

## PLAYTIME

### FAMILY & COMMUNITY EVENTS:

- **Give Kids a Smile Day:** Free dental screenings and services for children without dental coverage (1<sup>st</sup> Saturday in February) ..... 527-6824
- **Kiddy Kapers Parade:** Court House Lawn, 633 Washington St., Red Bluff (2<sup>nd</sup> Saturday in April -10:30 a.m.).....529-8812
- **Children's Fair:** Tehama County Fairgrounds, Red Bluff (4<sup>th</sup> Saturday in April -10 a.m. to 3 p.m.) ..... 527-5811
- **Cinco De Mayo Celebration/Feria de Salud (Family Health Fair):** Tehama County Fairgrounds, Red Bluff. (1<sup>st</sup> Saturday in May -11 a.m. to 5 p.m.) ..... 527-5631
- **Los Molinos Fourth of July Parade:** Parade starts at 10 a.m. on Sherwood Blvd. and loops around to 99 E. Picnic and games at Mill Creek Park following at 1 p.m. (4<sup>th</sup> of July, of course) ..... 567-5143
- **Corning Olive Festival:** Downtown Corning (4<sup>th</sup> Friday & Saturday in August) ..... 824-5550
- **Recovery Happens Celebration:** Celebration of treatment and recovery from substance abuse. Red Bluff River Park. (3<sup>rd</sup> Saturday in September, 11 a.m. – 2:30 p.m.) ..... 527-7893
- **Tehama District Fair:** Tehama County Fairgrounds, Red Bluff (4<sup>th</sup> Thurs. – Sun. in September) ..... 527-5920
- **St. Elizabeth's Health Spree & Sacred Heart's Calico Faire:** Family health fair and kids' carnival. Tehama County Fairgrounds, Red Bluff (2<sup>nd</sup> Saturday in October) ..... 527-6727 & 529-8038
- **Red Ribbon Week:** County Wide Drug Awareness Campaign (last two weeks of October). Check local listings ..... 527-7893
- **Corning Hometown Christmas:** Pancake Breakfast at 7 a.m. at the Veterans' Hall followed by activities downtown, culminating with a Parade of Lights at 5:30 p.m. (Saturday before Thanksgiving) ..... 824-5550
- **Red Bluff Christmas Parade:** Downtown Main Street, Red Bluff. See local listings for details. .... 527-6220
- **Children's Christmas Festival:** Red Bluff Community Center, 1500 S. Jackson St., Red Bluff (2<sup>nd</sup> Saturday in December) ... 527-8177

### PLAYGROUPS:

- **Child Care Referral and Education (CCRE):** 645 Antelope Blvd., Red Bluff (Call for schedules.) ..... 529-3131
- **Family Resource Centers:** (Call for schedules.)
  - Red Bluff Area: 220 Sycamore St., Suite 101, Red Bluff ..... 528-8066 or 1-888-797-7233
  - Corning Area: West Street Elementary School, Corning ..... 824-7670
  - Central Tehama Area: First Steps Family Resource Center, 7700 Stanford Ave., Los Molinos ..... 384-7833
- **Playtime Pals:** Tues. & Thurs., 9:30-11:00 a.m. (Call for locations.) ..... 840-0253

### HEALTH SERVICES:

- **California Children's Services (CCS):** Tehama County Health Services Agency. Program assists with access to medical care and provides financial assistance for seriously ill, injured or handicapped children. 1860 Walnut St., Red Bluff ..... 527-6824 or 1 (800) 655-6854
- **CareNet Pregnancy Center & Medical Clinic:** Pregnancy testing, STD testing & treatment, and prenatal education. Office: 2460 Athens Ave., Redding ..... 246-7075
- **Child Health and Disability Prevention Program (CHDP):** Tehama County Health Services Agency. Offers free health and dental screenings and immunizations to eligible children. 1860 Walnut St., Red Bluff ..... 527-6824
- **Outpatient Clinic of the Tehama County Health Services Agency:** Offers basic medical care, family planning and free reproductive health care for low-income men and women. 1850 Walnut Street, Red Bluff ..... 527-0350
- **Poison Control Center** ..... 1-800-876-4766
- **St. Elizabeth Community Hospital:** 2550 Sister Mary Columba Drive, Red Bluff ..... 529-8000
- **St. Elizabeth Community Hospital Perinatal Education Program:** Classes include breastfeeding, prenatal education, baby basics, and childbirth. 2550 Sister Mary Columba Dr., Red Bluff ..... 529-8377
- **Women, Infants and Children's Program (WIC):** Nutrition information, breast-feeding support, food coupons for pregnant or nursing mothers and infants. 1850 Walnut St., Red Bluff or 145 Solano St., Corning ..... 527-8791 or 1(800) 698-4942

