

## COMMUNITY RESOURCES

Nursing Mother's Council 503-750-0656 [nursingmotherscounsel.org](http://nursingmotherscounsel.org)  
Oregon WIC offices 971-673-0040

[oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC](http://oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC)

Clark County WIC Nutrition Program 360-397-4370

[clark.wa.gov/public-health/breastfeeding](http://clark.wa.gov/public-health/breastfeeding)

Mother and Child Education Center 503-249-5801 [momchildpdx.org](http://momchildpdx.org)

Partum Gardens Community Care Collective [partumgardens.org](http://partumgardens.org)

Community Lactation Support [portlandmilkvibes.com/home](http://portlandmilkvibes.com/home)

Papillon Collective: A Motherhood Community [papillon-collective.com](http://papillon-collective.com)

## NURSING BRAS & SUPPLIES

Decent Exposures 800-524-4949 [decentexposures.com](http://decentexposures.com)

Birth and Baby [birthandbaby.com](http://birthandbaby.com)

Just Like A Woman 503-246-7000 [justlikeawoman.com](http://justlikeawoman.com)

Breakout Bras [breakoutbras.com](http://breakoutbras.com)

The Pencil Test 971-266-8611 [thepenciltest.com](http://thepenciltest.com)

## MEDICATION INFO & PHARMACIES

InfantRisk 806-352-2519 [infantrisk.com](http://infantrisk.com) (med info)

LactMed [ncbi.nlm.nih.gov/books/NBK501922](http://ncbi.nlm.nih.gov/books/NBK501922) (med info)

Poison Control 800-222-1222

Lloyd Center Compounding Pharmacy 503-281-4161 [lcrx.com](http://lcrx.com)

Pharmaca Integrative Pharmacy 503-226-6211

Community Compounding Pharmacy 503-244-5304 [communitycompd.com](http://communitycompd.com)

Pacific NW Specialty Pharmacy 360-448-7890 [pnsprx.com](http://pnsprx.com)

## MILK BANKS & DONATION

Human Milk Banking Association of North America [hmbana.org](http://hmbana.org)

Northwest Mother's Milk Bank [nwmmb.org](http://nwmmb.org)

Local Mother-to-Mother, informed consent options:

- Eats on Feets [eatsonfeets.org](http://eatsonfeets.org)
- Human Milk 4 Human Babies [facebook.com/hm4hb/](https://facebook.com/hm4hb/)

## NURSING MULTIPLES

Multiples of America [multiplesofamerica.org](http://multiplesofamerica.org)

Full House Moms and Dads 503-610-8598 [fullhousemoms.com](http://fullhousemoms.com)

## MILK SUPPLY ISSUES

MOBI (Mothers Overcoming Breastfeeding Issues) [mobimotherhood.org](http://mobimotherhood.org)

Breastfeeding After Breast & Nipple Surgeries [BFAR.org](http://BFAR.org)

Mother Food [mother-food.com](http://mother-food.com)

## POSTPARTUM DEPRESSION & COUNSELING

Postpartum Support International 800-944-4773 [postpartum.net](http://postpartum.net)

Baby Blues Connection 800-557-8375 [babybluesconnection.org](http://babybluesconnection.org)

Pacific Postpartum Support Society [postpartum.org](http://postpartum.org)

Life Circle Counseling [lifecirclecc.com](http://lifecirclecc.com)

Mychelle Moritz, ATR-BC, LPC 971-344-7527 [portlandtherapycenter.com](http://portlandtherapycenter.com)

Adria Goodness 971-220-8338 [lifecyclehealthandeducation.com](http://lifecyclehealthandeducation.com)

Kathleen Kendall-Tackett [uppitvsciencechick.com](http://uppitvsciencechick.com)

Sam Stevens, MS, LMFT 503-957-9797 [samstevensmft.com](http://samstevensmft.com)

Well Mama Oregon 800-896-0410 [wellmamaoregon.org](http://wellmamaoregon.org)

Motherroots Counseling [motherrootscounseling.com](http://motherrootscounseling.com)

