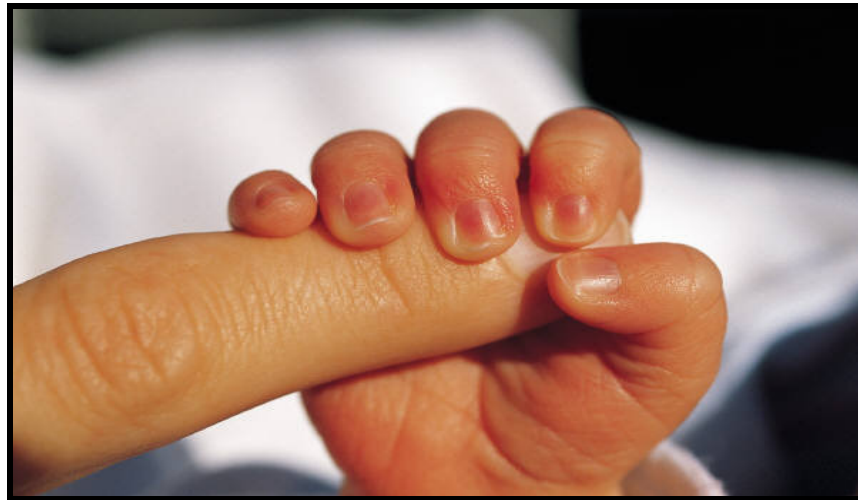


Marin County

Perinatal Services Guide

Updated May 2011



This Resource Guide was developed by the Marin County Department of Health and Human Services, Maternal Child Health Program. This guide is not an endorsement of any particular resource or organization. Additional private providers may be identified through many of these organizations. For more information, please call 415-473-3515. Last updated January 2011.

Information provided includes:

- Service area served by organization
- Organization name
- Service information, including eligibility
- Language capacity
- Contact information

Please note that this guide is not a comprehensive list of all providers and is a work-in-progress. For changes or additions to the guide, please contact Tara Clark at 415-473-3515 or Tclark@co.marin.ca.us.



If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling: (415) 473-4381(Voice)/ (415) 473-3232 (TTY) or by e-mail at: disabilityaccess@co.marin.ca.us

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Emergency Resources

Organization/Program	Details/Eligibility	Language	Contact
HHS Division of Community Mental Health Psychiatric Emergency Services (PES)	Provides 24-hour mental health crisis intervention services, information, referral, and emergency psychiatric care. Evaluates and provides appropriate referrals of the hospitalization of clients to assist and promote their return to the community.	Spanish	415-473-6666

Telephone Counseling/Hotlines/Warmlines

Organization/Program	Details/Eligibility	Language	Contact
Bay Area Postpartum Depression Stress Line	Free and confidential telephone counseling for postpartum mood disorders provided by volunteers who are survivors of postpartum mood disorders. Provides support for women experiencing postpartum mood disorders.	English only	1-800-773-7090 9 a.m. - 9 p.m. 7 days a week 1-800-773-6667 after 9 p.m.
Marin Abused Women's Services	Free 24-hour hotline for women who have experienced domestic violence.	Spanish	415-924-6616 (English) 415-924-3456 (Spanish)
Matrix Parent Network and Resource Center	A Parent Training and Information Center, designated by the U.S. Department of Special Education; A Family Resource Center, as part of California Early Start for families of children birth to age three; A Family Empowerment Center through the California Department of Education. Empowers families of children with special needs to understand and access the systems that serve them. Serves families of children birth through age 26 in Marin, Napa, Solano and Sonoma Counties.	Spanish	1-800-578-2592 HELPLINE is free and available M - Th, 9:00am-2:00pm. www.matrixparents.org

Suicide Prevention and Community Counseling (FSA)	Free 24 hour hotline	Mostly English at this point – may change soon	415-499-1100
The National Child Abuse Hotline	Free 24 hour hotline	Many languages	1-800-422-4453
The National Suicide Prevention Lifeline	Free 24 hour hotline	Spanish available	1-800-784-2433 1-888-628-9454 – (Spanish only)
California Smokers' Helpline	Free tobacco cessation counseling. Includes users of chewing tobacco.	Many languages & services for hearing-impaired.	1-800-45-NO BUTTS (English) 1-800-45-NO FUME (Spanish) 7 a.m. – 9 p.m. M-F 9 a.m. – 1 p.m. Sat.

