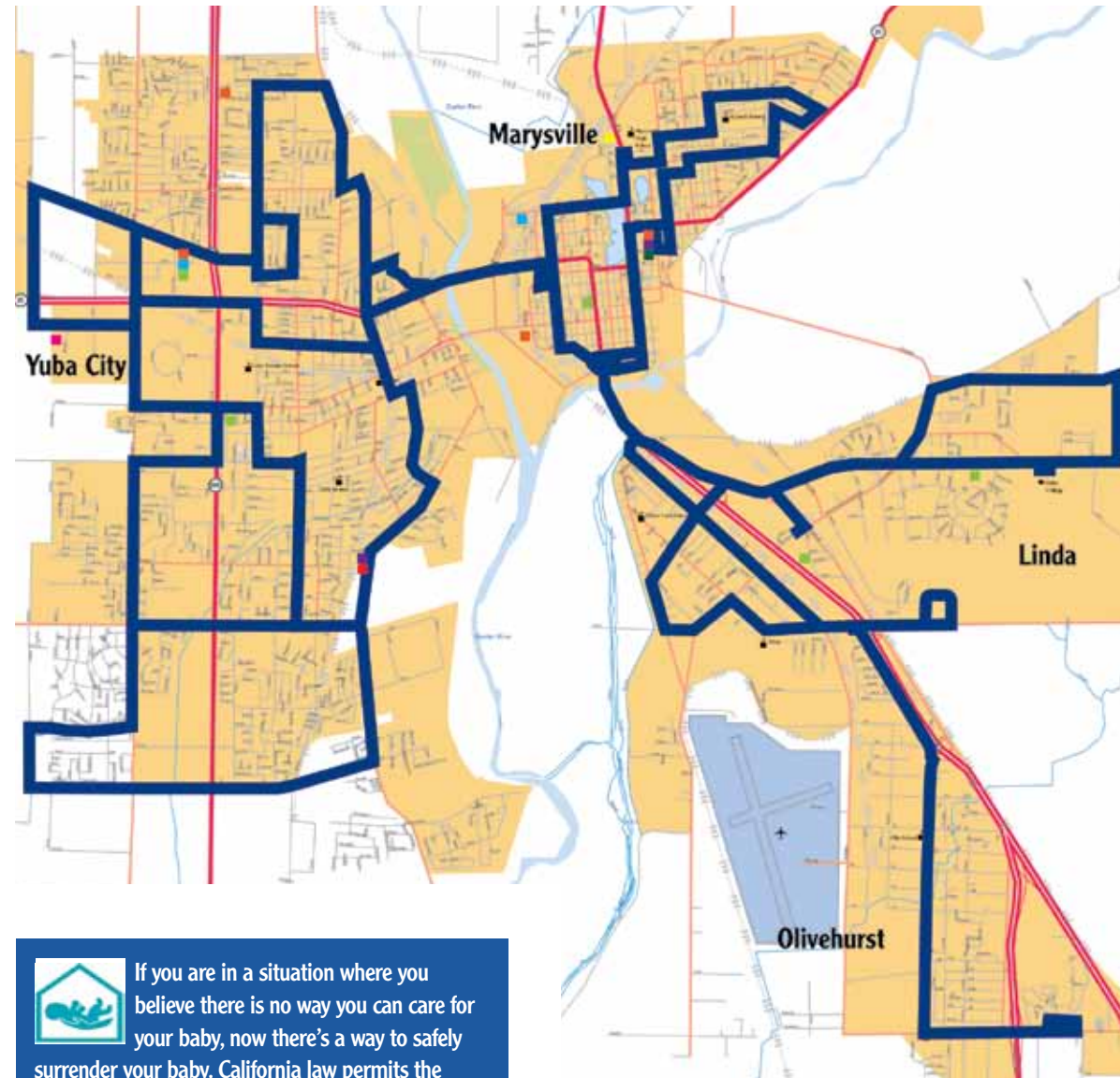
Yuba Cal Learn _____	749-6987
Sutter Cal Learn _____	822-7133 Ext. 437
Marysville Joint Unified School District _____	749-6154
Wheatland Union High School _____	633-3100
Yuba City Unified School District _____	822-5200
Live Oak Unified School District _____	695-5400
Sutter Union High School District _____	822-5161
East Nicolaus Joint Union High School District _____	656-1422
Yuba College _____	741-6700
Yuba Co. Career Preparatory Charter School _____	749-4000
Regional Career Center—1 Stop	
Yuba _____	749-4850
Sutter _____	822-5340
Youth Employment Opportunity Program _____	749-4885


| Family Resource Centers (FRCs) |

FRCs provide services & resources to support families.

Yuba County:	
ABC Family Resource Centers _____	740-7766
Camptonville Family Resource Center _____	288-9355
Harmony Health Family Resource Center _____	742-5049
Wheatland School District FRC _____	633-4061
Yuba County Family Resource Center _____	749-3279
Sutter County:	
Family SOUP _____	751-1925
Hands of Hope _____	755-3491

Resource list & map



 If you are in a situation where you believe there is no way you can care for your baby, now there's a way to safely surrender your baby. California law permits the parent(s) to safely and confidentially surrender a baby within three days of birth. The law requires that the baby be taken to a public or private hospital, or designated fire station displaying this logo.

— Yuba-Sutter Transit Route

For a copy of the Yuba-Sutter Transit bus routes call 634-6889 or visit www.yubasuttertransit.com

| Prenatal Care/Family Planning Child Health & Immunization |

Lindhurst Family Health Center _____	743-4611
Wheatland Family Health Center _____	633-9679
Richland Family Health Center _____	674-9400
Del Norte Children's Medical Center _____	671-8820
Del Norte Family Health Center _____	673-9420
Harmony Health Clinic _____	743-6888
Peach Tree Clinic _____	749-3242
Planned Parenthood _____	821-4800
Live Oak Medical Clinic _____	695-0700
Sutter North Medical Foundation _____	675-2457
Yuba County Public Health _____	749-6366
Sutter County Public Health _____	822-7215

| My Child's Development |

First 5 Yuba _____	749-4877
Sutter County Children & Families Commission _____	822-7505
Child Development Behavioral Specialist	
• Yuba _____	749-4991
• Sutter _____	822-7215
Yuba County Office of Education _____	749-4900
Sutter County Superintendent of Schools _____	822-2900
E Center Early Head Start _____	741-2995
Yuba County Public Health _____	749-6366
Sutter County Health Department _____	822-7215

| Toll-Free Hotlines |

Planned Parenthood _____	1-800-230-PLAN (7526)
Child Abuse Hotline _____	1-800-422-4453
Domestic Violence Hotline _____	1-800-799-7233
Youth Crisis Line _____	1-800-843-5200

| 24 Hour Crisis Intervention |

Casa de Esperanza _____	674-2040
Child Abuse Hotline _____	1-800-422-4453
Youth Crisis Line _____	1-800-843-5200
Yuba County CWS _____	749-6288
Sutter County CPS _____	822-7227