

MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

Provider Profile

Her Health First

7670 Manon Wy Sacramento , CA 95823

916-476-8901 | 916-476-8109

[http://Her Health First \(FACE Book\)](http://Her Health First (FACE Book))

Languages:	English
Age Group Served:	all
Services:	Group Support and Family/Dyad (parent and baby) Therapy
Evidence-Based Practices:	Breastfeeding Support, CPHW/ Prenatal Classes, Family Focused Therapy, Home Visiting, Mindful Parenting, Strength Based, Trauma Resiliency Model, and Trauma-informed approaches
Appointment Required?	No
Insurance Accepted:	No insurance necessary
Resource Type:	non profit
Intake Requirements:	Enrollment in Programs
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Hours:	please contact provider for hours