



BREASTFEEDING-RELATED RESOURCE GUIDE

360-830-6455

www.lunalactation.com

youtube.com/c/LunaLactationandWellness

COMMUNITY RESOURCES

Nursing Mother's Council 503-750-0656 nursingmotherscounsel.org
Oregon WIC offices 971-673-0040
oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC
Clark County WIC Nutrition Program 360-397-4370
clark.wa.gov/public-health/breastfeeding
Mother and Child Education Center 503-249-5801 momchildpdx.org

NURSING BRAS & SUPPLIES

Milagros Boutique 503-493-4141 milagrosboutique.com
Decent Exposures 800-524-4949 decentexposures.com
Birth and Baby birthandbaby.com
Just Like A Woman 503-246-7000 justlikeawoman.com
Breakout Bras breakoutbras.com
The Pencil Test 971-266-8611 facebook.com/ThePencilTest

ADOPTIVE BREASTFEEDING & INDUCED LACTATION

Newman-Goldfarb Protocol for Induced Lactation asklenore.com

MEDICATION INFO & PHARMACIES

InfantRisk 806-352-2519 infantrisk.com (med info)
LactMed toxnet.nlm.nih.gov/newtoxnet/lactmed.htm (med info)
Poison Control 800-876-4766
Lloyd Center Compounding Pharmacy 503-281-4161 lcrx.com
Pharmaca Integrative Pharmacy 503-226-6211
Community Compounding Pharmacy 503-244-5304 communitycmpd.com
Pacific NW Specialty Pharmacy 360-448-7890 www.pnsprx.com

MILK BANKS & DONATION

Human Milk Banking Association of North America hmbana.org
Northwest Mother's Milk Bank nwmmb.org
Local Mother-to-Mother, informed consent options:
Eats on Feets eatsonfeets.org
Human Milk 4 Human Babies facebook.com/hm4hb/

NURSING MULTIPLES

Multiples of America multiplesofamerica.org
Full House Moms and Dads 503-610-8598 fullhousemoms.com

MILK SUPPLY ISSUES

MOBI (Mothers Overcoming Breastfeeding Issues) mobimotherhood.org
Making More Milk makingmoremilk.com
Breastfeeding After Breast & Nipple Surgeries BFAR.org
Mother Food mother-food.com

POSTPARTUM DEPRESSION & COUNSELING

Postpartum Support International 800-944-4773 postpartum.net
Baby Blues Connection 800-557-8375 babybluesconnection.org
Pacific Postpartum Support Society postpartum.org
Life Circle Counseling lifecirclecc.com
Mychelle Moritz, ATR-BC, LPC 971-344-7527
Adria Goodness 971-220-8338 lifecyclehealthandeducation.com
Kathleen Kendall-Tackett uppitysciencechick.com
Sam Stevens, MS, LMFT 503-957-9797 samstevensmft.com
Megan Furnish 971-238-3703 meganfurnishlcsww.com/contact
Well Mama Oregon 800-896-0410 wellmamaoregon.org
Motherroots Counseling motherrootscounseling.com

- Laurie Cox, LCSW 503-287-2295
- Gaby Donnell, LCSW 503-819-6354

Kathryn Bereman-Skelly, LPC 503-888-2858
Mindful Papa 503-766-3435 mindfulpapa.com

NUTRITIONISTS

Alavita Perinatal Nutrition Associates alavitanutrition.com

- Anna Bohnengel, MS, RDN, LDN
- Megan Landrum, RDN, LDN

Haley Smith, MScN 269-921-4506 innaterhythm.com
Katharine Jeffcoat, RDN, LD, CLT 971-319-1288
portlandpediatricnutrition.com
Meghan McMillin, MS, RDN, IBCLC mamaandsweetpeanutrition.com
Lori Brizee, MS, RDN, CDCES 541-788-2625 loribrizee.com

WEBSITES FOR BREASTFEEDING TOPICS

Academy of Breastfeeding Medicine bfmed.org (clinical protocols)
American Academy of Pediatrics aap.org
Ask Lenore asklenore.com
La Leche League International llli.org
INFACCT infactcanada.ca
Kelly Mom kellymom.com
WHO (World Health Organization)
who.int/westernpacific/health-topics/breastfeeding
Platypus Media platypusmedia.com
(breastfeeding & co-sleeping publications)
Safe Co-Sleeping Guidelines cosleeping.nd.edu
LGBT-friendly birth related providers list breastfeedingnetwork.net
Ameda Breastfeeding Holds
ameda.com/milk-101-article/latching-breastfeeding-holds
Laid Back Breastfeeding/Biological Nurturing biologicalnurturing.com
Jack Newman, MD breastfeedingonline.com