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

Kathryn Bereman-Skelly, LPC 503-888-2858 [thenurturetree.com](http://thenurturetree.com)

Mindful Papa 503-766-3435 [mindfulpapa.com](http://mindfulpapa.com)

Megan Quigley, LCSW 503-915-4906 [meganquigleylcsww.com](http://meganquigleylcsww.com)

(EMDR, DBT, Insomnia, Anxiety)

Corey Watson, Perinatal Mental Health 971-770-1031 [pmhwor.com](http://pmhwor.com)

Anya Meyer, My Healing Oasis 503-893-8207 [myhealingoasis.net](http://myhealingoasis.net)

## NUTRITIONISTS

Alavita Perinatal Nutrition Associates [alavitanutrition.com](http://alavitanutrition.com)

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

Haley Smith, MScN 269-921-4506 [innaterhythm.com](http://innaterhythm.com)

Katharine Jeffcoat, RDN, LD, CLT 971-319-1288 [portlandpediatricnutrition.com](http://portlandpediatricnutrition.com)

Meghan McMillin, MS, RDN, IBCLC [mamaandsweetpeanutrition.com](http://mamaandsweetpeanutrition.com)

Lori Brizee, MS, RDN, CDCES 541-788-2625 [loribrizee.com](http://loribrizee.com)

## ADOPTIVE BREASTFEEDING & INDUCED LACTATION

Newman-Goldfarb Protocol for Induced Lactation [asklenore.com](http://asklenore.com)

## WEBSITES FOR BREASTFEEDING TOPICS

Academy of Breastfeeding Medicine [bfmed.org](http://bfmed.org) (clinical protocols)

American Academy of Pediatrics [aap.org](http://aap.org)

Ask Lenore [asklenore.com](http://asklenore.com)

La Leche League International [llli.org](http://llli.org)

INFAC (Infant Feeding Action Coalition) [infactcanada.ca](http://infactcanada.ca)

Kelly Mom [kellymom.com](http://kellymom.com)

WHO (World Health Org) [who.int/westernpacific/health-topics/breastfeeding](http://who.int/westernpacific/health-topics/breastfeeding)

Platypus Media [platypusmedia.com](http://platypusmedia.com) (breastfeeding & co-sleeping publications)

Safe Co-Sleeping Guidelines [cosleeping.nd.edu](http://cosleeping.nd.edu)

Ameda BF Holds [ameda.com/milk-101-article/latching-breastfeeding-holds](http://ameda.com/milk-101-article/latching-breastfeeding-holds)

Laid Back Breastfeeding/Biological Nurturing [biologicalnurturing.com](http://biologicalnurturing.com)

Jack Newman, MD [breastfeedingonline.com](http://breastfeedingonline.com)

## TONGUE TIE TREATMENT

Reference Book by Renee Beebe: [Fit to be Tied: A Visual Resource for Parents](http://FittoBeTied.com)  
IN PORTLAND, OR:

- The Oregon Clinic ENT 503-488-2600 [oregonclinic.com](http://oregonclinic.com)
  - Dr. Bobby Ghaehri
  - Dr. Roya Mansouri
- Dr. Craig Hertler 503-222-3638 [pdxent.com](http://pdxent.com)
- Dr. Staci Whitman 971-978-0009 [nopokids.com](http://nopokids.com)
- Dr. Douglas Lincoln 503-261-1171 [metropediatrics.com](http://metropediatrics.com)
- Dr. Whitney Nagy 503-832-5259 [thedentalmvtm.com](http://thedentalmvtm.com)

IN VANCOUVER, WA:

- Monisha Gagneja, BDS 360-450-2999 [mustlovekids.com](http://mustlovekids.com)
- Todd Hillyard, DDS 360-604-9000 [adventuredental.com](http://adventuredental.com)
- Lotus Natural Family Medicine 360-207-5178
  - Serena Russum, ND
  - Heidi Codino, ND

IN SEATTLE, WA:

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

IN EUGENE, OR:

- Ben Sutter 541-515-7279 [forbeautifulsmiles.com](http://forbeautifulsmiles.com)

