

Create *your* support system

Sacramento Life Center, WellSpace Health and Bishop Gallegos Maternity Home are working together to provide compassion, support, medical care, education, housing, insurance enrollment, and community resources to ensure women and teens in the Arden/Arcade area who are pregnant and lacking support have care.

High level prenatal, postnatal & pediatric care.

Providing the medical services you need increasing the likelihood of a healthy and happy pregnancy, delivery and post-delivery for you and your baby too!

Parenting education

Offering education support for pregnancies including one on one health education sessions and a comprehensive perinatal service program. Class Incentives may include a stroller, highchair, car seat or baby supplies. Please inquire for more details.

Our Health Educators include: Labor + Delivery Nurse, CPHW, Dietician LCSW for Mental + Behavioral Support

Everyone is welcome regardless of race, religion or income.

Collaborative Sponsored by Dignity Health

- **Sacramento Life Center**
2316 Bell Executive Lane,
Sacramento, Ca 95825_
www.saclife.org -
916.451.2273
- **WellSpace Health Arden-Arcade CHC** 2433 Marconi Ave., Sacramento, CA 95821_
www.wellspacehealth.org
916.392.2290
- **Bishop Gallegos Maternity Home** Sacramento, Ca 95823_
www.bgmh.org - 916.395.9370



**Arden-Arcade
Pregnancy Services**



Arden/Arcade CHC
Their team of professionals provides comprehensive women's healthcare services with compassion.

- Comprehensive prenatal and postnatal care throughout your pregnancy and delivery
- Routine prenatal visits with a physician or nurse practitioner
- Delivery with a physician at Mercy Hospital
- Personalized labor and childbirth management
- One on one health education sessions and a comprehensive perinatal service program

“From the moment we walked in we were very well received, very well treated all the way thru. They really are there to serve.” -Diogo S.

**BISHOP GALLEGOS
 MATERNITY HOME**

Are you in need of housing? Bishop Gallegos provides support and a place to live while pregnant and for three months postpartum.

BGMH provides in home education programs such as: nutrition, infant safety, budget planning and management, and parenting strategies. They assist clients in accessing other services available through outside agencies that provide counseling for various needs including substance abuse, domestic violence, parenting courses, adoption services (if they so choose), and housing.

We are here to help!



Through their California State licensed Community Medical Clinic SLC offers these FREE and confidential services:

- Medical grade pregnancy testing
- Limited OB ultrasounds
- STD testing and treatment
- Consultation and community resources for women and men
- OB/GYN and adoption referrals
- Baby Needs Center
- One on one education classes
- Transportation to appointments for qualifying patients
- Medi-Cal Presumptive Eligibility Enrollment

Begin your journey at SLC with a FREE pregnancy test, consultation & ultrasound! Call 916.451.HELP to start!

