

COMMUNITY RESOURCES

Nursing Mother's Council 503-750-0656 nursingmotherscounsel.org
 Oregon WIC 971-673-0040 oregon.gov/oha/ph/healthypeoplefamilies/wic
 Clark County WIC 360-397-4370 clark.wa.gov/public-health/breastfeeding
 Mother and Child Education Center 503-249-5801 momchildpdx.org
 Partum Gardens Community Care Collective partumgardens.org
 Community Lactation Support portlandmilkvibes.com/home
 Papillon Collective: A Motherhood Community papillon-collective.com
 Full Belly Fare Meal Delivery <https://fullbellyfare.com/web/> (Luna15 for 15% off!)

BIPOC RESOURCES

Community Doula Alliance communitydoulalliance.com
 Healthy Birth Initiative (classes/support groups for POC families) 503-988-3387
multco.us/children-and-family-health-services/healthy-birth-initiative
 Black Parent Initiative (doula/lactation support) 503-284-8000 thebpi.org
 Dr. Nadia English-Williams, ND, midwife 503-252-8125 anyonmedcenter.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
 INFACT (Infant Feeding Action Coalition) infactcanada.ca
 Kelly Mom kellymom.com
 WHO (World Health Org) who.int/westernpacific/health-topics/breastfeeding
 Platypus Media platypusmedia.com (breastfeeding & co-sleeping publications)
 Safe Co-Sleeping Guidelines cosleeping.nd.edu
 Ameda BF Holds ameda.com/milk-101-article/latching-breastfeeding-holds
 Laid Back Breastfeeding/Biological Nurturing biologicalnurturing.com
 Jack Newman, MD breastfeedingonline.com

NURSING BRAS & SUPPLIES

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 thepenciltest.com

MEDICATION INFO & PHARMACIES

InfantRisk 806-352-2519 infantrisk.com (med info)
 LactMed ncbi.nlm.nih.gov/books/NBK501922 (med info)
 Poison Control 800-222-1222
 Lloyd Center Compounding Pharmacy 503-281-4161 lerx.com
 Pharmaca Integrative Pharmacy 503-226-6211
 Community Compounding Pharmacy 503-244-5304 communitycmpd.com
 Pacific NW Specialty Pharmacy 360-448-7890 pnsprx.com

MILK BANKS & DONATION

Human Milk Banking Association of North America hmbana.org
 Northwest Mother's Milk Bank nwmmmb.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 facebook.com/FullHouseMOMs

MILK SUPPLY ISSUES

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

ADOPTIVE BREASTFEEDING & INDUCED LACTATION

Newman-Goldfarb Protocol for Induced Lactation asklenore.com

DOULAS

Wendy Scharp portlanddoulalove.com
 Birthing Stone 503-718-7574 birthingstone.com
 Birth First Doulas 971-361-6833 birthfirstdoulas.com
 Bridgetown Baby 503-970-9554 bridgetownbaby.com

MIDWIFERY & OBSTETRICS

Lara Williams, MD 503-284-5220 oregonclinic.com/our-team/lara-williams
 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

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 lifecirclece.com
 Mychelle Moritz, ATR-BC, LPC 971-344-7527 portlandtherapycenter.com
 Adria Goodness 971-220-8338 lifecyclehealthandeducation.com
 Kathleen Kendall-Tackett uppitysciencechick.com
 Sam Stevens, MS, LMFT 503-957-9797 samstevensmft.com
 Motheroots Counseling motherootscounseling.com

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

 Kathryn Bereman-Skelly, LPC 503-888-2858 thenurturetree.com
 Mindful Papa 503-766-3435 mindfulpapa.com
 Megan Quigley, LCSW 503-915-4906 meganquigleylcsw.com
 (EMDR, DBT, Insomnia, Anxiety)
 Anya Meyer, My Healing Oasis 503-893-8207 myhealingoasis.net
 Hygge Holistic Mental Health 503-208-8667 hyggeholisticmentalhealth.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
 Krista Barlow, MSN 503-451-5013 florynhealth.net

TONGUE TIE TREATMENT

Reference Book by Renee Beebe: Fit to be Tied: A Visual Resource for Parents IN PORTLAND, OR:

- The Oregon Clinic ENT 503-488-2600 oregonclinic.com
 - Dr. Bobby Ghaheri
 - 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
- Dr. Whitney Nagy 503-832-5259 thedentalmvtm.com

IN VANCOUVER, WA:

- Monisha Gagneja, BDS 360-450-2999 mustlovekids.com
- Todd Hillyard, DDS 360-604-9000 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
- Dr. Sara Silvestri 425-481-7827 kidsdentistofmillcreek.com
- Health:Latch healthlatch.com