TONGUE TIE TREATMENT

IN PORTLAND, OR:

- The Oregon Clinic ENT 503-488-2600 oregonclinic.com
 - Dr. Bobby Ghaehri
 - Dr. Roya Mansouri
- Dr. Craig Hertler 503-222-3638 pdxent.com
- Dr. Staci Whitman 971-978-0009 nopokids.com
- Dr. Douglas Lincoln 503-261-1171 metropediatrics.com/happy-valley-office

IN VANCOUVER, WA:

- Monisha Gagneja, BDS 360-450-2999 mustlovekids.com
- Todd Hillyard, DDS 360-604-9000 adventuredental.com

IN SEATTLE, WA:

- Dr. Maryann O'Hara 206-523-9000 seattlebfcclinic.com
- Dr. Sara Silvestri (425) 481-7827 kidsdentistofmillcreek.com
- Health:Latch healthlatch.com

IN EUGENE, OR:

- Ben Sutter 541-515-7279 forbeautifulsmiles.com

MIDWIFERY & OBSTETRICS

Lara Williams, MD 503-284-5220 oregonclinic.com/our-team/lara-williams
Women's Health Care Associates Midwifery Birth Center 503-734-3800
midwiferybirthcenter.com
Homespun Midwifery 971-350-9422 homespunmidwives.com
Vivante Midwifery 503-652-8076 vivantemidwifery.com
Alisha Madrone, CNM, FNP 503-777-0444 flourishpdx.com
Laura Bartko, CNM, NP 503-860-0082 vibrantwomenshealth.com
Unfurling Birth & Midwifery Services 503-310-9715 unfurlingbirth.com

PEDIATRICIANS & FAMILY PRACTICE

Douglas Lincoln, MD, MPH metropediatrics.com
Kerry Schaefer, MD 971-231-4536 healthylivingfamilymedicine.com
Janel Guyette, MD 503-234-7366 pacificmedicalgroup.com
Sellwood Medical Clinic 503-595-9300 sellwoodmd.com
Littles Pediatrics 503-970-2056 littlespediatrics.com
Jennifer Wallace, MD 888-480-1115 jwallacemd.com
Sharon McNeill, MD 503-659-4988 nwpc.com
Kathleen Pratt, MD 503-345-0039 onefamilymedicine.com
Deep Roots Family Medicine 971-207-3680 deeprootsmedicine.com
Dr. Joel Amundson 503-342-2180 trailheadpediatrics.com
Dahra Perkins, MD, ABFM, ABIHM 503-227-0350 elevatehealthpdx.com
Northwest Direct Care 503-207-4824 nwconciernemed.com

- Gabrielle McGrew, MD
- Gwen Casey-Ford, MD

Hands On Medicine 503-281-0308 handsonmedicine.net
Dr. Natasha Pereira, The Children's Clinic-Peterkort 503-297-3371
Dr. Lea Parker, MD, IBCLC, OHSU Family Medicine 503-418-3900

