



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

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 |
| United General WIC | Virtual | unitedgeneral.org/classes/#wic-bf (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 | 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 |
| 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 |
| 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 Washington | Online | Support Group | llwa.org |
| Swinomish WIC | Based in La Conner | Peer Counselor Support | https://www.swinomish-nsn.gov/child-family-and-senior-services/page/nutrition-program-women-infants-and-children-wic (360) 466-7269 office (360) 319-2756 cell |
| United General WIC | Based in Sedro-Woolley and Concrete | Peer Counselor Support | unitedgeneral.org/breastfeeding-support/ (360) 854-0435 |

Human Milk Donation

Skagit County has a Milk Drop location for the Northwest Mother's Milk Bank, our region's nonprofit human milk bank accredited by the Human Milk Banking Association of North America (HMBANA). Please visit <https://www.donatemilk.org/donate-milk> or call (800) 204-4444 *first* to begin the process of becoming an approved donor. Once you are approved, you can begin using our county's Milk Drop location.

Skagit Valley Hospital, 300 Hospital Parkway, Mount Vernon, WA 98274

Milk donation drop-offs accepted every Tuesday, from 2:00pm-4:00pm at the Birth Center, located on the 3rd floor.

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 |