- **Northern Valley Indian Health:**
  - 207 N. Butte St., Willows ..... 934-4641
  - 845 W. East St., Chico ..... 896-9400
- **Orland Family Health Center:** 1211 Cortina Dr., Orland ..... 865-5544
- **Outpatient Clinic of the Tehama County Health Services Agency:** 1850 Walnut Street, Red Bluff ..... 527-0350

### SMOKING CESSATION:

- **Tehama County Health Services Agency, Public Health Division:** 1860 Walnut Street, Red Bluff ..... 527-6824

### SUBSTANCE ABUSE:

- **Alcoholics Anonymous:** Call for meeting times/places or check local listings.
  - Red Bluff Area: 785 Musick St., Red Bluff ..... 529-0301
  - Redding Area: 1050 State St., Redding ..... 225-8955
- **Alcohol/Drug Hotline:** Crisis hotline, referrals, Spanish translators ..... 1(800) 252-6465
- **Tehama County Health Services Agency – Drug/Alcohol Division:** Offers a variety of programs, including DADS, a program for parenting men with substance abuse issues, and the Perinatal Substance Abuse Program (PSAP), for pregnant and post-partum women who are using or are in substance treatment.
  - Corning Area: 1600 Solano St., Suite D, Corning ..... 824-4890
  - Red Bluff Area: 1850 Walnut St., Red Bluff ..... 527-7893

## EARLY CARE & EDUCATION AND SPECIAL NEEDS

- **California School Age Families Education (Cal-SAFE):**
  - Corning Area: 250 E Fig Lane, Corning .....824-7403
  - Red Bluff Area: 1050 Kimball Road, Red Bluff .....529-8760
- **Community Christian Kindergarten Readiness Program:**
  - 598 Roundup Ave., Red Bluff .....527-7040
- **Corning Children's Center:**
  - Centennial High School, 250 E Fig Lane, Corning .....824-7403
- **DeAnn's Busy Bees Preschool:**
  - 561 Edith Ave., Corning.....824-4616
- **First Church of God Preschool:**
  - 1005 South Jackson St., Red Bluff.....527-4516
- **Gerber/Los Molinos School Readiness Program and First Steps Family Resource Center:** Offers "Parents as Teachers" home visitation program, parent education & Kinder Camp.
  - 7700 Stanford Ave., Los Molinos .....384-7833
- **Migrant Head Start:**
  - Office: 2205 Elm St., Chico .....895-3629
- **Migrant Education:**
  - Office: 1135 Lincoln St., Red Bluff .....528-7325

- **Family Start Early Intervention Program:** A bilingual home-visiting program that provides health services, pre-natal and/or early childhood education, parenting education, social services, and referrals to families with children ages 0-5. 220 Sycamore St., Suite 200, Red Bluff..... 529-1500
- **Home Help for Hispanic Mothers:** Assists with survival and emergency family needs, agency referrals, transportation to appointments, home visits and Leadership classes .....824-7677
- **Family Resource Center Network:** Home visiting, parent education, counseling, information and referral, and support for low-income families. 220 Sycamore St., Suite 101, Red Bluff.....528-8066 or 1-888-797-7233
- **Rape Crisis Intervention:** Variety of services to survivors of sexual assault and child molestation and their families. 723 Pine St., Red Bluff.....529-3980 or 24-hour Crisis Line 342-RAPE (7273)
- **Self-Help Assistance and Referral Program (SHARP):** Provides assistance at no cost in most areas of family law, unlawful detainers, and small claims. 345 Pine St., Red Bluff.....527-8649

### FOOD ASSISTANCE:

- Dorcas Community Center .....824-4707
- Hands of Hope Rescue Mission .....529-4877
- Salvation Army .....527-8530
- Tehama County Gleaners .....529-2264
- Tehama County Department of Social Services (food stamp program ) .....527-1911
- The Lord's Table/Vineyard Christian Fellowship .....527-2449
- Women, Infants and Children's Program (WIC) .....527-8791