Information and Referral

Organization/Program	Details/Eligibility	Language	Contact
Bay Area 2-1-1 (A program of Untied Way of the Bay Area)	Help clients connect with resources in a variety of areas: childcare, legal aid, health care, counseling, immigration assistance, food/shelter/clothing resources. Services are free and available 24/7.	150 languages	Dial 2-1-1 or www.211BayArea.org

Counseling/Support Groups

Organization/Program	Details/Eligibility	Language	Contact
<p>APPLE FamilyWorks Therapy and Life Skills Center</p>	<p>Payment is on a sliding scale and statements for third party payors are provided. Motherhood Groups , Childcare Center Consultation Services and Developmental Disabilities Services are FREE.</p> <p><i>Therapy and Counseling (English and Spanish)</i> Psychotherapy for couples, adults, children, teens, families, and groups for anxiety, depression, anger management, stress-reduction, transitions, couples, AD/HD, bipolar disorder, co-parenting, parenting. Includes parent-child and family interactive therapy and Triple P parenting services. (Home & school visits available.)</p> <p><i>Positive Parenting and Life Skills</i></p> <p><u>Explorando la Maternidad Juntas</u> (Spanish): FREE weekly drop in groups for expectant and new mothers and their infants 0-12 mos. Groups meet from 10 to noon at Marin Community Clinic each Thursday in San Rafael, and each Tuesday in Novato.</p> <p><u>Exploring Motherhood Together</u> (English): FREE weekly drop-in groups for expectant and new mothers and their infants 0-12 months, from 10 to noon, each Friday, at Marin Community Clinic in Novato</p> <p><u>Temperament Assessments & Training</u>: For adults, children & childcare centers</p> <p><u>Positive and Peaceful Parenting Series, (English)</u></p> <p><u>Child-Centered Co-Parenting Series (English)</u></p> <p><u>Developmental Disabilities Program</u>: (English & Spanish) FREE in-home parenting, counseling and life-skills training for parents and their children served by GGRC.</p>	<p>Some Spanish – see program details</p>	<p>415-492-0720 www.familyworks.org</p> <p>M-F 9a.m. – 5 p.m. (office) M-Sun 8 a.m. – 9 p.m. (clinic)</p>

	<u>SAVE Kids Center</u> (English and Spanish) Therapeutic supervised visitation services utilizing parent-child interactive therapy.		
Bay Area Community Resources – Adult Tobacco Cessation Services	Provides frequent free or low-fee tobacco cessation classes and tobacco education services. Consultation, training and technical assistance are available to behavioral health and medical staffs who would like to assist their clients/patients with quitting tobacco. Other services include: off-site, community-based cessation groups and youth prevention and cessation services. Nicotine patches available to qualified participants at reduced cost.	English only	415-755-2334 or www.bacr.org/tobacco 9 a.m. – 5 p.m. M-F plus evening hours for cessation classes as-needed
Community Institute for Psychotherapy (CIP)	CIP offers low-fee counseling and psychotherapy for adults, children, families, and couples. Also offers crisis intervention, short-term therapy, group therapy, and seminars for the community. Sliding scale fees and Medi-Cal is accepted.	Spanish services available	415-459-5999 www.cipmarin.org M-F 8:30 a.m. – 5:30 p.m. (office) M-Sat. 8 a.m. – 8 p.m.(counseling)
Family Service Agency of Marin	Victims of Crime coverage and Medi-Cal are accepted. Child and Family Treatment: Provides family, couple, individual and group psychotherapy for adults and children, specializing in families with children ages 0-5 and in treating trauma in individuals and families of all ages, including the trauma of childhood sexual abuse. <ul style="list-style-type: none"> • Parent-Child Interaction Therapy (PCIT) is provided to families with children 2-8. • The Parent Aide Program provides mentors to isolated families. • Spanish speaking Acculturation Group for families called The Best of Both Worlds (Lo Mejor de Ambos Mundos), and a Support Group for Spanish Speaking parents who have new babies. 	Most services available in Spanish unless otherwise noted.	415-491-5700 www.fsamarin.org M-F 8 a.m. – 8 p.m. Saturdays by appointment

