

The Facts:

- *Drinking alcohol during pregnancy can cause your baby to be born with brain damage, heart and kidney problems, mental retardation or behavior and learning problems.*
- *A child whose mother used marijuana during pregnancy is more likely to have social, learning and behavior problems from birth through the rest of the child's life.*
- *Smoking tobacco during pregnancy can cut off the oxygen and food supply to the baby, making it harder for the baby to grow and causing the baby to be born too early.*
- *Being under the influence of any type of drug as a mother can make you unable to focus and pay attention to your developing baby's needs.*

WINDO Women In Need of Drug-Free Opportunities

*A Mendocino County
Perinatal Treatment Program where
we help mothers and mothers-to-be
quit drugs.*

Call the WINDO Program at:

(707) 472-2637

OR

Come directly to our location at:

*Alcohol and Other Drugs Program
1120 South Dora Street
Ukiah, CA 95482*

*This brochure is sponsored by
FIRST 5 Mendocino
in collaboration with
the Partnership for Healthy Babies &
HHSA BHRS AODP*

You & Your Baby Drug-Free (We can help)



**Whether you
are pregnant or
parenting,
let us help.**

Call the WINDO Program at:

(707) 472-2637

The WINDO Program Serves:

- 18 years or older
- Pregnant or Parenting & using alcohol or other drugs
- A woman attempting to regain legal custody of her child(ren)

The WINDO Program Offers:

- Treatment Planning
- Individual Counseling
- Group Counseling
- Relapse Prevention Group
- Seeking Safety Session
- Recovery Support Group
- Anger Management and Relationship Group
- Parenting

WINDO provides Gender-Specific Support.

Your group sessions are open to women only.

Your individual sessions are always with a female counselor.

Costs:

WINDO accepts Medi-Cal*, CMSP, private insurance, sliding scale or fee waived payment for services.

* If a woman is not already enrolled in Medi-Cal and is eligible, then Mendocino County Health and Human Services Agency (HHSA) will assist her in the enrollment process.

Additional Support:

- Free Transportation
- Free Childcare
- Counseling available in Spanish
- Referrals and follow-up available for women who need transitional housing