## ♥ MATCH ♥ LEARN ♥ DEVELOP ♥ KEYS TO QUALITY CHILD CARE™

- ♥ **MATCH** your needs, your beliefs and your culture to the right caregiver for you & your family.
  - Know your child care options so that you can do what's best for *you* and *your* family.
  - Talk to your provider regarding your child rearing choices.
  - Does your caregiver acknowledge & respect your culture?
- ♥ **LEARN** everything possible so that you can make the right decision for you & your family.
  - Learn about the caregiver's education, experience, training & background.
  - Learn about the child care environment. Is it *safe*? Is it *healthy*? Is it *positive*? Is it *educational*?
- ♥ **DEVELOP** strong & positive communication with the caregiver.
  - Be comfortable "stopping by."
- ♥ **USE** the resources of CCRE for training, education & assistance.  
*Reprinted with the consent of the CCRE in partnership with the Child Care Resource Center.™*

### PRENATAL AND POSTNATAL SUPPORT:

- **La Leche League:** Breastfeeding support and education. Meetings 2<sup>nd</sup> Fridays of each month at 10 a.m. Family Resource Center, 220 Sycamore St., Suite 101, Red Bluff..... 527-6818
- **St. Elizabeth Community Hospital Perinatal Education Program:** Bilingual program offering childbirth, baby care and breastfeeding classes as well as lactation support. Teen services also available. 2550 Sister Mary Columba Drive, Red Bluff..... 529-8377
- **Women, Infants and Children's Program (WIC):** Breastfeeding support and education, nutrition and health education and food vouchers. 1850 Walnut St., Red Bluff or 145 Solano St., Corning.....527-8791 or 1(800) 698-4942

### CLOTHING ASSISTANCE: *Free or low cost.*

- Catholic Women's Guild .....527-1351
- Community Clothes Closet..... 528-2925
- Dorcas Community Center .....824-4707
- Guardian Angel Foundation .....384-9857
- Hands of Hope Rescue Mission..... 529-4877
- Hope Chest .....527-0270
- Hospice Thrift Store.....528-9430
- Salvation Army .....527-8530
- Salvation Army Thrift Store .....529-1590
- Two Peas in a Pod .....528-1698

### TRANSPORTATION:

- **TRAX** (Tehama Rural Area Express)..... 385-BUSS/2877
- **PARA TRAX** (TRAX for disabled clients)..... 529-3099
- **METS** (Medical Emergency Transportation Service) ..... 385-2200

## FAMILY SUPPORT & OTHER RESOURCES

## ADULT LEARNING & STORYTIME

### BASIC & CONTINUING EDUCATION:

- **E-Scholar Academy:** Provides online basic education instruction (3<sup>rd</sup> grade to adult), individualized and classroom instruction and GED preparation services. 715 Jackson St., Suite B, Red Bluff. Open M–Thurs. 8 a.m.–4 p.m. & Fri. 8 a.m. – 12 p.m ..... 527-0188
- **Corning Adult School:** Basic education, HS diploma, GED preparation, ESL and citizenship classes. Daytime & evening hours. 250 E Fig Lane, Corning .....824-7414
- **Corning Family Resource Center:** Basic high school education for Spanish speakers, ESL, life skills classes, computer classes and Latina Leadership. West Street Elementary School, Corning .....824-7670
- **Job Training Center:** Computer classes. 718 Main St., Red Bluff .....529-7000
- **Red Bluff High School Adult Education:** Computer classes and courses of study leading to a high school diploma. 1295 Red Bud Avenue, Red Bluff .....529-8757
- **Shasta College Tehama Campus:** 900 Palm Street, Red Bluff .....529-8980
  
- **Tehama County Department of Education:** Adult Education (GED, Diploma), ESL/EL, and Citizenship classes at locations in Red Bluff and Corning. *Enriched childcare provided in some locations.* 1135 Lincoln St., Red Bluff .....528-7346



### STORYTIME:

- **Tehama County Library:**
  - **Corning Branch:** 740 3rd St ..... 824-7050  
Summer Reading Program - Tuesdays at 10 a.m.
  - **Los Molinos Branch:** 7881 Hwy. 99E .....384-2772  
Summer Reading Program – Thursdays at 10 a.m.
  - **Red Bluff Branch:** 645 Madison St.....527-0604  
Preschool Story Hour – Wednesdays at 9:30 a.m.  
(except during the Summer Reading Program)  
Summer Reading Program – Wednesdays at 10 a.m.
- **Cottonwood Community Library:**  
3427 Main St., Cottonwood.....347-4818  
Preschool Storytime, Weds. from 11:30 a.m. to 12:30 p.m.  
Summer Reading Program – Call for details.

