

Alcohol or Drugs

Marshall Medical Smoking Cessation 530-626-2990

Marshall CARES Substance Use Clinic 530-621-7965

El Dorado Council on Alcoholism (ADCA life skills) 530-622-8193

Overcomers-Calvary Chapel Placerville 530-626-8484

Green Valley Church Celebrate Recovery 530-622-3231

For Parents and their Children: New Morning Youth & Family Services 530-622-5551

Progress House 530-644-3758

El Dorado County Doulas & Birth Professionals

www.eldoradocountydoulas.com

Grief Services

Griefshare.org

Sudden Infant Death Syndrome (SIDS) 800-369-7437

Grief Counseling – Infant Parent Center 530-676-2899

Strength for the Journey – Sudden Loss – Marshall Foundation 530-642-9984

Snowline Grief Support 530-626-7820, snowlinehospice.org

Support Groups/ Social Connections

Library Programming eldoradolibrary.org

Mothers of Preschoolers (MOPS) mops.org

Dahlia Mama – Mama Strong Yoga Mindful Mama Circle 530-497-0821, dahliamama.com

Emergency Services

In the case of an emergency or safety concern please call 911 immediately.

Marshall Medical Center
1100 Marshall Way, Placerville, CA
530-622-1441

Barton Memorial Hospital
2170 South Ave., South Lake Tahoe, CA
530-541-3420

El Dorado County Law Enforcement
Placerville Police Department
530-642-5210

South Lake Tahoe Police Department
530-542-6110

El Dorado County Sheriff Office
(non emergency)
Placerville: 530-621-6600
South Lake Tahoe: 530-573-3000

California Youth Crisis line
800-843-5200

El Dorado County Mental Health Crisis Hotline

Placerville 530-622-3345
South Lake Tahoe 530-621-6290

NAMI – National Alliance on Mental Illness Help Line 800-950-6264

National Suicide Prevention Hotline
800-273-8255

Violence at Home
Center for Violence Free Relationships
530-626-1131 or 916-939-6616

WEAVE-Crisis Line/Emergency Shelter
916-920-2952

Live Violence Free 530-544-2118
Mother Teresa Maternity Home
530-295-8006

About Marshall Medical Center

We are an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 125 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has over 200 physicians and a team of over 1,500 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

Sponsored by

El Dorado Womens Health Group

Marshall Medical Center

1100 Marshall Way
Placerville, CA 95667
530-622-1441

www.marshallmedical.org



“Children
learn to
smile from
their parents.”
-Shinichi Suzuki

El Dorado County Pregnancy & Postpartum RESOURCE GUIDE



MARSHALL
MEDICAL CENTER

It's about you

Pediatricians/ Family Practice

Marshall Pediatrics
530-626-1144

Marshall Whole Child Health
530-672-7037

Shingle Springs Health & Wellness
530-387-4975

**Marshall Medical Family and
Internal Medicine - Placerville**
530-626-2920

**Marshall Medical Family and
Internal Medicine - Cameron Park**
530-672-7000

Marshall Sierra Primary Medicine
530-621-3600

**Dr. Judith Brandt - Camino
Family Medicine** 530-647-9762

**El Dorado Community
Health Centers** 530-621-7700

Divide Wellness Center
530-333-2548

**South Lake Tahoe Pediatricians/
Family Practice**
Barton Pediatrics 530-543-5550
Lake Tahoe Pediatrics 530-541-6100
Barton Family Medicine
530-543-5660

Immunizations

El Dorado County Public Health
Placerville: 530-621 6100
South Lake Tahoe: 530-573-3155

**CVS, Walgreens, Rite Aid and
Walmart**

Prenatal Care

Marshall Medical Center OB/GYN
Placerville 530-344-5470
Cameron Park 530-672-7060

**Marshall Birth Center Tour -
Call Marshall Birth Center**
530-626-2638

**South Lake Tahoe Prenatal Care -
Barton Women's Health OB/GYN**
530-543-5711

**Diabetes and Nutrition
Education, Sweet Success**
530-672-7021

Dentistry

(Accept Medi-cal and CA Health & Wellness)

