



## Breastfeeding support: skagit County

### Classes:

(take while you are pregnant)

**Island Hospital** (Anacortes): *Breastfeeding/newborn care class*. Bi-monthly Tuesday nights \$25 (free w/Apple Health medical card.) Call (360) 299-4204. Register/more info: [islandhospital.org/classes](https://islandhospital.org/classes)

**Skagit Valley Hospital** (Mt Vernon): *Breastfeeding/newborn care class*. Bi-monthly on Wednesday nights \$25 (free with Apple Health medical card.) Call (360) 814-2424. Register/more info: [skagitregionalhealth.org/news-and-events/events-calendar](https://skagitregionalhealth.org/news-and-events/events-calendar)

**Community Action of Skagit Co. WIC** (Mt Vernon): *Breast is Best class*. Wednesdays. Open to all: <https://www.communityactionskagit.org/wic/>

**United General WIC** (Sedro Woolley, Stanwood, Concrete): Breastfeeding classes, various times. Free for WIC clients. [unitedgeneral.org/wic-program/](https://unitedgeneral.org/wic-program/)

**Breastfeed with Confidence** (Mt Vernon): More info: [breastfeedwithconfidence.com](https://breastfeedwithconfidence.com)



### Community support groups:

(free and open to all)

**La Leche League of Skagit County** (Mount Vernon & Sedro Woolley)

*Mother to mother support groups:*

- First Wednesday at 10 am at the Mt. Vernon Co-op third floor (Rm 309)
- Third Saturday at 10 am at Central United Methodist, 1013 Polte Rd., Sedro Woolley

More info: [llofwa.org/la-leche-league-skagit-county](https://llofwa.org/la-leche-league-skagit-county)

**New Moms group:** Every Thursday 11 am Skagit Valley Hospital Birth Center waiting area. (3rd floor of the hospital in Mount Vernon.)

## 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](http://islandhospital.org/maternal-infant-care)

**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](http://skagitregionalhealth.org/programs-services/womens-health-and-family-birth-center/family-birth-center)

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

**Just Living Healthcare** (Anacortes): (360) 328-1173  
[justlivinghealthcare.com/services/breastfeeding](http://justlivinghealthcare.com/services/breastfeeding)

**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.) [rumina-lactation.com](http://rumina-lactation.com)

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

**Miri Levi**, CNM, FNP-BC, IBCLC (Anacortes)  
[justlivinghealthcare.com/services/breastfeeding](http://justlivinghealthcare.com/services/breastfeeding)

**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