### PARENTING EDUCATION OPPORTUNITIES:

- **Breastfeeding:**
  - **La Leche League:** Family Resource Center, 220 Sycamore St., Suite 101, Red Bluff .....527-6818
  - **St. Elizabeth Hospital Perinatal Education Program:** 2550 Sister Mary Columba Drive, Red Bluff .....529-8377
  - **Women, Infants and Children’s Program (WIC):** 1850 Walnut St., Red Bluff or 145 Solano St., Corning.....527-8791 or 1(800) 698-4942
- **Childbirth Classes:**
  - **St. Elizabeth Hospital Perinatal Education Program:** 2550 Sister Mary Columba Drive, Red Bluff.. .....529-8377
- **Child Safety Seat Classes:** Free classes. Low-cost car seats. Community Action Agency. Call 527-6159 or check local listings.
- **CPR Classes:**
  - St. Elizabeth Community Hospital: American Heart Association CPR course for health care providers offered every second Tuesday of the month in the Columba Room. 6 – 10 p.m. 2550 Sister Mary Columba Drive, Red Bluff .....529-8031
  - Albertson Training Center: American Health & Safety CPR & 1<sup>st</sup> Aid classes & American Heart Association CPR classes, 9 a.m.–5 p.m. & evenings. 80 Gurnsey Avenue, Red Bluff.....527-4997
- **Discipline that Works! Drop-in Discipline Class:** Every Tues. 6:00-7:30 p.m. Jackson Heights Head Start, 225 Jackson St., Red Bluff.....529-1500
  
- **Parenting 101:** Offering specific answers for some of those difficult moments in child rearing. Based on the Love and Logic Institute. Call Red Bluff High School at 529-8724 or Jackson Heights Elementary School at 527-7150 for times and dates.
- **Parents in Control:** Teaches techniques to bring a loving atmosphere back to the home. Drop-ins welcome...527-3699 or 1(877) 787-5806.

*The following organizations offer parenting workshops and classes on a variety of topics at different times throughout the year. Call for times and locations.*

- **Child Care Referral and Education (CCRE):** 645 Antelope Blvd., Red Bluff .....529-3131
- **Head Start-Northern California Child Development, Inc.:** 220 Sycamore St., Suite 200, Red Bluff.....529-1500
- **Family Resource Center Network:**
  - Red Bluff Area: 220 Sycamore St., Suite 101, Red Bluff 528-8066 or 1-888-797-7233
  - Corning Area: West Street Elementary School, Corning ..... 824-7670
  - Central Tehama Area: First Steps Family Resource Center, 7700 Stanford Ave., Los Molinos ..... 384-7833
- **Family Start Early Intervention Program:** 220 Sycamore St., Suite 200, Red Bluff.....529-1500

## **FAMILY SUPPORT & OTHER RESOURCES**

- **Adolescent Family Life Program (AFLP):** Tehama County Health Services Agency, Public Health Division. 1860 Walnut Street, Red Bluff. Support for pregnant & parenting teens.....527-6824
- **Alternatives to Violence:** Services include court support, emergency shelter, aid for restraining orders, public education, supervised visitation and Teen Choice classes. 717 Pine St., Red Bluff.....528-0226 or 1(800) 324-6473
- **California School Age Families Education (CAL-SAFE):** Offering support to teen parents, including transportation, childcare and parent education.
  - Corning Area: 250 E Fig Lane, Corning .....824-7403
  - Red Bluff Area: 1050 Kimball Road, Red Bluff.....529-8760
- **Child Protective Services (CPS)/Tehama County Department of Social Services:** Protective services for battered, molested or neglected children. 310 South Main St., Red Bluff.....527-9416 or 1 (800) 323-7711
- **Community Action Agency (Housing Authority of Tehama County):** Information and applications for Section 8 housing assistance. Also assists families in obtaining low-cost car seats for infants and toddlers. 310 S. Main St., Red Bluff.....527-6159
- **Dads' Group:** Support group for dads. Every 2<sup>nd</sup> and 4<sup>th</sup> Monday from 5:30 to 6:30 p.m., Family Resource Center, 220 Sycamore St., Suite 101, Red Bluff.....528-7952
- **Discipline that Works! Drop-in Discipline Class:** Information/support group for parents and child caregivers. Every Tues. 6:00-7:30 p.m. Jackson Heights Head Start, 225 Jackson St., Suite 200, Red Bluff.....529-1500
- **Sacred Heart Parish Preschool/Daycare Center:**
  - 2285 Monroe St., Red Bluff ..... 527-4388
- **State Preschools -Tehama County Department of Education:**
  - Office: 1135 Lincoln St., Red Bluff ..... 528-7325
- **Head Start - Northern California Child Development, Inc.:**
  - Office: 220 Sycamore St., Suite 200, Red Bluff ..... 529-1500
- **The Sunshine Schoolhouse Preschool:**
  - 912 Solano St., Corning ..... 824-2524