	<ul style="list-style-type: none"> • “Parenting Apart,” - for separating and divorcing parents has just begun and we will be offering another series of classes in English in January. • Infant Massage (English only) 		
Jewish Family and Children’s Services	<p>Insurance accepted for some services and fees on sliding scale.</p> <p>Parents Place Family Resource Center - A family resource center serving families with children of all ages. Offers parenting workshops and consultation, support for new parents, individual and family counseling, play therapy, developmental assessments, socialization groups, support groups. Also provides on-site consultation and training to preschools, early childhood centers, schools, synagogues, summer camps and other organizations.</p> <p>JFCS Adult and Children’s Services - Offers psychotherapy for adults, adolescents, children couples, families and groups.</p>	Some Spanish language services available	<p>415-491-7959 www.jfcs.org</p> <p>Parents Place Family Resource Center 415-491-7959 www.parentsplaceonline.org/marin M-F 8:30 a.m. – 5 p.m. and evenings by appointment</p> <p>JFCS Adult and Children’s Services 415-491-7960 M-F 8:30 a.m. – 12 noon and 1 p.m. – 5 p.m.</p>
Novato Youth Center Youth and Family Counseling Program	<p>Reduced fees are available and Medi-Cal, Victims of Crime, and CalKids accepted.</p> <p>Adult, Group, Child and Family Therapy - Provides mental health counseling through multiple approaches to assist individual adults, children, adolescents/transitional age youth, and families with a variety of issues including relationship challenges, parenting, depression, anxiety, stress, trauma, divorce, and grief/loss.</p> <p>NYC Parent-Child Interaction and Attunement Therapy (PCIT/PCAT) Children ages 0-7 and families. Parent-Child Attunement Therapy (PCAT) is an adaptation of PCIT. It uses PCIT techniques that have been altered to be more developmentally appropriate for children younger than 30 months of age (e.g. reduced session length: 30-45 min). Like PCIT it has two purposes: 1) strengthen caregiver’s relationship with their children; and 2) facilitate caregiver’s learning of appropriate</p>	English and Spanish	<p>415-892-1643 x 239 (English/Spanish) www.novatoyouthcenter.org</p> <p>M-F 10 a.m. -8 p.m. by appointment</p>

	child management techniques. It supports infants and toddlers who have experienced attachment difficulties. Goals for PCAT include: Enhancing the child-caregiver relationship, reducing the caregiver's level of stress and associated depression, increasing the caregiver's understanding of child development		
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Child Development

Organization/Program	Details/Eligibility	Language	Contact
<p>HHS Early Start Program</p>	<p>Early Start provides services and support to families whose infants or toddlers at risk for disabilities or developmental delays. A public health nurse provides home-visiting services to clients who have a medical need for monitoring and intervention, such as prematurity, multiple births, significant knowledge deficit in the mother (e.g. teen moms).</p> <p>Children may be seen up to the 3rd birthday and are then referred on to appropriate resources or the case is closed. There is an Early Start consortium that meets to help assure that children receive all needed services.</p> <p>Eligible children are those infants and toddlers (birth through 36 months) who:</p> <ul style="list-style-type: none"> • Have a significant delay in at least one area of development • Are at risk of having a developmental delay or disability • Have a condition with a known probability of causing a delay or disability 	<p>Spanish services available</p>	<p>Linda Mariscal 415-473-6008 or Lmariscal@co.marin.ca.us</p>
<p>Golden Gate Regional Center (GGRC)</p>	<p>Golden Gate Regional Center (GGRC) serves infants and toddlers (birth to 3 years of age) with developmental disabilities and their families. Services include early intervention and prevention services for those who are developmentally delayed or believed to be at high risk of having a developmental disability, as well as genetic counseling and testing for individuals at high risk of having a child with a disability. Eligibility and type of services available are determined by both the percentage of delay in various areas as well as the age of the toddler at the time of referral, so early referral is key if developmental delays are suspected.</p>		<p>Any organization or individual can make a referral for Early Start and Prevention Services.</p> <p>For Ongoing Services (Lanterman) the individual being referred or the guardian or the individual must refer.</p>

