



## Breastfeeding support: Skagit County

Please note: due to Covid-19, many in-person services have been suspended or modified. Please check first.

### Classes:

(take while you are pregnant)

**Community Action of Skagit Co. WIC** (Mt Vernon): *Breast is Best class*

*Held online live. Wednesdays. Open to all WIC clients:*

<https://www.communityactionskagit.org/wic/>

**Breastfeed with Confidence:** on Zoom Teri Shilling, IBCLC facilitates two classes: From the Beginning and Pump It. (fee) [Breastfeedwithconfidence.com/classes](https://breastfeedwithconfidence.com/classes)



### Community support groups:

(free and open to all)

**La Leche League of Skagit County**

*Mother to mother support groups. No face to face meetings but you can join their active Facebook group: La Leche of Skagit County Discussion Group.*

### Clinics:

(make an appointment with an IBCLC\*\* if things don't go as planned. Normally covered by medical insurance, check first)

**Center for Maternal and Infant Care** at Island Hospital(Anacortes): (360) 293-3101 [islandhospital.org/maternal-infant-care](https://islandhospital.org/maternal-infant-care) Insurance billed

**Skagit Valley Hospital Birth Center** Outpatient Lactation Clinic (Mount Vernon): (360) 428-2229 [skagitregionalhealth.org/programs-services/womens-health-and-family-birth-center/family-birth-center](https://skagitregionalhealth.org/programs-services/womens-health-and-family-birth-center/family-birth-center) Insurance billed

**Tulip City Midwife** in Burlington (360)5592504 [tulipcitymidwife.com/lactation](https://tulipcitymidwife.com/lactation)  
Client must bill insurance and be reimbursed.

**Chinn Gyn Clinic** (Mount Vernon): (360) 824-5278 [chinngyn.com/](http://chinngyn.com/) (no insurance accepted)

**WIC clinics:** Provides peer counselors, lactation consultant visits, breast pumps to WIC clients. No fees.

- Community Action (360) 416-7595 Support available in Spanish (Mount Vernon/Anacortes)
- Swinomish Health Clinic (360) 466-3167. (La Conner)
- United General (360) 856-7318 (Sedro-Woolley, Stanwood & Concrete)



## Home visits:

(an IBCLC\*\* will come to your home to address issues.  
Not covered by all insurance companies, check first)

**Lisa Follett**, IBCLC (Whatcom Co.) [honeysuckle-lactation.com](http://honeysuckle-lactation.com)

**Mary Francell**, MA, IBCLC (Whatcom Co) [fairhavenlactation.com/](http://fairhavenlactation.com/)

**Teri Shilling**, MS, CD(DONA), LCCE, IBCLC (Mount Vernon)  
[breastfeedwithconfidence.com](http://breastfeedwithconfidence.com)

\*\* IBCLC is an International Board Certified Lactation Consultant

Lactation support/home visits are also provided by nurses to those who are enrolled in Maternity Support Services and Nurse Family Partnership.

- Answers Counseling (360) 255-7855
- Island Prenatal Care Center (360) 293-3101
- Sea Mar Community Health Center (360) 848-6616
- Skagit Nurse Family Partnership (360) 416-1523

## Military Families

Mom2MomPNW Facebook group

Navy Marine Corps Relief Society: Lindsey Potts-Szoke, RN, IBCLC –  
virtual visits and on-line breastfeeding classes 360-257-2728