Contact Child Care Referral and Education at 529-3131 for other options.

## **SERVICES FOR CHILDREN WITH SPECIAL NEEDS:**

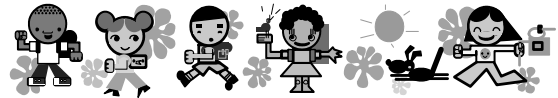
- **California Children's Services (CCS):** Provides specialized medical care and rehabilitation for children with physically handicapping conditions. Tehama County Health Services Agency, Public Health Division. 1860 Walnut St., Suite C, Red Bluff..... 527-6824 or 1(800) 655-6854
- **Far Northern Regional Center:** Provides services and support for persons with developmental disabilities, infant through adulthood. 1900 Churn Creek Road, Suite #319, Redding.....222-4791 or 1377 East Lassen Ave., Chico ..... 895-8633
- **Rowell Family Empowerment of Northern California (RFENC):** Provides support, information, advocacy services and resource referrals to families of children with special needs. 962 Maraglia St., Redding.....226-5129 or 1(877) 227-3471
- **Shasta-Tehama Early Intervention Program:** Serving infants and toddlers with handicaps in a family-based program. Shasta County Office of Education. Excel Academy, 3711 Oasis Road, Redding..... 225-0303
- **Tehama County Department of Education:** Provides special education programs and services for special needs students. 1135 Lincoln St., Red Bluff..... 527-5811

## **COUNSELING AND MENTAL HEALTH SERVICES:**

- **Children First Counseling Center:** Provides psychological testing, individual psychotherapy for adults and children and family and couples counseling. 525 Rio St., Red Bluff.....529-9454
- **Family Resource Center Network:** Home visiting, parent education, counseling, information and referral, and support for low-income families. 220 Sycamore St., Suite 101, Red Bluff.....528-8066 or 1-888-797-7233.
- **Family Service Agency:** Offers marriage, family, child and individual counseling. 1347 Grant St., Red Bluff ..... 527-6702
- **Life Light Pregnancy Help Center:** Free pregnancy tests, counseling and education. 2919 Bechelli Ln., Redding..... 222-5200
- **Mental Health Division of Tehama County Health Services Agency:** Inpatient/outpatient services including crisis intervention. 1860 Walnut St., Red Bluff. Admin. Office/Clinic..... 527-5631 Crisis Unit .....527-5637
- **New Directions to Hope:** Counseling, mental health services and family support. 590 Antelope Blvd., Bldg. B, Suite 20, Red Bluff..... 529-0592
  - **CHAT (Child Abuse Treatment) Program:** Free therapy services for children that have been victimized or who have witnessed abuse or trauma.
  - **PCIT (Parent-Child Interaction Therapy):** Intensive treatment program for children (ages 2-7) with behavioral concerns & their parents.
- **Planned Parenthood:** Services include birth control, pregnancy testing and counseling, vasectomies, testing and treatment for STD's, HIV testing, and education services. 556 Vallombrosa Ave., Chico ..... 342-8367

## **CHILD CARE REFERRAL AND BACKGROUND SERVICES:**

- **Child Care Referral and Education:** 645 Antelope Blvd., Suite #34, Red Bluff.....529-3131
- **TrustLine:** California's Background Check for In-Home Child Care providers..... 1 (800) 822-8490
- **Community Care Licensing:** Checks for complaints against care providers.....895-5033



