

Welcome to Open Door Prenatal Care

WE ARE:

- **A group practice:** throughout your care you will see a mix of family doctors, nurse midwives and nurse practitioners. Our providers work as a team. We do not have an obstetrician on staff, but we do consult with OBs locally and at UCSF for higher risk pregnancies
- **Part of the Open Door Community Health Clinics system**
- **Partners with Mad River or St. Joseph Hospital:** Each clinic provides care at a different hospital, this may impact your choice in care.
- **Committed to respectful care:** all patients will be treated with the highest level of care regardless of skin color, ethnicity, body size, gender or financial status. All of our services are confidential.
- **Here to support you in a healthy pregnancy:** we see pregnancy & childbirth as a natural and normal part of life; we are here to assist you in making informed choices about your own health and medical care.

WHAT WE OFFER AT OUR CLINIC:

- **Prenatal care:** routine appointments to check on you and baby
- **Postpartum care:** including routine follow up, lactation support, birth control visits, mental health support and more
- **Newborn services:** health checks for your baby during their first 2 weeks of life
- **Laboratory services:** pregnancy tests, blood draws, urine tests, pap smears, vaginal infection checks, STD screening, genetic testing
- **Nutrition services:** personalized consultations with our nurse practitioner or registered dietician
- **Mental health services:** case management, medication consultations, therapy referrals, groups
- **Health education:** child birth education, relaxation, birth planning

Referrals: to local physical therapists, specialist services, mental health providers, substance use assistance
Dental Care in Pregnancy

How to contact us:

NorthCountry Prenatal

By phone (24 hours a day): 707-822-1385

By Fax: 825-8203

By Mail: 3800 Janes Road
Suite 101
Arcata, CA 95521

Mad River Community Hospital
24 Hours - 707-826-82683

Redwood Community Health Center

Family Medicine & Pregnancy Services

By phone (24 hours a day): 707-443-4593

By Fax: 707-269-7119

By Mail: 2350 Buhne St
Eureka, CA 95501

Providence St. Joseph Hospital
24 Hours- 707-445-8121

Fill out this form to:

- Allow us to share your medical information with your loved one
- Help us get your previous medical records from another clinic or hospital
- If you are working with a home birth midwifery practice, Redwoods Rural, UIHS or another provider in parallel care.