



Care Commons
Connecting Communities to Care



**Global
Communities**

Care Commons Navigation

Pregnancy and postpartum support that centers you

People with complex health needs are often asked to navigate multiple systems at once. Health care, housing, transportation, nutrition, and social services rarely move in sync.

Care Commons Navigation helps bring these pieces together, so you don't have to manage them on your own.



What to Expect

This program provides whole-person care coordination for Medi-Cal members facing complex health and life challenges.

We work alongside individuals, health care providers, managed care plans, and community partners to make care easier to access, understand, and follow through on — even when circumstances change. You'll have one consistent point of contact to help guide each step.

Who We Serve

Care Commons Navigation is available to eligible Medi-Cal members who may benefit from additional support managing their health and daily needs. This includes people who are pregnant or in postpartum recovery, those experiencing housing instability, or others managing multiple challenges at once.

How Care Comes Together

Every participant works from one shared plan, developed with their Care Commons Navigator and updated as needs evolve. The focus stays on what matters most to each person, not just what the system offers.

Our team can assist you with:

- Pregnancy and postpartum emotional support
- Childbirth education and birth planning
- Connecting to breastfeeding and lactation resources
- Scheduling and preparing for medical appointments
- Accessing community resources and benefits
- Advocacy to support informed decision-making during care





Care That Meets You Where You Are

Relationships are central to how we work. Our team builds trust through consistent, respectful outreach, often meeting people in clinics, shelters, or familiar community settings.

Plans reflect each person's goals, family circumstances, language preferences, and local context. Services remain flexible as needs and priorities change over time.

What Sets Us Apart

With more than two decades of experience in Southern California, Global Communities brings long-standing relationships with local providers, managed care plans, and community organizations. That history helps us move quickly, stay accountable, and remain rooted in the communities we serve.

Our approach is grounded in:

- Prenatal and postpartum care coordination
- Housing navigation and stabilization
- Community Health Workers providing trusted, community-based support
- Strong partnerships with managed care plans and local providers

A secure care coordination platform and hub-and-spoke model help maintain quality as we grow, without losing the local relationships that make care personal.

Where We Work

Currently serving: San Diego County

Expanding to: Riverside and San Bernardino Counties



Health outcomes are shaped by more than clinical care alone. Let's build the connections that help you and your growing family thrive.

Contact: Leslie McFarlane
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Scan QR code for
Care Commons referral form:

