



Lactation support: Skagit County

2022/23

Note: due to Covid-19, in-person services may have been suspended or modified. Check first.

Breast/Chestfeeding Classes:

(some designed to be taken while you are pregnant, others after the baby has arrived.)

Breastfeed with Confidence: virtual & in-person. Teri Shilling, IBCLC.

[Breastfeedwithconfidence.com/classes](https://breastfeedwithconfidence.com/classes) or call 360-395-5034. (fee)

Community Action of Skagit Co. WIC (Mt Vernon & Anacortes): Free online in English and Spanish for WIC clients <https://www.communityactionsskagit.org/wic/> or call 360-416-7595.

Island Health/Hospital (Anacortes) on-line and in-person

<https://islandhealth.org/classes/> or call 360-299-1309 (fee)

United General WIC (Sedro-Woolley & Concrete) Free online in English and Spanish for WIC clients <http://wic.unitedgeneral.org/> or call 360-854-0435.

Lactation Clinics:

.Make an appointment with an IBCLC (lactation consultant) if you have prenatal concerns or after the baby arrives, if things don't go as planned. Most lactation services are covered by medical insurance but check first. Lactation support provided free at WIC clinics.

Maternal and Infant Care Center at Island Health/Hospital (Anacortes):

(360) 293-3101 <https://islandhealth.org/department/island-maternal-infant-care/> (Family physician & IBCLC appointments)

Skagit Family Health Clinic (Mount Vernon) and **The Holding Space** (Anacortes) with Loveblossom Lactation; (360) 587-2033 www.loveblossom.net (ARNP & RN/IBCLC appointments)

Skagit Valley Hospital Birth Center Outpatient Lactation Clinic (Mount Vernon):

(360) 428-2229 <https://www.skagitregionalhealth.org/programs-services/family-birth-centers/education-and-resources/lactation-resources> (RN/IBCLC appointments)

WIC clinics: Provide breast pumps and other supplies to WIC clients. No fees.

- Community Action (Mount Vernon and Anacortes) (360) 416-7595 Support available in English and Spanish. Breastfeeding Peer Counselors and Lactation Consultant (IBCLC) appointments available, no charge to WIC clients.
- Swinomish Health Clinic (La Conner) (360)466-3167.
- United General (Sedro-Woolley and Concrete) (360) 854-0435 Support available in English and Spanish. Breastfeeding Peer Counselor appointments available.

Compiled by Community Action WIC and Skagit Co. Lactation Coalition

which holds open meetings the 4th Wednesday of each month @ 8 am either on zoom or at Calico Cupboard, Mount Vernon. To be added to email list, go to <https://skagitbreastfeeding.org/contact-us/> Last updated 11/2022.

Lactation consultant/IBCLC* visits:

in your home, virtual or in an office setting

(covered by some but not all insurance companies, check first)

* IBCLC is an International Board Certified Lactation Consultant

Based in Skagit County:

Breastfeed with Confidence: Teri Shilling, MS, CD(DONA), LCCE, IBCLC*
breastfeedwithconfidence.com (360) 395-5034

Loveblossom Lactation and Wellness: Sharon Sullivan, RN, IBCLC* loveblossom.net
(360) 587-2033

Tulip City Birth and Lactation: Rebecca Bartsch, MSM, LM, IBCLC*
tulipcitymidwife.com/lactation (360) 559-2504

Based in Whatcom County, active with the Skagit Lactation Coalition and will travel to Skagit County:

Fairhaven Lactation: Mary Francell, MA, IBCLC* fairhavenlactation.com/ (360) 305-1673

Skagit Co. Home Visits providing lactation support provided to those who are enrolled in Maternity Support Services and Nurse Family Partnership:

- Answers Counseling (360) 255-7855
- Community Action WIC Infant Care Coordination (360) 416-7595
- Sea Mar Community Health Center (360) 848-6616
- Skagit Nurse Family Partnership (360) 416-1523

Community support groups:

(free and open to all)

La Leche League of Skagit County is currently not meeting face to face but are referring to the following active Facebook groups:

Skagit Discussion group: <https://www.facebook.com/groups/1463786400577757/>

WA state LLL (English) – <https://www.facebook.com/LLLoFWA>

(Spanish) - <https://www.facebook.com/groups/990743587788106>

Lactation Lounge at The Holding Space, 902 7th St., Anacortes, WA 98221, Saturdays from 10:30 am to 11:30 am. Free registration appreciated:

<https://theholdingspacebirthandwellnesscooperative.as.me/lactationlounge>.

Military Families: [Mom2MomPNW](#) Facebook group
