



# Community Breastfeeding Resources

<p><b>LANE COUNTY WIC PROGRAM</b>          151 W 7th Avenue; Room 210          Eugene          541-682-4202</p> <p>Tammy Johnson, BS, IBCLC 541-682-4674          Leticia Ibarra-Andrade *Se Habla Español* 541-682-4669          Alicia Alarcon *Se Habla Español* 541-682-4323</p>	<p>Breastfeeding support services are for WIC clients only. All services are free of charge. Bilingual services provided. Se habla español.</p> <p>Telephone breastfeeding support available. Call to schedule any of the following: a breastfeeding class, an office visit with the IBCLC or a breastfeeding specialist, to get a breast pump or help with pumping.</p> <p>Baby Check in: Drop-in support Thursdays from 10:00-11:30am. Have your questions answered and weigh baby.</p>
<p><b>Abreast Lactation</b>          541-221-6929</p>	<p>Cathy Rasmussen, BSN, IBCLC</p>
<p><b>ALICE STROUD, IBCLC, MA, LMT</b>          541-206-7282</p>	<p>In-home and telephone breastfeeding support and education on a sliding scale/donation basis. Also craniosacral therapy, infant massage, developmental movement, birth repatterning, birth &amp; postpartum doula services.</p>
<p><b>BABY CONNECTION</b>          Parenting Now!          86 Centennial Loop          Eugene</p>	<p>Weekly drop-in IBCLC lactation support &amp; networking opportunity for new parents. Hosted by Parenting Now! Free. Wednesdays from 11am-noon.</p>
<p><b>Best Beginnings Infant Feeding Support</b>          541-525-5731</p>	<p>Debbie Jensen, BSN, M.Ed., IBCLC</p>
<p><b>Daisy C.H.A.I.N.</b> Creating Healthy Alliances In New-Mothering          541-505-1139  <a href="http://daisychainmothering.org">daisychainmothering.org</a>  <a href="http://mckenziemilkymamas.wordpress.com">mckenziemilkymamas.wordpress.com</a>          Facebook support group linked from Daisy CHAIN facebook page</p>	<p>Nursing Nook walk-in and in-home breastfeeding consultations from an IBCLC, breastfeeding support via phone, text &amp; email, in-home postpartum doula care, breastfeeding education and mother-to-mother peer group. All services are free to clients upon completion of an anonymous questionnaire and program evaluations. See website or Facebook page for dates and times of Nursing Nook. Donations welcome. Se habla español.</p>



<p><b>LA LECHE LEAGUE OF EUGENE</b>            541-744-6055            Facebook page: La Leche League of Eugene, Or            Facebook support group: La Leche League of Eugene/            Springfield</p>	<p>Usually meets the 2nd Thursday of the month at 10 am at Parenting Now! 86 Centennial Loop, Eugene,.</p> <p><b>Please check Facebook or call to confirm date, time &amp; location of monthly meetings.</b></p> <p>Our Mission is to help mothers worldwide to breastfeed, through mother-to-mother support, encouragement, information, and education.</p>
<p><b>LOVING ARMS LACTATION LLC</b>            541-852-3213            www.lovingarmslactation.com            Devorah Bianchi RN, IBCLC, ANLC</p>	<p>Breastfeeding education. In-home lactation consultations and support</p>
<p><b>MCKENZIE Midwives &amp; Lactation Services</b>            960 N. 16th St. Suite 108            Springfield, OR 97477            541-744-8660</p>	<p>Prenatal and postpartum breastfeeding support.            Weekly baby clinic for breastfeeding and newborn weighing.            Lactation support available 24/7.            Bilingual services provided. Se habla español.</p>
<p><b>MCKENZIE-WILLAMETTE MEDICAL CENTER</b>            Women's Health &amp; Birth Center            1460 G Street            Springfield            541-741-4649            Lisa Eldridge RN, IBCLC            Debbie Overholt RN, IBCLC</p>	<p>Breastfeeding education: call 541-741-4649 to register for classes.            Bedside lactation support for in-hospital patients.            Call 541-726-4471 for phone counseling.</p>
<p><b>PRENATAL CLINIC</b>            Charnelton Community Clinic            151 W 7th Avenue, 3rd Floor            Eugene            541-682-8777            Suzy Tibbitts-Hernandez, RN, IBCLC</p>	<p>Bilingual services for clients of the Charnelton prenatal clinic.            Home or office visits, telephone counseling. Electric &amp; manual pumps available.</p>
<p><b>SACRED HEART MEDICAL CENTER @ RIVERBEND</b>            Lactation &amp; Feeding Support Services            Inpatient &amp; Outpatient            3333 RiverBend Drive            Springfield            541-222-3922</p>	<p>Outpatient breastfeeding support with physician referral.            Insurance billing as outpatient service. This program serves all families in the community regardless of the delivery location.            Telephone counseling. Bedside lactation support for in-hospital patients.</p>
<p><b>WOMEN'S CARE</b>            590 Country Club Parkway            Eugene            541-686-2922            Miffy Davis, RN, IBCLC</p>	<p>Offer Breastfeeding Basics class for pregnant women and new mothers. Office consultation available to all Women's Care clients, telephone counseling available 24 hours a day 7 days a week Breastfeeding classes. Referrals accepted from Eugene Pediatrics.</p>



<p><b>OREGON MEDICAL GROUP</b> Center for Women’s Health 541-686-7007</p>	<p>Telephone assistance only for OMG patients. Monday-Friday 8am - 5pm.</p>
<p><b>PACIFIC WOMEN’S CENTER</b> 10 Coburg Road, Suite 100 Eugene 541-342-8616 pacificwomenscenter.com</p>	<p>Free Lactation classes to PWC clients only. Telephone and office consultations as well as breast pumps for sale to PWC clients.</p>
<p><b>Additional Community Breastfeeding Resources:</b></p>	
<p><b>COMMUNITY BREAST PUMP ACCESS</b> *Insurance or Purchase only</p>	<p>All Med 541-485-3141 Norco Medical 541-343-0304 Northwest Medical 541-485-4395</p>
<p><b>FACEBOOK GROUPS</b>  *listing these groups does not imply an endorsement of the breastfeeding information or support they may contain</p>	<p><u>Lane County:</u> Attachment Parenting of Lane County Daisy’s Group Eats on Feets Oregon Friends of the Birth Center Human Milk 4 Human Babies - Oregon La Leche League of Eugene/Springfield Lane County Women Infants and Children MAMA NIPLES (Breastfeeding in Eugene, Springfield, Lane County) Milky Mamas of Oregon Natural Moms &amp; Dads of Eugene/Springfield The Coolest Mamas in Eugene WellMama</p> <p><u>State:</u> African American Breastfeeding Coalition Breastfeeding Coalition of Oregon Latina Breastfeeding Coalition Oregon Inter-Tribal Breastfeeding Coalition</p>
<p><b>MILK DROP</b> Donate your extra Breastmilk PeaceHealth Community Milk Drop 3333 RiverBend Drive Springfield 541-222-MILK / 541-222-6455</p>	<p>Pre-screened donors can drop off breast milk every other Tuesday from 9am to 1pm at the Donor Milk Drop Site located at Sacred Heart Medical Center RiverBend. Donated breast milk is transported to the Northwest Mothers Milk Bank for pasteurizing and distribution.</p> <p>To become a screened donor, contact the Northwest Mothers Milk Bank in Portland at 503-469-0955 or toll-free at 800-204-4444.</p>