## MIDWIFERY & OBSTETRICS

Lara Williams, MD 503-284-5220 [oregonclinic.com/our-team/lara-williams](http://oregonclinic.com/our-team/lara-williams)

Vivante Midwifery 503-652-8076 [vivantemidwifery.com](http://vivantemidwifery.com)

Alisha Madrone, CNM, FNP 503-777-0444 [flourishpdx.com](http://flourishpdx.com)

Laura Bartko, CNM, NP 503-860-0082 [vibrantwomenshealth.com](http://vibrantwomenshealth.com)

Unfurling Birth & Midwifery Services 503-310-9715 [unfurlingbirth.com](http://unfurlingbirth.com)

## PEDIATRICIANS & FAMILY PRACTICE

Douglas Lincoln, MD, MPH [metropediatrics.com](http://metropediatrics.com)

Kerry Schaefer, MD 971-231-4536 [healthylivingfamilymedicine.com](http://healthylivingfamilymedicine.com)

Janel Guyette, MD 503-234-7366 [pacificmedicalgroup.com](http://pacificmedicalgroup.com)

Sellwood Medical Clinic 503-595-9300 [sellwoodmd.com](http://sellwoodmd.com)

Littles Pediatrics 503-970-2056 [littlespediatrics.com](http://littlespediatrics.com)

Jennifer Wallace, MD 888-480-1115 [jwallacemd.com](http://jwallacemd.com)

Sharon McNeill, MD 503-659-4988 [nwpc.com](http://nwpc.com)

Deep Roots Family Medicine 971-207-3680 [deeprootsmedicine.com](http://deeprootsmedicine.com)

Dr. Joel Amundson 503-342-2180 [trailheadpediatrics.com](http://trailheadpediatrics.com)

Dahra Perkins, MD, ABFM, ABIHM 503-227-0350 [elevatehealthpdx.com](http://elevatehealthpdx.com)

Northwest Direct Care 503-207-4824 [nwconcierngemed.com](http://nwconcierngemed.com)

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

Hands On Medicine 503-281-0308 [handsonmedicine.net](http://handsonmedicine.net)

Jeff Bowden (Vancouver) 360-487-4848 [legacyhealth.org/Doctors-and-Locations/primary/salmon-creek-family-medicine](http://legacyhealth.org/Doctors-and-Locations/primary/salmon-creek-family-medicine)

Dr. Natasha Pereira, Children's Clinic 503-297-3371

[childrens-clinic.com/portland](http://childrens-clinic.com/portland)

Dr. Kea Parker, MD, IBCLC, OHSU Family Medicine 503-418-3900

[ohsu.edu/providers/kea-parker-md-ibclc](http://ohsu.edu/providers/kea-parker-md-ibclc)

## NATUROPATHS

Canyon Medical Center 503-252-8125 [canyonmedcenter.com](http://canyonmedcenter.com)

- Karen DeWitt, ND
- Leslie Hamlett, ND

Dr. Kelly Owens, ND 360-687-0800 [taborvillagewellness.com](http://taborvillagewellness.com)  
Catherine Schaefer, ND, CNM 503-263-2058 [midwiferybirthcenter.com](http://midwiferybirthcenter.com)  
A Woman's Time 503-222-2322 [awomanstime.com](http://awomanstime.com)  
Sellwood Family Medicine 503-233-8113 [sellwoodfamilymedicine.com](http://sellwoodfamilymedicine.com)

- Leigh Ann Chapman, ND
- Jenny Maurer, ND

Jennifer Reid, ND 503-492-9427 [www.carriagehousemedicine.com](http://www.carriagehousemedicine.com)  
Samantha LeVine, ND 503-281-6767 [docerenaturopathicwellness.com](http://docerenaturopathicwellness.com)  
Liz Wallace, ND, LAc 503-238-6262 [ahealingpractice.net](http://ahealingpractice.net)  
Dr. Jennifer Karon 503-244-0500 [drjenniferkaron.com](http://drjenniferkaron.com)  
Dr. Jennifer Curtiss, MD 503-777-0444 [naturespathfamilywellness.com](http://naturespathfamilywellness.com)  
Alexandra Demetro, ND, LM 360-687-2597 [naturalfamilyhealthclinic.org](http://naturalfamilyhealthclinic.org)  
Dr. Elizabeth Busetto 503-954-3676 [rosenaturalhealth.com](http://rosenaturalhealth.com)  
Dr. Juniper Martin, NP, 971-328-0071 [drjuniper.com](http://drjuniper.com)  
Kathleen Pratt, ND 503-345-0039 [onefamilymedicine.com](http://onefamilymedicine.com)

