



New Parent Resources



Pregnant

Are you
or your
partner
expecting?



Breastfeeding



New parents?

Important Phone Numbers

1-877-661-6230
option 1

Contra Costa Health
Advice Nurse

211

Contra Costa Crisis Center

1-866-878-7767

Contra Costa Breastfeeding Warmline

1-415-864-8848

Legal Aid at Work



Postpartum

**Get
Prenatal
Care**



**Local Clinics
and Hospitals**

We're here to help!
Whether this is
your first baby or
not, pregnancy and
welcoming a new
baby can be
stressful.
Please check out
our Linktr.ees to
find some answers.



Mental Health

PLEASE VISIT
linktr.ee/cocobeststart
for more resources!

Sneak Peek

SIDS & Safe Sleep

linktr.ee/babysafesleep

Feeding your Baby

linktr.ee/InfantFeeding

Baby Behavior

linktr.ee/babybehavior

Apply for WIC!

cchealth.org/WIC

1-800-414-4WIC

- WIC Supports Families with Breastfeeding/Infant Feeding
- Nutrition Education
- Electronic Food Benefits
- Referrals to Healthcare and
- Other Community Services





Recursos para nuevos padres

Escanéame



¿Está usted o su pareja esperando un bebé?



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