
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.

<https://skagitbreastfeeding.org/contact-us/>

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	In-person, based in Mt. Vernon	communityactionskagit.org/wic (360) 416-7595	No
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 or Office Visits

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

Organization	Care Provider	Home or Office	Contact Information
Breastfeed with Confidence	Teri Shilling, MS, CD (DONA), LCCE, IBCLC	Home	breastfeedwithconfidence.com (360) 395-5034 (texts preferred)
Community Action of Skagit County - WIC		Office	communityactionskagit.org/wic/ (360) 416-7595
Island Health		Office	islandhealth.org (360) 293-3101
Loveblossom Lactation & Wellness	Sharon Sullivan, RN, IBCLC	Home, Office, or Telehealth	loveblossom.net (360) 587-2033
Skagit Regional Health		Office	skagitregionalhealth.org/programs-services/family-birth-centers/education-and-resources/lactation-resources (360) 428-2283
Swinomish Indian Tribal Community		Office	swinomish.org/resources/health-wellness/medical-clinic.aspx (360) 466-3167
Tulip City Birth & Lactation	Rebecca Bartsch, MSM, LM, IBCLC	Home, Office, or Telehealth	tulipcitymidwife.com (360) 335-6881 (texts preferred)

Community Support Groups and Peer Support

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	illwa.org
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	anacortesmidwiferycare.com (360) 298-8044

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 Mt. Vernon	Jenna Lisenby, PT, MSPT, DPT	valleykidstherapy.com/ (360) 336-3432