DERMATOLOGY

Dr. Bernard Gasch, St. Vincent's Dermatology 503-297-3440

NATUROPATHS

Canyon Medical Center 503-252-8125 canyonmedcenter.com

- Karen DeWitt, ND
- Leslie Hamlett, ND

Dr. Kelly Owens, ND 360-687-0800 hawthornewellness.com

Catherine Schaefer, ND, CNM 503-263-2058 midwiferybirthcenter.com

A Woman's Time 503-222-2322 awomanstime.com

Dr. Anne Hill 503-282-1070 alderfamilymedicine.com

Sellwood Family Medicine 503-233-8113 sellwoodfamilymedicine.com

- Leigh Ann Chapman, ND
- Jenny Maurer, ND

Jennifer Reid, ND 503-492-9427 www.carriagehousemedicine.com

Samantha LeVine, ND 503-281-6767 docerenaturopathiewellness.com

Liz Wallace, ND, LAc 503-238-6262 ahealingpractice.net

Dr. Jennifer Karon 503-244-0500 wfwcenter.com

Dr. Jennifer Curtiss, MD 503-777-0444 naturespathfamilywellness.com

Alexandra Demetro, ND, LM 360-687-2597 birthbabiesbeyond.com

Dr. Elizabeth Busetto 503-954-3676 rosenaturalhealth.com

Dr. Juniper Martin, NP, 971-328-0071 drjuniper.com

BREAST SURGEONS

Kearney Breast Center (SW Medical Center, Vancouver) 360-514-1234

peacehealth.org/southwest/kearney-breast-center

Vancouver Clinic Breast Care Center 360-882-2778

tvc.org/services/breast-care-center

Legacy Medical Group 503 413-5525

- Nathalie Johnson, MD
- Margie Glissmeyer, PA

Frances Ting, MD, SE Portland Surgical Clinic 503-256-1575

adventisthealth.org/doctors/frances-t-ting-md

Cory Donovan, MD, Legacy Surgical Oncology 503-413-5525 legacyhealth.org

ACUPUNCTURE

Beth Yohalem-Ilisley, LAc 503-267-1565 mississippihealthcenter.com

Chi Wilburn, LAc 503-669-8880 benevolencehealingarts.com

Kine Fischler, LAc 503-281-0030 willowtreeclinic.com

Carrie Crimin 503-312-4223 littleowlmedicine.com (pediatric)

Corinne LeBlanc 971-337-7387 acuforkids.com (pediatric)

Felicia Ferruzza, LAc, Herbalist 503-206-5309 albertahealingarts.com

Kathleen King, LAc 503-954-1660 connectchiropracticpdx.com

Michelle Yan, DSOM, LAc at:

- Path Solaris 805-622-9821 pathsolaris.com
- Luna Wellness 503-289-1390 lunaspapdx.com

PHYSICAL THERAPY

Helga Lang 503-984-7198 helgalangpt.com (therapeutic ultrasound, PT)

New Leaf Physical & Massage Therapy 503-318-7954 newleafpdx.com
(lymph drainage)

Kelsie McCaffrey, PT, DPT, PCS 503-878-7898 playtimept.com (pediatric)

Margaret McReynolds, PT, M.Ed, NBC-HWC (also CST)

ohsu.edu/providers

Emily Lighthipe, DPT 503-522-1359 taborpediatricpt.com

West Portland Physical Therapy Clinic 503.227.7774 wpptc.com

Ami Opal, ND 503-477-7594 doctorami.com (pelvic floor)

Tami Kent 503-232-0547 wildfeminine.com (pelvic floor)

Tummy Team 503-952-2673 thetummyteam.com (pelvic floor)

Oregon Hemorrhoid Clinic 503-786-7272 hemorrhoidhelp.com (pelvic floor)

Kelley Burke, Holistic Pelvic Care 503-880-5201 portlandnaturalbirth.com

Suzanne Trebnick, PT, OCS, COMT 503-254-3424 (pelvic floor)

bmrp.com/clinic/benchmark-physical-therapy-burnside-portland-or

Laura Luitje, PT, DPT, LMT 503-227-7774 wpptc.com (pelvic floor)

Eryn Kirschbaum, DPT, PRPC, Mendwell Pelvic Health (971) 204-8598

mendwellhealth.com (pelvic floor)

Mamalates mamalates.com (C-section recovery)

Eryn Kirschbaum, DPT, Mendwell Pelvic Health Physical Therapy

503-749-9360 mendwellhealth.com

MASSAGE

Jolene Wilson 503-221-4123 thedragonstone.com

Leah Hansen, LMT 503-730-3577 leahhansen.com

(Breast massage/lymphatic drainage)

Kristy Geffen 503-312-5878 harmonizebodywork.wordpress.com/kristy

Kim Holman, LMT (Salem) 503-409-2772 8handshealing.com

Jenna Scott 503-449-6934 (Bowen therapy)

Darlene Sumner 503-780-6180 (Bowen therapy)

Meigra Simon 503-203-5040 meigrasimon.com (Bowen therapy)

NeuroBody Works 971-279-7110 neurobodyworks.com (Feldenkrais Method)

Chelsea Bay, LMT 503-899-0732 chelseabaymassage.com

CHIROPRACTICS & CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 ahealingapproach.com

Dr. Korin Rasmussen 503-803-4631 doctorkorin.com

West Coast Wellness 503-213-9990 westcoast-wellness.webflow.io

- Dr. Kate Brown
- Dr. Emily Watters

Dr. Karis Cooper, DC 360-693-3030 cooper-chiro.com

Carol Gray, CST 503-830-8995 carolgray.com

Dr. Arah McLaughlin 503-252-3952 cechiro.com

Luna Chiropractic 503-289-1390 lunachiropractic.com (therapeutic ultrasound, massage, chiro)