	<p>The Early Start Program (The California Early Intervention Program) – This program ensures intervention services to infants and toddlers (birth – 36 months) with disabilities and their families. Eligibility is determined through documented evaluation and assessment of criteria such as:</p> <ol style="list-style-type: none"> 1. Infant/toddler has developmental delays in cognitive, communication, social or emotional, adaptive, or physical/motor skills including vision and hearing. 2. Infant/toddler has an established risk condition of known etiology, with a high probability that it will result in delayed development. <p>The Prevention Program is a state program for infants/toddlers ages birth through 35 months, who are at substantially greater risk for a developmental disability but who would otherwise be ineligible for services through the Early Start Program. Families whose infants or toddlers are “at risk” for developmental delay or disability can receive the following: Intake Services, Assessment, Developmental Monitoring & Guidance by a Prevention Team (High Risk Infant Nurse/Social Worker), Case Management, and Referral to community resources.</p> <p>Infants and toddlers from birth to 36 months may be eligible for prevention services if through documented evaluation and assessment. Eligibility for program determined by evaluation of: prenatal exposures/abnormalities, and other physical risk factors at birth; 24-36 month old toddler developmental delay of 33%-49% in one domain in areas such as communication, cognitive, social/emotional, self help/adaptive, and physical delays; and infant/toddler with a parent with a developmental disability per Lanterman Act. Please contact GGRC for a full listing of risk factors considered in determining a child's eligibility.</p> <p>Ongoing (Lanterman) Services is a state and federal program for individuals ages birth to adult who have been diagnosed with a developmental disability per the Lanterman Act. Included in this definition of developmental disability are conditions such as mental retardation, cerebral palsy, epilepsy, autism or disabling conditions found to be closely related to mental retardation. Eligible individuals are provided supportive case management and service planning as identified through their Individual Person Plan (IPP).</p>		<p>The Regional Center has a one door referral process for any infant/toddler with a developmental delay. Referrals can be faxed, emailed, or mailed in.</p> <p>Please see website www.ggrc.org for parent or 3rd party referral form.</p> <p>Referral Line: 1-888-339-3306. Email: intake@ggrc.org</p>
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Childcare Resources

Organization/Program	Details/Eligibility	Language	Contact
Marin Family Childcare Association	Contains listings of daycare by city. Free online service.	English only	www.marinchildcareassoc.org/referral.htm
Marin Childcare Council	Childcare referrals information on family child care & child care centers by location, age, and hours. Free service. Must register as a participant for online help.	Spanish available	415-479-2273 or www.mc3.org
Marin Early Head Start	Child care and family support for pregnant moms and families with young children. Enrollment based on income, need, and space available.	English/Spanish Some other languages spoken too.	415-883-3791 x16

Child Welfare/Advocacy

Organization/Program	Details/Eligibility	Language	Contact
Marin Advocates for Children	<p>Marin Advocates for Children’s mission is two-fold: preventing abuse and advocating for the best interests of children. MAC has two programs: Marin Court Appointed Special Advocates (CASA) and Marin Child Abuse Prevention Council (CAPC).</p> <p>The Court Appointed Special Advocates/CASA program advocates for the best interests of children who are dependents of the Marin Juvenile Court, helping to ensure they have a chance to live in a safe and permanent home.</p> <p>The Marin Child Abuse Prevention Program/CAPC’s purpose is to provide</p>	Mostly English – a bit of Spanish	<p>415-507-9016 or www.marinadvocates.org</p> <p>M-F 9 a.m. -5 p.m.</p>

