



Community Lactation Resources 2023



Name	Phone	Address/Email/Website	Description
Lane County WIC Program Tammy Johnson Program Supervisor, IBCLC	541-682-4202 *Se Habla Española	151 W. 7 th Ave #210 Eugene, OR 97401 WIC@lanecountyor.gov www.lanecounty.org/wic	Lactation support services are for WIC clients only. All services are free of charge. Bilingual services provided. Se habla Española. In person, Telephone and Zoom lactation support available. Pump and pumping support available. Baby Check in: Drop-in support Thursdays from 10:00-11:30am. Have your questions answered and weigh baby.
Abreast Lactation Cathy Rasmussen BSN, IBCLC	541-221-6929		At Riverbend, prefers text to calls. Consult only, no visits.
Alice Stroud IBCLC, MA, LMT	541-206-7282		In-home and telephone lactation support and education on a sliding scale/donation basis. In addition, craniosacral therapy, infant massage, developmental movement, birth re-patterning, birth & postpartum doula services.

Baby Connection Parenting Now!	541-434-4343	86 Centennial Loop Eugene, OR enroll@parentingnow.org parentingnow.org	Hosted by Parenting Now, FREE! Talk to a lactation and feeding specialist. Have baby weighed. Connect with a parenting educator and meet other parents. In Person: Wednesdays from 11am-12pm. Virtually: call or email to set Zoom time
Best Beginnings Infant Feeding Support Debbie Jensen BSN, M.Ed, IBCLC	541-525-5721		In-home and phone Lactation support and pre-delivery consultations.
Daisy C.H.A.I.N	541-636-8918	PO Box 10375 Eugene, OR 97440 info@daisychainlane.org www.daisychainlane.org	All services are FREE to all clients! Services from professionals and peers in the community: birth doula, loss doula, lactation, postpartum doula, music classes Home visits: In person or via telehealth Text Support: Simple questions or needing nursing support now! Nursing Nook: Drop in lactation and feeding support from an IBCLC and lactation educators in the group setting, emotional support from peers with baby scale available. Daisy's Group: Facebook group moderated by an IBCLC and community/peer contribution and connections. Services are available starting in the prenatal period and through immediate postpartum regardless of the outcome of the pregnancy. Home visits are scheduled on an as needed basis during the early days after birth and in person follow-up at Nursing Nook for the duration of the nursing relationship.

La Leche League of Eugene	541-741-6055 National: 877-452-5324	LLLOregonHelp@gmail.com https://lalecheleagueoregon.webs.com/localeugene https://www.facebook.com/La-Leche-League-OfEugene-OR1888827384135/	Call or check Facebook to confirm meeting. Mission: La Leche League USA helps parents, families, and communities to breastfeed, chestfeed, and human milk feed their babies through parent-to-parent support. LLL USA encourages, informs, educates, supports, and promotes the use of human milk and the intimate relationship and development that comes from nursing a child for as long as mutually desired. This group is not currently holding in person meetings.
Loving Arms Lactation LLC Devorah Bianchi RN, IBCLC	541-852-3213	https://lovingarmslactation.squarespace.com	Lactation education. In-home lactation consultations and support. Infant feeding & child birthing classes *Services do have a fee. See website for rates
McKenzie Midwives & Lactation Services	541-744-8660 541-329-1220 Se habla Española	960 N. 16th St. Suite 104 Springfield, OR 97477 https://mckenziemidwives.com	Prenatal and postpartum lactation support available to Midwife clients. Lactation support available 24/7. Bilingual services provided.
McKenzie-Willamette Medical Center Women's Health and Birth Center	541-726-4471	1460 G Street Springfield, OR 97477 mckweb.com	Lactation & feeding education and preparation. Bedside lactation support for in-hospital parents.

Sacred Heart Medical Center at RiverBend	541-222-7300	3333 RiverBend Drive Springfield, OR 97477 www.peacehealth.org	This program serves all families in the community regardless of the delivery location. Lactation support provided daily. Hands-on lactation help at your bedside. Outpatient Lactation Support: Talk to IBCLC, feeding help, weigh baby, create personalized feeding plan.
Women's Care Cathy Rasmussen RN, BSN, IBCLC Jamie Skiles RN, IBCLC, Lactation Consultant	541 868-9700	590 Country Club Parkway Suite B Eugene, OR 97401 3100 Martin Luther King Jr. Parkway Springfield, OR 97477 www.womenscare.com	Lactation Consultation Services and Classes. Classes are currently online. Assistance by telephone or office consultation.
Oregon Medical Group Center for Women's Health	541-686-7007	330 S. Garden Way Eugene, OR 97401 www.oregonmedicalgroup.com	Telephone or in person assistance for OMG families. Monday-Friday 8am - 5pm. *No IBCLC
Pacific Women's Center	541-342-8616	10 Coburg Road, Suite 100 Eugene, OR 97401 pacificwomenscenter.com	Lactation classes to PWC clients only. (\$10.) Every Tuesday 6:30-8:30pm via zoom. Telephone and office consultations as well as breast pumps for sale/insurance to PWC clients. *No IBCLC

International Board Certified Lactation Consultant (IBCLC): IBCLCs must complete extensive lactation education and hold the highest credential standard for lactation care. IBCLCs are experts and skilled in lactation. They serve as supporting hands for parents who are struggling with common and complex problems surrounding infant feeding.

Additional Community Resources

<p>Facebook Groups</p> <p>*listing these groups does not imply an endorsement of the breastfeeding information.</p>	<p>Lane County:</p> <p>Attachment Parenting of Lane County</p> <p>Eats on Feets Oregon</p> <p>Human Milk 4 Human Babies - Oregon</p> <p>La Leche League of Eugene/Springfield</p> <p>Lane County Women Infants and Children</p>	<p>Lane County:</p> <p>MAMA NIPLES (Breastfeeding in Eugene, Springfield, Lane County)</p> <p>Milky Mamas of Oregon</p> <p>Natural Moms & Dads of Eugene/Springfield</p> <p>The Coolest Mamas in Eugene</p> <p>WellMama</p>	<p>State:</p> <p>African American Breastfeeding Coalition</p> <p>Breastfeeding Coalition of Oregon</p> <p>Latina Breastfeeding Coalition</p> <p>Oregon Inter-Tribal Breastfeeding Coalition</p>
<p>Milk Drop</p> <p>Donate your extra Breastmilk</p> <p>Prescreened donors can call the Milk Drop to make a drop off appointment. Must have an appointment.</p>	<p>Peace Health Community Milk Drop</p> <p>3333 RiverBend Drive</p> <p>Springfield, OR</p>	<p>Call to make drop appointment after completed screening:</p> <p>541-222-MILK / 541-222-6455</p>	<p>To become a screened donor, contact the Northwest Mothers Milk</p> <p>Bank in Portland: 503-469-0955 or toll-free at 800-204-4444.</p>
<p>Community Breast Pump Access</p> <p>*Insurance or Purchase only</p>	<p>Northwest Medical 541-485-4395</p>	<p>Norco Medical 541-343-0304— includes delivery to hospital</p>	<p>Northwest Medial and Norco will deliver pumps to your home free. Florence Clients: please contact your doctor to have them fill out medical documentation to have your pump shipped to you. Doctors can call Medical supplier directly to complete this process.</p>