IN EUGENE, OR:

- Ben Sutter 541-515-7279 forbeautifulfsmiles.com

BREAST SURGEONS

Kearney Breast 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
- Jennifer Garreau, MD

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

NATUROPATHS

Canyon Medical Center 503-252-8125 canyonmedcenter.com

- Karen DeWitt, ND
- Leslie Hamlett, ND

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

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

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

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

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

Alexandra Demetro, ND, LM 360-687-2597 naturalfamilyhealthclinic.org

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

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

Dr. Noelle King, ND 971-327-8338 drnoelleking.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

Little's Pediatrics 503-970-2056 littlespediatrics.com

Jennifer Wallace, MD 888-480-1115 jwallacemd.com

Sharon McNeill, MD 503-659-4988 nwpc.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

Main Street Family Practice (Vanc, WA) 360-474-5904 mainstreetfamilymed.com

Northwest Direct Care 503-207-4824 nwconcierned.com

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

Hands On Medicine 503-281-0308 handsonmedicine.net

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

Dr. Natasha Pereira, Children's Clinic 503-297-3371 childrens-clinic.com/portland

Dr. Kea Parker, MD, IBCLC, OHSU Family Medicine 503-418-3900 ohsu.edu/providers/kea-parker-md-ibclc

Dr. Joy Eberhardt, MD, FAAP, Orchid Pediatrics, 503-208-4007, orchidpediatrics.com

MASSAGE

Be Well Baby PDX 503.893.8310 bewellbabypdx.com

Kristina Lia Hansen, LMT 503-221-2155 equilibriawellness.com
(Breast massage/lymphatic drainage)

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

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

Darlene Sumner 503-780-6180 (Bowen therapy)

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

NeuroBodyWorks 971-279-7110 neurobodyworks.com (Feldenkrais Method)

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

Karen Asbury, LMT (360) 909-5353 karenasbury.com

Baby Massage: A Practical Approach youtube.com/watch?v=3LU2-YNvRGg

PHYSICAL THERAPY

Margaret McReynolds, PT, M.Ed, NBC-HWC (also CST) ohsu.edu/providers

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

Mt Tabor Physical Therapy mounttaborphysicaltherapy.com (pelvic floor)

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

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

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

Tummy Team 360-952-2673 online.thetummyteam.com (pelvic floor)

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

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

benchmark.urpt.com/locations/portland-burnside

Eryn Kirschbaum, DPT, PRPC, Mendwell Health 503-749-9360 mendwellhealth.com (pelvic floor)

Mamalates mamalates.com (C-section recovery)

Katie Briggs, PT, CIMT, Inspire PT 971-246-7478 inspireptforkids.com

West Portland Physical Therapy Clinic 503-227-7774 wpptc.com
(pelvic floor, pediatrics, breast health, etc.)

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

Becky Higginson, DC 503-289-1390 lunasapdx.com
(therapeutic ultrasound, massage, chiro)

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

Dr. Shannon Anhorn, DC 503-660-8154 cloudechiropracticclinic.com

Dr. Savannah Martinez, DC 971-319-1167 simonabodyworks.com

Dr. Megan Ziskovsky, DC, FIPCA 503-282-8582 center4chirobeaverton.com

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

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

Jacquelyn Cora Pannullo, MS, LMT 503-756-6170 jacquelyncora.com
(infant CST, home visits)

Dr. Seth Watterson, DC 503-287-0245 therapeuticassociates.com/team/seth-watterson

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

Kathryn Cantwell, Unity Chiropractic (503) 747-3388 unitychirobeaverton.com

Molly Ouellette, Jade Chiropractic 503-223-0900 jadechiropractic.com

Dr. Ella Fisher 503-288-4454 purelifeclinic.com

Dr. Emily Ramseth, DC, Blooming Family Chiropractic 360-947-2855 bloomingfamilychiropractic.com

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 805-622-9821 pathsolaris.com

Sarah Hayes, LAc 503-493-9389 acupuncturewpx.com

MISC THERAPIES

Advanced Pediatric Therapies advancedpediatrictherapies.com

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

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/

Allyson Goodwyn-Craigne, 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 mequonspeech.com

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

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

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)

Barzin Khalili, Allergy Clinic 503-228-0155 allergyclinic.net
(allergist/immunologist)

Baker Allergy & Asthma 503-636-9011 bakeraad.com

Douglas Brown, Homeopathic Healing 503-253-6334 homeopathichealing.org

Kendra Holloway, MS, CCC-SLP, Columbia Pediatric Therapy columbiapedstherapy.com

Dr. Kimberly Hindman, ND, LAc 503-784-1027 ehlers-danlos.com/directory/kimberly-hindman (EDS specialist)