# **EARLY CARE & EDUCATION AND SPECIAL NEEDS**

## HEALTH

**DENTAL SERVICES:** *The following is a partial list of facilities that accept Healthy Families and/or Medi-Cal. For a more complete list, go to [www.first5tehama.com](http://www.first5tehama.com). If your children do not have dental insurance, you may contact the CHDP at the Tehama County Health Services Agency at 527-6824 or 1(800) 655-6584 to see if you qualify for any County services.*

- **Access Dental:**
  - 1010 Mangrove Ave., Chico .....342-7500
  - 2147 Court St., Redding .....246-4100
  - 1667 E. Hilltop Dr., Redding.....223-5500
- **Chico Family Dentistry:** 680 Cohasset Rd., Chico .....342-6065
- **Greenville Rancheria Tribal Health:**  
1425 Montgomery St., Red Bluff .....528-8600
- **Mobile Dental Unit:** Contact Mary Jacobson at the Tehama County Health Services Agency, Public Health Division .....527-6824
- **Northern Valley Indian Health:**
  - 343 Oak St., Red Bluff .....529-2567
  - 207 N. Butte St., Willows .....934-4641
  - 845 W. East Ave., Chico.....896-9400
- **Orland Family Dentistry:** 1211 Cortina Dr., Orland ....865-5561
- **Western Dental:**
  - 1350 Churn Creek Road, Suite F1, Redding.....224-9700
  - 2471 Cohasset Rd., Suite 170, Chico .....894-9041
  - 1016 Skyway Rd., Chico .....781-1270

**IMMUNIZATIONS: Tehama County Health Services Agency, Public Health Division:**

- 1860 Walnut St., Red Bluff – Wednesday 9-11 a.m. & 5-6 p.m. ....527-6824 or 1 (800) 655-6854
- 1600 Solano St., Corning – Tues. 4-6 p.m. ....824-4890

### INSURANCE:

#### PARKS & RECREATION:

- **Lake Red Bluff Recreation Area:** Fishing, salmon viewing, campgrounds and picnic areas. Also site of the Sacramento River Discovery Center which offers guided tours and educational programs. ....527-1196
- **Red Bluff Parks & Recreation Department:** .....527-8177  
Diamond Park, Dog Island Park, Forward Park, McGlynn Pool/City Pool, Red Bluff River Park and Trainor Park
- **State Parks:**
  - William B. Ide Adobe State Park.....529-8599
  - Woodson Bridge State Recreation Area.....839-2112
- **Tehama County Parks & Recreation Department:**.....528-1111  
Camp Tehama, Cone Grove Park, Gerber Park, Mill Creek Park, Ridgeway Park, Tehama River Park at Woodson Bridge and Simpson Finnell Park

#### Other Area Attractions:

- **Turtle Bay Museum & Arboretum on the River:** Paul Bunyan's Forest Camp, Carter House Natural Science Museum, and Redding Museum of Art & History. Field trip schedule & fee break available. 800 Auditorium Drive, Redding .....243-8850
- **Kids Kingdom:** Located in Enterprise Community Park in Redding. Playground with water feature (Fantasy Fountain). Redding Parks & Recreation .....225-4095

- **Access for Infants & Mothers (AIM):** Low-cost coverage for pregnant women ineligible for Medi-Cal & babies up to two years of age .....1(800) 433-2611
- **Healthy Families:** Low-cost & free health care coverage for children. 1(800) 880-5305. *Application assistance available at all local Family Resource Centers: Corning (824-7670), Red Bluff (528-8066) & Los Molinos/Gerber (384-7833).*
- **Medi-Cal:** Tehama County Department of Social Services. 310 S. Main St., Red Bluff .....527-9416

**MEDICAL FACILITIES:** *The following facilities provide comprehensive, full family services, except where noted. The facilities also accept Healthy Families and/or Medi-Cal eligible families.*

- **Corning Medical Associates:**  
155 Solano St., Corning .....824-4663
- **Cottonwood Medical Group:**  
20633 Gas Point Rd., Cottonwood.....347-4867
- **Greenville Rancheria Tribal Health Clinic:**  
1425 Montgomery Rd., Red Bluff .....528-8600
- **Lassen Medical:** 2450 Sister Mary Columba Dr., Red Bluff .....527-0414
- **Los Molinos Family Health Center:**  
7883 Hwy. 99E, Los Molinos.....384-2372
- **Tehama Women's Health Specialists:**  
Comprehensive prenatal healthcare. 2490 Sister Mary Columba Dr., Red Bluff .....529-2966



## PLAYTIME