

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 communitydoulaalliance.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 canyonmedcenter.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
 INFANT (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 lcrx.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

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

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

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 portlandtherapycenter.com
 Adria Goodness 971-220-8338 lifecyclehealthandeducation.com
 Kathleen Kendall-Tackett upitysciencechick.com
 Sam Stevens, MS, LMFT 503-957-9797 samstevensmft.com
 Motherroots Counseling motherrootscounseling.com

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

 Kathryn Bereman-Skelley, LPC 503-888-2858 thenurturetree.com
 Mindful Papa 503-766-3435 mindfulpapa.com
 Megan Quigley, LCSW 503-915-4906 meganquigleylcsww.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, MSN 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](http://FittoBeTied.com)
 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

IN VANCOUVER, WA:

- Dr. Kyung Kim, DDS 360-260-0505 doctorshehani.com
- 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 forbeautifulsmls.com

IN HOOD RIVER, OR:

- Dr. Michael Dienberg, DDS, Otter Oral Care 509-593-0109
otteroralcare.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
Littles 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
NW Pediatrics Integrative Medicine 503-643-2100 nwvim.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 nwconcierngemed.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 8handsh Healing.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)

- Laura Luitje, PT, DPT, PRPC
- 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 cloudchiropracticclinic.com
Dr. Savannah Martinez, DC 971-319-1167 simonabodyworks.com
Dr. Megan Ziskovsky, DC, FIPCA 503-282-8582 center4chiropractic.com
Dr. Caroline Peterson, DC, PhD, MPH 503-445-7767 drcarolinepeterson.com
Sara J. Mays DC CACCP 503-277-9473 goodlifeor.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 littlowlmedicine.com (pediatric)
Corinne LeBlanc 971-337-7387 acuforkids.com (pediatric)
Felicia Ferruzza, LAc, Herbalist 503-206-5309 albertahhealingarts.com
Kathleen King, LAc 503-954-1660 connectchiropracticpdx.com
Michelle Yan, DSOM, LAc 805-622-9821 pathsolaris.com
Sarah Hayes, LAc 503-493-9389 acupuncturenwpx.com

MISC THERAPIES

Advanced Pediatric Therapies 360-885-4684 (Vancouver)/
503-245-5639 (Portland) advancedpediatrictherapies.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/
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
Jessica Beers, SLPD, CCC-SLP, Speaktacular 503-673-9982 speaktacularslp.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 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)
Dr. Linda Bluestein, MD 720-704-3184 hypermobilitymd.com (EDS specialist)
Randall Children's NW Gastroenterology 503-276-6138
legacyhealth.org/Doctors-and-Locations/children/gastroenterology-emanuel

- **Dr. Sheiko, MD**
- **Dr. Tung, MD**