



ABOUT MERCY PRN

- Services are comprehensive and designed especially to meet the needs of pregnant women and women with young children, but any woman is welcome.
- Experienced, compassionate staff are ready to provide you the support you need to get off drugs and stop abusing alcohol.
- We are conveniently located in the central area of Sacramento right on several major bus lines.
- Attractive, safe and comfortable surroundings put you at ease and support healing and recovery.
- A doctor's referral is not required to join our program.
- Financial arrangements and scholarships are available (please call us even if you think you can't afford it).
- All calls are confidential.

ABOUT MERCY WOMEN'S CENTER

Mercy Perinatal Recovery Network (Mercy PRN) is a program of the Mercy Women's Center. Mercy Women's Center provides education and services to the entire community. Wellness programs, childbirth and parenting classes, lactation services and a variety of support groups are offered, as well as programs aimed at preventing domestic violence and perinatal substance abuse. Mercy Women's Center is a department of Mercy San Juan Medical Center.

Mercy Perinatal Recovery Network



Mercy PRN – A program of hope, healing and recovery especially for women who are pregnant or have young children

MERCY Perinatal Recovery Network
650 Howe Avenue, Suite 530
Sacramento, CA 95825
916.614.2240
916.564.3160 fax
mercysanjuan.org/mercyprn

You have the right to a happy life full of hope and surrounded by love.



HOPE AND HELP

Mercy PRN offers hope and help to get clean and sober:

Group counseling – share with other women in a group setting with a trained facilitator

Individual counseling – meet privately with our recovery staff

Substance abuse education – find out about drugs and alcohol and what they can do to your body, mind and spirit

Family violence awareness – learn how violence and abuse affect your use of drugs and alcohol

Health and life skills education – discover how to live and cope in the world – free of drugs and alcohol

Parenting classes – learn how to be a good mom every day

Children's enrichment – children play and learn while their mothers are participating in program activities

Yoga – feel better physically and learn how your body can influence your mind and behavior

Art therapy – express yourself with a variety of art materials including paint, clay and paper collage

Anger management – learn how to control your feelings of anger and resentment so you can have a happier life

Grief recovery – heal past hurts and losses

Relapse prevention – skills to help you stay clean and sober

Smoking cessation – quit smoking to gain a fresh outlook and support your recovery

Self esteem – learn how to appreciate and accept yourself and know your worth

Other services – assistance with bus passes to get to and from our program; breakfast and lunch for our patients and their children on treatment days; and referrals to community resources for additional support and assistance

If you have been using drugs and alcohol, you may be concerned about how it can affect other people you care about – especially your children.

A mother wants the very best for her children, and we know she would never want to hurt them.

During pregnancy, drugs and alcohol will pass through the mother's body to her baby and can cause problems. Sometimes, those problems can be very severe.

A woman with children is not available to give them the care they need and deserve if she is drinking or using.

Mothers who use drugs and alcohol run the risk of getting involved with law enforcement, Child Protective Services and other agencies.

You may have thought about quitting drugs and alcohol. Maybe you have tried, but it is difficult to stop, and it is scary to take on this challenge alone.

Call us today at 916.614.2240. We want to help you build the life that you and your family deserve.