



This resource directory is compiled by the Skagit Lactation Coalition, and we endeavor to update it biannually. 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](mailto:SkagitLactationCoalition@gmail.com)

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## Breast/Chestfeeding Classes

Organization	Location	Contact Information	Fee?
Breastfeed with Confidence	Virtual and in-person, based in Mt. Vernon	<a href="http://breastfeedwithconfidence.com">breastfeedwithconfidence.com</a> (360) 395-5034 (texts preferred)	Yes
Community Action of Skagit County-WIC	Virtual	<a href="http://communityactionskagit.org/wic">communityactionskagit.org/wic</a> (360) 416-7595	No
Cuddles and Milk	In person, based in Mt. Vernon	<a href="http://cuddlesandmilk.com/in-person-visits-and-classes">cuddlesandmilk.com/in-person-visits-and-classes</a> (707) 241-3206	Yes
Island Health	In-person, based in Anacortes	<a href="http://islandhealth.org/classes">islandhealth.org/classes</a> (360) 299-1309	Yes
United General WIC	Virtual	<a href="http://unitedgeneral.org/classes/#wic-bf">unitedgeneral.org/classes/#wic-bf</a> (360) 854-0435	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	<a href="http://breastfeedwithconfidence.com">breastfeedwithconfidence.com</a> (360) 395-5034 (Texts preferred)
Community Action of Skagit County - WIC	Teri Shilling, MS, IBCLC	Office Visits	<a href="http://communityactionskagit.org/wic/">communityactionskagit.org/wic/</a> (360) 416-7595
Cuddles and Milk	Katie Oshita, RN, BSN, IBCLC	Office or Telehealth Visits	<a href="http://cuddlesandmilk.com">cuddlesandmilk.com</a> (707) 241-3206
Island Health	Teri Shilling, MS, IBCLC Sara Weeks, DO	Office Visits	<a href="http://islandhealth.org">islandhealth.org</a> (360) 293-3101
Majestic Nurturing	Kate Majestic, MA IBCLC	Home Visits	<a href="http://majesticnurturing.com">majesticnurturing.com</a> (360) 320-3161
Skagit Regional Health		Office Visits	<a href="http://skagitregionalhealth.org/programs-services/family-birth-centers/education-and-resources/lactation-resources">skagitregionalhealth.org/ programs-services/family-birth-centers/education-and-resources/lactation-resources</a> (360) 428-2283
Swinomish Indian Tribal Community		Office Visits	<a href="http://swinomish.org/resources/health-wellness/medical-clinic.aspx">swinomish.org/resources/health-wellness/medical-clinic.aspx</a> (360) 466-3167
Wild Sage Midwifery	Rebecca Bartsch, MSM, LM, IBCLC	Home or Telehealth Visits	<a href="http://wildsagemidwifery.com">wildsagemidwifery.com</a> (360) 559-2504 (Texts preferred)

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## 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	<a href="http://communityactionskagit.org/wic">communityactionskagit.org/wic</a> (360) 416-7595
The Holding Space	Based in Anacortes	Support Group	<a href="http://theholdingspacebwc.com/classes-groups">theholdingspacebwc.com/classes-groups</a>
La Leche League of Washington	Online	Support Group	<a href="http://llwa.org">llwa.org</a>
Mount Vernon Birth Center	Based in Mt. Vernon	Support Group	<a href="https://tinyurl.com/MVInfantFeedingGroup">https://tinyurl.com/MVInfantFeedingGroup</a>
United General WIC	Based in Sedro-Woolley and Concrete	Peer Counselor Support	<a href="http://unitedgeneral.org/breastfeeding-support/">unitedgeneral.org/breastfeeding-support/</a> (360) 854-0435

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## 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	<a href="http://anacortesmidwiferycare.com">anacortesmidwiferycare.com</a> (360) 298-8044
Island Health	Based in Anacortes	Sara Weeks, DO Jason Blair, MD Jason Hogge, MD	<a href="http://islandhealth.org">islandhealth.org</a> (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	<a href="http://fidalgo-island-occupational-therapy.com">fidalgo-island-occupational-therapy.com</a> (206) 794-6030
Valley Kids Therapy	Based in Burlington	Jenna Lisenby, PT, MSPT, DPT	<a href="http://valleykidstherapy.com/">valleykidstherapy.com/</a> (360) 336-3432