## BREAST SURGEONS

Kearney Breast Center (Vancouver) 360-514-1234  
[peacehealth.org/southwest/kearney-breast-center](http://peacehealth.org/southwest/kearney-breast-center)  
Vancouver Clinic Breast Care Center 360-882-2778  
[tvc.org/services/breast-care-center](http://tvc.org/services/breast-care-center)  
Legacy Medical Group 503 413-5525

- Nathalie Johnson, MD
- Margie Glissmeyer, PA
- Jennifer Garreau, MD

Frances Ting, MD, SE Portland Surgical Clinic 503-256-1575  
Cory Donovan, MD, Legacy Surgical Oncology 503-413-5525

## ACUPUNCTURE

Beth Yohalem-Ilsley, LAc 503-267-1565 [mississippihealthcenter.com](http://mississippihealthcenter.com)  
Chi Wilburn, LAc 503-669-8880 [benevolencehealingarts.com](http://benevolencehealingarts.com)  
Kine Fischler, LAc 503-281-0030 [willowtreeclinic.com](http://willowtreeclinic.com)  
Carrie Crimin 503-312-4223 [littleowlmedicine.com](http://littleowlmedicine.com) (pediatric)  
Corinne LeBlanc 971-337-7387 [acuforkids.com](http://acuforkids.com) (pediatric)  
Felicia Ferruzza, LAc, Herbalist 503-206-5309 [albertahealingarts.com](http://albertahealingarts.com)  
Kathleen King, LAc 503-954-1660 [connectchiropracticpdx.com](http://connectchiropracticpdx.com)  
Michelle Yan, DSOM, LAc 805-622-9821 [pathsolaris.com](http://pathsolaris.com)  
Sarah Hayes, LAc 503-493-9389 [acupuncturenwpx.com](http://acupuncturenwpx.com)

## CHIROPRACTICS & CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 [ahealingapproach.com](http://ahealingapproach.com)  
Dr. Korin Rasmussen 503-803-4631 [doctorkorin.com](http://doctorkorin.com)  
West Coast Wellness 503-213-9990 [westcoast-wellness.webflow.io](http://westcoast-wellness.webflow.io)

- Dr. Kate Brown
- Dr. Emily Watters

Dr. Karis Cooper, DC 360-693-3030 [cooper-chiro.com](http://cooper-chiro.com)  
Carol Gray, CST 503-830-8995 [carolgray.com](http://carolgray.com)  
Dr. Arah McLaughlin 503-252-3952 [cechiro.com](http://cechiro.com)  
Becky Higginson, DC 503-289-1390 [lunasapdx.com](http://lunasapdx.com)  
(therapeutic ultrasound, massage, chiro)  
Dr. Megan DeJana 503-789-1014 [awchiropractor.com](http://awchiropractor.com)  
Dr. Shannon Anhorn, DC 503-660-8154 [cloudchiropracticclinic.com](http://cloudchiropracticclinic.com)  
Dr. Savannah Martinez, DC 971-319-1167 [simonabodyworks.com](http://simonabodyworks.com)  
Dr. Megan Ziskovsky, DC, FIPCA 503-282-8582 [center4chiropractic.com](http://center4chiropractic.com)  
Dr. Caroline Peterson, DC, PhD, MPH 503-445-7767 [drcarolinepeterson.com](http://drcarolinepeterson.com)  
Sara J. Mays DC CACCP 503-277-9473 [goodlifeor.com](http://goodlifeor.com)  
Jacquelyn Cora Pannullo, MS, LMT 503-756-6170 [jacquelyncora.com](http://jacquelyncora.com)  
(infant CST, home visits)  
Dr. Seth Watterson, DC 503-287-0245  
[therapeuticassociates.com/team/seth-watterson](http://therapeuticassociates.com/team/seth-watterson)  
Jewell Chiropractic 971-420-2198 [jewellchiropractic.com](http://jewellchiropractic.com)

