<table>
<thead>
<tr>
<th>Service Type</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnancy Tests</td>
<td>Shasta County Public Health: 225-5591</td>
</tr>
<tr>
<td>Condoms</td>
<td>Shasta Regional Medical Center: 244-5400</td>
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<tr>
<td>STD Testing/Treatment</td>
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<tr>
<td>HIV Testing</td>
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<td>Abortion Services</td>
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<tr>
<td>Annual Exams</td>
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<tr>
<td>Adoption</td>
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<tr>
<td>Tubal Ligation &amp; Vasectomy Referral</td>
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</tbody>
</table>

221-0193  All Health Plans Exempted
Redding & Anderson  No Referral Needed!

### Medical Health

**Women's Health Specialists (WHS)**: 221-0193
**Women's Health Specialists Anderson**: 800-714-8151
**Anderson Medical Walk-In Clinic**: 365-4412
**Early Intervention Services (E.I.S.) HIV Program**: 246-5710
**Healthy Families**: 800-880-5305
**Hill Country Clinic**: 337-6243
**HOPE Van**: 246-5765
**Local Area Support for Hepatitis (L.A.S.H.)**: 945-7553
**Medi-Cal Information**: 225-7677
**Mercy Medical Center**: 225-6000
**Pit River Health Service, Inc.**: 335-3561
**Redding Rancheria Indian Health Clinic**: 224-2700
**Shasta Community Health Center**: 246-5710
**Redding**: 378-0486
**Shasta Lake**: 276-9168
**Happy Valley**: 357-2860

### Pregnancy Options & Related Referrals

**Women's Health Specialists (alloptions)**: 221-0193
**Women's Health Specialists Anderson**: 800-714-8151
**Adoption Choices (with WHS)**: 891-0302
**ACCESS**: 800-376-4636
**Maternal, Child, Adolescent Health**: 800-300-5122
**Mercy Maternity Clinic**: 225-7580
**Perinatal Program**: 800-809-1350
**Shasta Breastfeeding Support Center**: 245-6466
**Teenage Pregnancy and Parenting Program**: 241-0552
**Well-Baby**: 246-5710
**WIC (Women, Infants, and Children)**: 225-5168

### Community Support / Cultural Organizations

**Women's Health Specialists speaks English, Spanish, Mien, Hmong, Thai, Russian, Punjabi and Hindi.**
**Anderson Teen Center**: 365-9021
**Disability Organizing Group for Initiating Total Equality (DOGITE)**: 242-8550
**Far Northern Regional Center**: 222-4791
**Girls' Inc.**: 527-7767
**Independent Living Services of Northern CA**: 242-8550
**Local Indians for Education (L.I.F.E.)**: 275-1513
**Martin Luther King, Jr. Center**: 225-4375
**Northern Hispanic Latino Coalition (N.H.L.C.)**: 225-3748
**Northern Valley Catholic Social Service**: 242-5052
**Parent Partners**: 242-2020
**People of Progress**: 243-3811
**Redding Area Bus Authority (RABA)**: 241-2877
**Rowell Family Empowerment**: 226-5129
**The Salvation Army**: 222-2207

### Assistance (food, children, legal, clothing, housing, transportation, jobs)

**Anderson Cottonwood Christian Assistance**: 365-4220
**Anderson Partnership for Healthy Children**: 378-6066
**Cal Fresh (Food Stamps)**: 877-652-0731
**CALWORKS**: 225-5000
**CARES (City of Redding Electric Bills)**: 245-7200
**Caring Choices (HIV/AIDS Services)**: 226-0120
**Child Support Services**: 225-5300
**City of Redding Housing Authority**: 225-5436
**City of Redding Utility Assistance**: 339-7200
**Crime Victims Assistance**: 225-5520
**Early Childhood Services**: 225-2999
**Employment Development Department (EDD)**: 225-2185
**Family Center Youth & Family**: 242-1855
**First 5 Shasta**: 646-3780
**Good News Rescue Mission**: 241-5754
**Health & Human Services Agency**: 229-8400
**In Home Support Services (IHSS)**: 225-5507
**Independent Living Services of Northern CA**: 242-8550
**Labor Ready**: 242-6855
**Legal Services of Northern California**: 241-3565
**Loaves and Fishes**: 241-1108
**Northern Valley Catholic Social Service**: 241-0552
**Parent Partners**: 242-2020
**People of Progress**: 243-3811
**Redding Area Bus Authority (RABA)**: 241-2877
**Rowell Family Empowerment**: 226-5129
**The Salvation Army**: 222-2207
Substance Abuse
- Addicted Offender Program: 225-3674
- Alcoholics Anonymous: 225-8955
- Alcohol and Drug Perinatal Program: 245-6411
- Cascade Circle (DUI programs): 222-8302
- County Alcohol and Drug Abuse Program: 225-5240
- Empire Recovery Center: 243-7470
- Empire Outpatient Services: 275-1076
- Pit River Health Substance Abuse Program: 335-4004
- Redding Rancheria Substance Abuse Program: 224-2700
- Right Roads Recovery Center: 365-8523
- Youth Treatment Services: 225-5239

Dial 2-1-1 for community resources in Shasta County or Visit www.211shasta.org

Women’s Health Specialists
Compassionate. Confidential. Non-judgmental

Free Health Advice Line
221-0193
Women’s Health Specialists
1901 Victor Avenue
Redding, CA 96002
cawhs.org