**El Dorado Community
Health Center** 530-621-7700

Preventive Dental Care Center
530-622 3430

Shingle Springs Health & Wellness
530-387-4975

Food Assistance

**El Dorado County Health and
Human Services - Cash, Food and
Medical Assistance**
530-642-7300

Food Bank of El Dorado County
530-621-9950

Green Valley Common Ground
530-622-3231

**Women, Infants, and
Children (WIC)**
Placerville 530-621-6176
South Lake Tahoe 530-573-3491

Postpartum Depression and Anxiety

Postpartum depression is a mood disorder that can affect women after childbirth. Mothers with postpartum depression experience feelings of extreme sadness, anxiety, and exhaustion that may make it difficult for them to complete daily care activities for themselves or for others.

The symptoms of postpartum depression may include:

- A low or sad mood
- Trouble sleeping when your baby sleeps (more than the lack of sleep new moms usually get!)
- Feeling numb or disconnected from your baby
- Having scary or negative thoughts about the baby, like thinking someone will take your baby away or hurt your baby
- Worrying that you will hurt the baby or yourself
- Feeling guilty about not being a good mom, or ashamed that you cannot care for your baby

Depression is common. If you are worried about the way you have been feeling, it important to speak with a doctor and tell him or her about your concerns. Your doctor can help figure out whether you have depression or not, and he or she can help find the best treatment for you.

**Many women feel this way
You are not alone**

**There are treatments to help you feel better
Talk to your doctor so you can feel like yourself again**

*Go to the closest emergency room if you are worried about harming
yourself or your baby.*

Postpartum Depression Resources

**Call your Family Practice, OB
or Pediatrician if experiencing
above symptoms.**

**Postpartum Support
International** 800-944-4773

Infant Parent Center
530-676-2899

Behavioral Health Services

**El Dorado County Behavioral
Health** 530-621-6290

**Shingle Springs Health & Wellness
Behavioral Health**
530-387-4975

**New Morning Youth and
Family Services** 530-622-5551

Education

**Marshall Medical Childbirth
Education Classes** 530-626-2990

**Marshall Medical Breastfeeding
Education Classes** 530-626-2990

**Early Head Start:
Pregnant-NB-Age 3** 530-295-2270

First Five/Community Hubs
530-622-5787/833-332-4827

**Pregnancy Counseling Services
Parental Training**
530-626-6720

**Women, Infants, and Children
(WIC)**
Placerville 530-621-6176
South Lake Tahoe 530-573-3491

**Barton Pregnancy and
Childbirth Classes South Lake
Tahoe** 530-543-5525

Breastfeeding Support Services

**Marshall Birth Center Board
Certified Lactation Consultants**

Christine Parker, RN, IBCLC
Jamie Bowman, RNC, IBCLC
530-626 2835

**Women, Infants, and
Children (WIC)**
Placerville 530-621-6176
South Lake Tahoe 530-573-3491

**South Lake Tahoe Barton
Memorial Hospital Lactation
Support** 530-543-5547

Housing

Mother Teresa Maternity Home
530-295-8006

Hope House – *Transitional
housing program for women
with young children*
530-622-3231 Ext. 242

**Housing Emergency Lodging
Program - Cornerstone of Hope**
530-957-8189 or 530-409-4322

Other Child and Family Related Resources

**Ages and Stages Developmental
Screening** – 2 months to 5 years
530-295-2454

Public Health Nursing
*In home assessments and linking
families with community and
medical resources*
530-621-6108

Infant/Child Car Seat Checks –
Placerville California Highway
Patrol 530-748-2450

Placerville Fire Station
530-644-9630

El Dorado Hills Fire Station
916-933-6623

Subsidized Childcare/Diapers –
Choices for Children
530-676-0707

**Sierra Child and Family
Services**
Adoption, foster care and
mental health 530-295-1491