	leadership in the prevention of child abuse through community education and training, resource and referral, and to advocate for policy and services which support and sustain families and children.		
HHS – Children and Family Services	<p>A social services program that provides state-mandated services ranging from child-abuse prevention to adoption to ensure the safety, protection, and health of children while strengthening and empowering families.</p> <p>Differential Response – 415-473-2809 – For issues that don't require immediate attention by a Child Welfare Worker. The Community Specialist makes outreach to families experiencing challenges with parenting, housing, food, medical needs, counseling, treatment for substance abuse, immigration issues, etc. and assists them overcome these challenges on a voluntary basis.</p>	Spanish services available	<p>415-473-2200 or 415-479-1601 Child abuse reporting: 415-473-7153</p> <p>Differential Response: 415-473-2809 or CTristan@co.marin.ca.us</p>

Mental Health/Psychiatry Services

Organization/Program	Details/Eligibility	Language	Contact
HHS Community Mental Health Services	<p>Provides emergency and outpatient psychiatric treatment and prevention services for children, adults and seniors. Services include information and referral, consultation, evaluation, crisis intervention, and family and group therapy. Medi-Cal accepted.</p> <p>Outpatient Programs Minority Services A multi-cultural team provides psychotherapy and mental health services for African Americans, Latinos and Southeast Asians in a culturally appropriate manner. Medi-Cal accepted.</p>	Spanish and Vietnamese services available	<p>415-473-6835 Vietnamese: 415-507-2741</p> <p>M-F 8:30 a.m. – 5 p.m.</p>

Marin County Psychological Association	Provides a listing service for licensed psychologists who are current association members by city or zip code. Provides free assessment and referrals to member professionals for individuals seeking psychological services.	Varies by provider	www.marincountypsych.org
Marin Mental Health Plan	Referral services for outpatient psychotherapy. Accepts Medi-Cal.	Spanish services available	1-888-818-1115 or 415-473-4271
Kaiser Permanente	Referral to psychiatry for Kaiser members. Spanish speaking services available. Co-pay applies.	Spanish services available	415-444-3532

Maternity Services

Organization/Program	Details/Eligibility	Language	Contact
HHS Women's Health Clinic (transitioning to MCC in July 2011)	Provides midwifery-based, maternity care including comprehensive prenatal care, counseling, prenatal birthing and parenting classes and nutritional and health education services for women giving birth through their services. Payment is on a sliding scale and Medi-Cal and selected other third party payors are accepted.	Spanish and Vietnamese services available	415-473-4400 M-F 8 a.m.-5 p.m.

Substance Abuse Support

Organization/Program	Details/Eligibility	Language	Contact
<p>Bay Area Community Resources – Adult Tobacco Cessation Services</p>	<p>Provides frequent free or low-fee tobacco cessation classes and tobacco education services. Consultation, training and technical assistance are available to behavioral health and medical staffs who would like to assist their clients/patients with quitting tobacco. Other services include: off-site, community-based cessation groups and youth prevention and cessation services. Nicotine patches available to qualified participants at reduced cost.</p>	<p>English only</p>	<p>415-755-2334 or www.bacr.org/tobacco 9 a.m. – 5 p.m. M-F plus evening hours for cessation classes as-needed</p>
<p>Marin Services for Women</p>	<p>Residential Program, Structured Day Treatment program and Evening Outpatient Program for women seeking recovery from chemical dependence and trauma. Women are able to enter residential treatment with one to two children under the age of six years. Outpatient services include individual and family counseling, intensive evening and weekend programs, support groups, 12-step programs and workshops designed to focus on issues of interest to women. The Outpatient program also addresses needs of women who are co-dependent, or adult children of alcoholics. Services also include transitional housing (sober living) for up to 22 women who are also participating in MSW outpatient treatment. Sliding scale fees.</p>	<p>English only</p>	<p>415-924-5995 (office) M-F 8:30 a.m.-5 p.m. www.marinservicesforwomen.org</p>
<p>Center Point Multi Service Center Residential Women and Children’s Program</p>	<p>LifeLink is a comprehensive residential treatment program for single women and pregnant and parenting women and their children (up to the age of 5). This six-month long program offers rehabilitation services focused on improving health and well being of mothers and their children by providing individualized gender specific and culturally appropriate treatment. LifeLink offers a variety of on-site psychological, educational, medical, vocational, and counseling support for women and women with children. Children’s Services include developmental assessment, therapeutic day care and links to specialized services and Head Start. Medi-Cal is not accepted, however funding may be available for treatment services</p>	<p>English only</p>	<p>415-456-6655 or www.cpinc.org M-F 9 a.m.-7 p.m.</p>