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

Dr. Alissa Fields, DC 503-212-6895 [alissafieldsdc.com](http://alissafieldsdc.com)  
Brenda Ku, DC 503-954-1660 [connectchiropracticpdx.com](http://connectchiropracticpdx.com)  
Dr. Nancy Takamune, DC 503-568-1906 [www.familyrootschiro.com](http://www.familyrootschiro.com)  
Kathryn Cantwell, Unity Chiropractic (503) 747-3388 [unitychirobeaverton.com](http://unitychirobeaverton.com)  
Molly Ouellette, Jade Chiropractic 503-223-0900 [jadechiropractic.com](http://jadechiropractic.com)  
Dr. Ella Fisher 503-288-4454 [purelifeclinic.com](http://purelifeclinic.com)

## PHYSICAL THERAPY

Margaret McReynolds, PT, M.Ed, NBC-HWC (also CST) [ohsu.edu/providers](http://ohsu.edu/providers)  
Emily Lighthipe, DPT 503-522-1359 [taborpediatricpt.com](http://taborpediatricpt.com)  
Mt Tabor Physical Therapy [mounttaborphysicaltherapy.com](http://mounttaborphysicaltherapy.com) (pelvic floor)

- Laura Luitje, PT, DPT, PRPC
- Abigail Richards, PT, DPT, PRPC

Ami Opal, ND 503-477-7594 [doctorami.com](http://doctorami.com) (pelvic floor)  
Tami Kent 503-232-0547 [wildfeminine.com](http://wildfeminine.com) (pelvic floor)  
Tummy Team 360-952-2673 [online.thetummyteam.com](http://online.thetummyteam.com) (pelvic floor)  
Oregon Hemorrhoid Clinic 503-786-7272 [hemorrhoidhelp.com](http://hemorrhoidhelp.com) (pelvic floor)  
Suzanne Trebnick, PT, OCS, COMT 503-254-3424 (pelvic floor)  
[benchmark.urpt.com/locations/portland-burnside](http://benchmark.urpt.com/locations/portland-burnside)  
Eryn Kirschbaum, DPT, PRPC, Mendwell Health 503-749-9360  
[mendwellhealth.com](http://mendwellhealth.com) (pelvic floor)  
Mamalates [mamalates.com](http://mamalates.com) (C-section recovery)  
Katie Briggs, PT, CIMT, Inspire PT 971-246-7478 [inspireptforkids.com](http://inspireptforkids.com)  
West Portland Physical Therapy Clinic 503-227-7774 [wpptc.com](http://wpptc.com)  
(pelvic floor, pediatrics, breast health, etc.)

## MASSAGE

Be Well Baby PDX 503.893.8310 [bewarellbabypdx.com](http://bewarellbabypdx.com)  
Kristina Lia Hansen, LMT 503-221-2155 [equilibriawellness.com](http://equilibriawellness.com)  
(Breast massage/lymphatic drainage)  
Kristy Geffen 503-312-5878 [harmonizebodywork.wordpress.com](http://harmonizebodywork.wordpress.com)  
Kim Holman, LMT (Salem) 503-409-2772 [8handshealing.com](http://8handshealing.com)  
Darlene Sumner 503-780-6180 (Bowen therapy)  
Meigra Simon 503-203-5040 [meigrasimon.com](http://meigrasimon.com) (Bowen therapy)  
NeuroBodyWorks 971-279-7110 [neurobodyworks.com](http://neurobodyworks.com) (Feldenkrais Method)  
Chelsea Bay, LMT 503-899-0732 [chelseabaymassage.com](http://chelseabaymassage.com)  
Karen Asbury, LMT (360) 909-5353 [karenasbury.com](http://karenasbury.com)  
YouTube - Baby Massage: A Practical Approach  
[youtube.com/watch?v=3LU2-YNvRGg](http://youtube.com/watch?v=3LU2-YNvRGg)

