
Skagit County Lactation Support Resources

This resource directory is compiled by the Skagit Lactation Coalition, and we endeavor to update it quarterly. Inclusion in this resource directory is voluntary, and does not imply endorsement from the Skagit Lactation Coalition. Please contact us if your existing listing needs updating, or if you would like to be added to the resource list: SkagitLactationCoalition@gmail.com

Breast/Chestfeeding Classes

Organization	Location	Contact Information	Fee?
Breastfeed with Confidence	Virtual and in-person, based in Mt. Vernon	breastfeedwithconfidence.com (360) 395-5034 (texts preferred)	Yes
Community Action of Skagit County-WIC	Virtual	communityactionskagit.org/wic (360) 416-7595	No
Cuddles and Milk	In person, based in Mt. Vernon	cuddlesandmilk.com/in-person-visits-and-classes (707) 241-3206	Yes
Island Health	In-person, based in Anacortes	islandhealth.org/classes (360) 299-1309	Yes
Loveblossom Lactation & Wellness	In-person, based in Anacortes	loveblossom.net/classes (360) 587-2033	Yes
United General WIC	Virtual	unitedgeneral.org/classes/#wic-bf (360) 854-7162	No

Lactation Support: Home, Office, or Telehealth Visits

Check with your healthcare insurance provider for information about lactation support coverage.

Organization	Care Provider	Type of Visit	Contact Information
Breastfeed with Confidence	Teri Shilling, MS, IBCLC	Home Visits	breastfeedwithconfidence.com (360) 395-5034 (Texts preferred)
Community Action of Skagit County - WIC	Teri Shilling, MS, IBCLC	Office Visits	communityactionskagit.org/wic/ (360) 416-7595
Cuddles and Milk	Katie Oshita, RN, BSN, IBCLC	Office or Telehealth Visits	cuddlesandmilk.com (707) 241-3206
Island Health	Teri Shilling, MS, IBCLC Sara Weeks, DO	Office Visits	islandhealth.org (360) 293-3101
Loveblossom Lactation & Wellness	Sharon Sullivan, RN, IBCLC	Home, Office, or Telehealth Visits	loveblossom.net (360) 587-2033
Majestic Nurturing	Kate Majestic, MA IBCLC	Home Visits	majesticnurturing.com (360) 320-3161
Skagit Regional Health		Office Visits	skagitregionalhealth.org/programs-services/family-birth-centers/education-and-resources/lactation-resources (360) 428-2283
Swinomish Indian Tribal Community		Office Visits	swinomish.org/resources/health-wellness/medical-clinic.aspx (360) 466-3167
Wild Sage Midwifery	Rebecca Bartsch, MSM, LM, IBCLC	Home or Telehealth Visits	wildsagemidwifery.com (360) 559-2504 (Texts preferred)

Community Support Groups and Peer Support

All Community and Peer Support Groups are free to attend.

Organization	Location	Type of Support	Contact Information
Community Action of Skagit County - WIC	Based in Mt. Vernon	Peer Counselor Support	communityactionskagit.org/wic (360) 416-7595
The Holding Space	Based in Anacortes	Support Group	theholdingspacebwc.com/classes-groups
La Leche League of Skagit County	Based in Sedro-Woolley	Support Group	llwa.org
Mount Vernon Birth Center	Based in Mt. Vernon	Support Group	https://tinyurl.com/MVInfantFeedingGroup
United General WIC	Based in Sedro-Woolley	Peer Counselor Support	unitedgeneral.org/breastfeeding-support/ (360) 333-1467

Ancillary Lactation Care Providers

Check with your healthcare insurance provider for information about coverage for these services. In some cases, a referral from your primary health care provider is required.

Oral Restriction (tongue/lip tie) evaluation and treatment

Organization	Location	Care Provider	Contact Information
Anacortes Midwifery	Based in Anacortes	Kelly McKittrick, ARNP, CNM, IBCLC	anacortesmidwiferycare.com (360) 298-8044
Island Health	Based in Anacortes	Sara Weeks, DO Jason Blair, MD Jason Hogge, MD	islandhealth.org (360) 293-3101

Infant Physical/Occupational Therapists

Organization	Location	Care Provider	Contact Information
Fidalgo Island Pediatric Occupational Therapy	Based in Anacortes	Carlene Nichols, MOT, OTR/L	fidalgo-island-occupational-therapy.com (206) 794-6030
Valley Kids Therapy	Based in Burlington	Jenna Lisenby, PT, MSPT, DPT	valleykidstherapy.com/ (360) 336-3432