Recovery Connections Center – a program of Bay Area Community Resources	Services include: screening and assessment for alcohol, tobacco, and other drug problems, referral and assistance with admission to appropriate treatment, pre-treatment group counseling, continuing care management, and telephone assistance. Sliding scale fees available. Mobile assessments are forthcoming.	Translation assistance is available.	415-755-2345 Email: RCC@bacr.org http://www.bacr.org/programs/alcohol-a-drug
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Breastfeeding Support/Food Supplements

Organization/Program	Details/Eligibility	Language	Contact
HHS Division of Public Health – WIC (Women, Infants, and Children)	<p>The Women, Infants, and Children (WIC) Supplemental Nutrition Program is a federally-funded health and nutrition program for:</p> <ul style="list-style-type: none"> • Women who are pregnant, breastfeeding, or just had a baby • Children under 5 years old (including foster children) • Families with low to medium income (working families may qualify) • Undocumented families and working families are encourage to apply <p>WIC services include:</p> <ul style="list-style-type: none"> • Special checks to buy healthy foods, such as milk, soy milk, eggs, cheese, tofu, bread, tortilla, rice, cereal, beans, peanut butter, tuna, fruits, vegetables. • Information about nutrition and health to help families eat well and be healthy • Support and information about breastfeeding • Help in finding health care and other community services • Breast pump loan program • Lactation consultants and breastfeeding peer counselors available. 	Spanish, French and Mandarin Chinese speaking staff available.	<p>For appointments: 415-473-6889 For providers: 415-473-6701 For Breastfeeding help: 415-473-3094</p> <p>http://www.co.marin.ca.us/depts/HH/main/hs/CHPS/Prevention.cfm</p>

Social and Support Groups for Mothers

Corte Madera/Larkspur Mother's Club - free 415-451-7234 www.cmlmc.org

Novato Mothers' Club - Free 415-458-3203 www.novatomothersclub.com

Ross Valley Mothers' Club - 415-721-4576 www.rrmc.net

San Rafael Mothers' Club - free www.srmoms.org

Southern Marin Mothers' Club - free 415-273-5366 www.southernmarinmoms.com

Websites for Postpartum Depression and Support

<http://www.ppdsupportpage.com> – online postpartum support group

<http://www.postpartum.net> – Postpartum Support International

<http://www.postpartumdads.org> - Postpartum Dads - Helping men help their wives recover from postpartum depression

<http://www.marinmomcare.org> - resource guide for new moms in Marin County

<http://www.nurturemom.com/index.shtml> - support for mothers

<http://www.MedEDPPD.org> - postpartum information for women with PPD, friends, family

<http://www.sbpep.org/index.php?content=pepindex.htm> - postpartum education for parents

<http://www.healthychild.ucla.edu/PUBLICATIONS/Maternal%20Depression%20Report%20FINAL.pdf> – Report on impact of maternal depression on children and recommendations for early childhood and public health response

New Mother / Perinatal Support Groups

Current as of December 2010. For more information about this resource guide please call 415-473-3515

Group	Agency	Contact	Meeting time	Place
Aprendiendo Juntos Canal-Spanish	Parent Services Project	William Enriquez 454-1870 x104	Every Friday, Cada Viernes 11-1:00	Pickleweed Community Center
Marin City Play Group	Marin City School Readiness Project	LaTanya Wiggins 415-339-2836	Fridays 10:00-12:00	Marin City Head Start Classroom-610 Drake Ave, room 7
Novato Play Group English & Spanish	Novato School Readiness Project	Ruthie Amos 892-1643	Wednesdays, Miercoles 10:00-11:30	The Open Door Church 1915 Novato Boulevard
San Geronimo Valley Play Group English	Valley School Readiness Project	Heather Richardson & Jennifer Breen Justice 488-8888 X209	Tuesdays & Thursdays 10:00-12:00	Lagunitas School Room 9
Baby Gym	Shoreline School Readiness	Elvira de Santiago 663-8335	Tuesdays and Thursdays 9:30-11:00	Dance Palace Community Center
Aprendiendo Juntos West Marin-Spanish	Shoreline School Readiness	Elvira de Santiago 663-8335	Wednesdays, Miercoles 9:45-11:15	Porto Bodega
Maternal Depression Group-Spanish	Family Service Agency	Maria Garcia 491-5700 x 2052	Fridays/Viernes 11:00-12:30 (12 weeks)	Connection Center (Kerner Campus)
Explorando la Maternidad Juntas Spanish (Free drop in)	APPLE FamilyWorks	Leticia Jimenez 505-3039	Tuesdays, Martes 10:00-12:00	Marin Community Clinic-Novato
Explorando la Maternidad Juntas Spanish (Free drop-in)	APPLE FamilyWorks	Leticia Jimenez 505-3039	Thursdays, Viernes 10:00-12:00	Marin Community Clinic-San Rafael
Exploring Motherhood Together English (Free drop-in)	APPLE FamilyWorks	Tonia Sassi 492-0720 x 302	Fridays 10:00-12:00	Marin Community Clinic-Novato

Clases Para Madres Nueva/ Grupos De Apoyo Perinatal *Para mas información sobre esta guía, por favor llame 415-473-3515

Grupo	Agencia	Contacto	Hora del grupo	Lugar
Aprendiendo Juntos Canal en español	Proyecto de Servicios para Padres	William Enríquez 415-454-1870x104	Cada Viernes de 11-1:30pm	Pickleweed Centro de Comunidad 50 Canal St, San Rafael
Marin City Grupo de Juegos	Marin City School Proyecto Preparación	La Tanya Wiggins 415-339-2836	Cada Viernes 10-12:00pm	Marin City Head Start 610 Drake Ave. Marin City - Salon #7
Novato Grupo de Juegos en español y ingles	Novato School Proyecto Preparación	Ruthie Amos 415-892-1643	Miércoles 10:00-11:30am	The Open Door Church 1915 Novato Blvd - Novato
San Geronimo Valley Grupo de Juegos en ingles	Valley School Proyecto Preparación	Heather Richardson & Jennifer Breen 488-8888 x209	Martes y Jueves 10:00-12:00pm	Lagunitas School 1 Lagunitas School Rd, San Geromino – Salon #9
Gymnasio para Bebes	Shoreline School Preparación	Elvira de Santiago 415-663-8335	Martes y Jueves 9:30-11:00am	Dance Palace Centro de la Comunidad 503 B Street, Point Reyes
Aprendiendo Juntos West Marin en español	Shoreline School Preparación	Elvira de Santiago 415-663-8335	Miércoles 9:45-11:15am	Porto Bodega 1500 Bay Flat Rd, Bodega Bay
Grupo de apoyo en Depresión Materna	Family Service Agency	Maria Garcia 491-5700 x 2052	Viernes 11- 12:30pm 12 semanas	Connection Center 3240 Kerner Blvd. San Rafael
Explorando la Maternidad Juntas- en español	APPLE Family Works	Leticia Jimenez 415-505-3039	Martes de 10-12:00pm	Clínica de la Comunidad de Marin en Novato 6100 Redwood Blvd.
Explorando la Maternidad Juntas- en español	APPLE Family Works	Leticia Jimenez 415-505-3039	Jueves y Viernes 10-12:00pm	Clínica de la Comunidad de Marin en San Rafael – 3110 Kerner – San Rafael
Explorando la Maternidad Juntas- en español	APPLE Family Works	Tonia Sassi 415-492-0720 X302	Viernes de 10-12:00pm	Clínica de la Comunidad de Marin en Novato 6100 Redwood Blvd.