## MISC THERAPIES

Advanced Pediatric Therapies [advancedpediatrictherapies.com](http://advancedpediatrictherapies.com)

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

Barbara Erskine, MS, SLP-CCC, COM 360-573-7313 [erskinetherapy.com](http://erskinetherapy.com)  
Amy Kay, MOT, OTR/L, CLT-LANA 503-489-8325 [wholeyoullc.com](http://wholeyoullc.com)  
Stephen Cavanaugh, DO (Seattle) 206-325-7435 [www.seattledo.com](http://www.seattledo.com)  
Sarah Reppenhagen, OT 503-683-7700 [gatherandgrowpdx.com/](http://gatherandgrowpdx.com/)  
Allyson Goodwyn-Craine, Kaiser SLP  
Linda D'Onofrio, MS, CCC-SLP 503-808-9919 [donofrioslp.com](http://donofrioslp.com)  
Danielle Baker, MA, CCC-SLP 503-568-1781 [portland.speech.clinic](http://portland.speech.clinic)  
Julia Shannon, GCFP, OTR/L 503-707-6549 [mequonspeech.com](http://mequonspeech.com)  
Wendy Neal, DO, ND 503-238-5203 [quest-center.org](http://quest-center.org) (osteopathic manipulations)  
Jeanne Farber, OT (Vancouver) 360-600-3640 [jeannefarberot.wordpress.com](http://jeannefarberot.wordpress.com)  
Jennifer Crowe, North Portland Orthodontics 503-289-1992 [smileforreal.com](http://smileforreal.com)  
Rebekah Springs, LMFT (play therapy) [rebekahsprings.com](http://rebekahsprings.com)  
Sarah Burgon, MA, CCC-SLP, Sunbreak Speech Therapy 503-266-1030  
[sunbreakspeech.com](http://sunbreakspeech.com)  
Mama Space Yoga 503-830-8995 [mamaspaceyoga.com](http://mamaspaceyoga.com)  
Marie-Eve Gagnon, Slumber Time Solutions 503-869-4103  
[slumbertimesolutions.com](http://slumbertimesolutions.com)  
Eve Bernfeld, In Balance Alexander Technique 503-915-7400 [inbalanceat.com](http://inbalanceat.com)  
Kwan-Yin Healing Arts Center 503-701-8766 [kwanyinhealingarts.com](http://kwanyinhealingarts.com)  
(Maya Abdominal Therapy)  
Barzin Khalili, Allergy Clinic 503-228-0155 [allergyclinic.net](http://allergyclinic.net)  
(allergist/immunologist)  
Baker Allergy & Asthma 503-636-9011 [bakeraad.com](http://bakeraad.com)  
Douglas Brown, Homeopathic Healing 503-253-6334 [homeopathichealing.org](http://homeopathichealing.org)  
Columbia Pediatric Therapy [columbiapedstherapy.com](http://columbiapedstherapy.com)

## DOULAS

Wendy Scharp [portlanddoulalove.com](http://portlanddoulalove.com)  
Birthing Stone 503-718-7574 [birthingstone.com](http://birthingstone.com)  
Birth First Doulas 971-361-6833 [birthfirstdoulas.com](http://birthfirstdoulas.com)  
Bridgetown Baby 503-970-9554 [bridgetownbaby.com](http://bridgetownbaby.com)

## BIPOC RESOURCES

Community Doula Alliance [communitydoulalaalliance.com](http://communitydoulalaalliance.com)  
Healthy Birth Initiative (classes/support groups for POC families) 503-988-3387  
[multco.us/children-and-family-health-services/healthy-birth-initiative](http://multco.us/children-and-family-health-services/healthy-birth-initiative)  
Black Parent Initiative (doula/lactation support) 503-284-8000 [thebpi.org](http://thebpi.org)  
Dr. Nadia English-Williams, ND, midwife 503-252-8125 [canyonmedcenter.com](http://canyonmedcenter.com)