- Becky Higginson, DC

Dr. Megan DeJana 503-789-1014 awchiropractor.com

Cloud Chiropractic 503-660-8154 cloudchiropracticclinic.com

- Dr. Shannon Anhorn, DC
- Dr. Savannah Martinez, DC

Center for Chiropractic 503-282-8582 center4chiropractic.com

- Dr. Megan Ziskovsky, DC, FIPCA

Miriam Rose, MD, LMT 503-819-1215 facebook.com/DrMiriamRoseMD

Dr. Caroline Peterson, DC, PhD, MPH 503-445-7767

drcarolinepeterson.com

Sara J. Mays DC CACCP 503-277-9473 goodlifefor.com

Sarah Hayes 503-493-9389 acupuncturenwpx.com

Jacquelyn Cora Pannullo, MS, LMT 503-756-6170 bodysoullove.com

(infant CST, home visits)

Dr. Satya Sardonicus, DC, CACCP 503-395-4517 chrysalispdx.com

Dr. Seth Watterson, DC 503-287-0245 therapeuticassociates.com

Dr. Nahinu James, DC 503-281-0681 zenspacepdx.com

Jewell Chiropractic 971-420-2198 jewellchiropractic.com

- Dr. Lisa Jewell, DC
- Dr. Katie Kanda, DC

Dr. Alissa Fields, DC 503-212-6895 alissafieldsdc.com

Brenda Ku, DC 503-954-1660 connectchiropracticpdx.com

Dr. Nancy Takamune, DC 503-568-1906 www.familyrootschiro.com

MISC THERAPIES

Advanced Pediatric Therapies advancedpediatrictherapies.com

- Vancouver Clinic 360-885-4684
- Portland Clinic 503-245-5639

Therapy Solutions for Kids, OT/SPD/various therapies 503-224-1998

therapysolutionsforkids.com

Barbara Erskine, MS, SLP-CCC, COM 360-573-7313 erskinetherapy.com

Amy Kay, MOT, OTR/L, CLT-LANA 503-489-8325 wholeyoullc.com

Stephen Cavanaugh, DO (Seattle) 206-325-7435 www.seattledo.com

Sarah Reppenhagen, OT 503-683-7700 gatherandgrowpdx.com/

Allison Goodwin-Crane, Kaiser SLP

Linda D'Onofrio, MS, CCC-SLP 503-808-9919 donofrioslp.com

Danielle Baker, MA, CCC-SLP 503-568-1781 portland.speech.clinic

Julia Shannon, GCFP, OTR/L 503-707-6549 anintegratedlife.org

Wendy Neal, DO, ND) 503-238-5203 quest-center.org

(osteopathic manipulations)

Jeanne Farber, OT (Vancouver) 360-600-3640 jeannefarberot.com

West Portland Physical Therapy Clinic 503-227-7774 wpptc.com

(pelvic floor, pediatrics, breast health, etc.)

Jennifer Crowe, North Portland Orthodontics 503-289-1992 smileforreal.com

Rebekah Springs, LMFT (play therapy) rebekahsprings.com

Sarah Burgon, MA, CCC-SLP, Sunbreak Speech Therapy 503-266-1030

sunbreakspeech.com

Mama Space Yoga 503-830-8995 mamaspaceyoga.com

Marie-Eve Gagnon, Slumber Time Solutions 503-869-4103

slumbertimesolutions.com

Eve Bernfeld, In Balance Alexander Technique 503-915-7400 inbalanceat.com

Kwan-Yin Healing Arts Center 503-701-8766 kwanyinhealingarts.com

(Maya Abdominal Therapy)

DOULAS

Gracie Koester birthrootdoula.com

Wendy Scharp portlanddoulalove.com

Birthing Stone 503-718-7574 birthingstone.com

Birth First Doula 971-361-6833 birthfirstdoulas.com

Bridgetown Baby 503-970-9554 bridgetownbaby.com

BIPOC RESOURCES

Healthy Birth Initiative (classes/support groups for African American families)
503-988-3387

multco.us/children-and-family-health-services/healthy-birth-initiative

Black Parent Initiative (doula/lactation support) 503-284-8000 www.thebpi.org

Dr. Nadia English-Williams, ND, midwife 503-252-8125

www.canyonmedcenter.com

Kailia Wray, CNM, MN 503-233-3001 www.almamidwifery.com