



Whatcom County Breastfeeding Resources

Support
after your
birth

Bellingham Center for Healthy Motherhood

Phone: (360) 526-2185 Fax: (360) 389-5833
905 Squalicum Way #104, Bellingham, WA 98225
www.centerforhealthymotherhood.com

Clinic Visits: Mon-Fri 8:30am—5:00pm

Home visits available by appointment only

- Provides lactation consultation
- Accepts all insurance coverage for clinic visits
- Private pay for home visits. May be reimbursed by insurance.

BRB Lactation – Patty Hiestand, RN, BSN, IBCLC

Phone: (360) 474-7092 Fax: (360) 783-6677

www.breastsrbest.com

Home Visits: Fri-Sun by appointment

- Provides lactation consultation
- Private pay for home visits. May be reimbursed by insurance.

Rumina Lactation - Lisa Follet, IBCLC

Phone: (360) 255-1174 Fax: (360) 326-2235

www.rumina-lactation.com

Home Visits: Mon-Sun by appointment

Office visits at The Nest in Lynden: Mon-Sun by appointment 400
Liberty St, Lynden, WA 98264

- Provides lactation consultation
- In-network provider with Aetna, Meritain, United Healthcare, and Regence
- Private pay for all other insurance providers. May be

PeaceHealth Medical Group Lactation Services

Phone: (360) 752-5280 Fax: (360) 752-5282
4465 Cordata Parkway, Suite C, Bellingham, WA 98225

www.peacehealth.org

Clinic Visits: Mon-Friday 9:00am—4:00pm

- Provides lactation consultation
- Accepts all insurance coverage for clinic visits

Fairhaven Lactation LLC – Mary Francell MA, IBCLC

Phone: (360)305-1673 Fax: (360) 483-5151

1515 Larrabee Ave, Bellingham, WA 98225

www.fairhavenlactation.com

Home and Office Visits: Mon-Fri by appointment

Private pay. May be reimbursed by insurance.

WIC Nutrition Services

Lummi Tribal Health Center

Phone: (360) 312-2467

Nooksack Tribal Clinic

Phone: (360) 966-2106

**WIC Providers breast pumps to their clients. Check with staff on details*

Sea Mar Community Health Center

Phone: (360) 788-7150

www.seamar.org

Classes: Childbirth & Breast- feeding

Bellingham Technical College

Phone: (360) 752-8350

<https://www.btc.edu/DegreesClasses/Programs/ProgramDetails.aspx?ID=121&tab=tab1>

Doulas of Bellingham

Phone: (425) 320-7886

www.doulasofbellingham.com

PeaceHealth Breastfeeding Basics

Phone: (360) 752-5280

Free class for Pregnant mothers

First Monday of every month, from 3:00-5:00pm. Call to register

Sea Mar CBE & Breastfeeding Classes

Phone: (360) 788-7150

Includes classes in Spanish, open to the public

Bellingham OB/GYN monthly breastfeeding class

Phone: (360) 671-4944

One Saturday per month 9:00-11:30am. Call for dates.



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Support Groups, Drop-ins, & Classes

Bellingham Center for Health Motherhood

905 Squalicum Way, #104 Bellingham
Phone: (360) 526-2185 www.centerforhealthymotherhood.com/
Free Baby Weigh Days with Lactation Consultant : Wednesdays from 1:00-3:00 pm
Mama Café : Tuesdays from 9:00-noon
The Village Circle—Support for Pregnant & Postpartum Mothers : Free drop-in classes every Weds 6:30-8:00pm and Thurs 10:00—11:30 am

La Leche League of Bellingham

LLL Leaders available 24/7 for phone help:
Lauralee Carbone (360)-676-8649 Jennifer Carter (857)-928-4929
www.llofwa.org/la-leche-league-bellingham
FB: La Leche League of Bellingham & Whatcom County
Meetings: 3rd Wed of each month, 10:30am-noon
BCHM, 905 Squalicum Way, #104, Bellingham

The Nest in Lynden

400 Liberty St, Lynden
Free Baby Weigh Day with Lactation Consultant:
Thurs from 10:00-11:30 am

La Leche League of North Whatcom

Phone: (360) 218-4648
Email: LLNorthWhatcom@gmail.com
FB Page: www.facebook.com/LLNorthWhatcom/
In person mtgs —3rd Tues of month, 6:30pm in Fern-
dale (text/call/email for location)
Online mtgs—Last Sun of month, 8:00pm (to access,
link to FB page).

Maternity Support Services

ANSWERS Maternity Support & Infant Case Management

Variable home visiting hours with appointment
Phone: (360) 255-7855 www.answerscounseling.org

Lummi Tribal Health Clinic

Phone: (360) 384-0464 www.lummi-nsn.org

Nooksack Tribal Clinic

Phone: (360) 966-2106 <https://nooksacktribe.org/>

Sea Mar Maternity Support Services

Bilingual Spanish-speaking staff
Phone: (360) 788-7149 www.seamar.org

Whatcom County Health Department

Nurse-Family Partnership program only
Phone: (360) 778-6100
www.whatcomcounty.us/health

Breast Pump Resources

Norco Medical

Phone: (360) 746-0826

Nurturing Expressions

Phone: (206) 763-2733

Moonbelly Midwifery

Phone: (360) 510-0188
www.moonbellymidwifery.com

Sea Mar WIC Program

Phone: (360) 788-7150
For active WIC clients only

Pacific Mother Support (PMSI)

Phone: (800) 578-2260 Fax: (425) 462-0432
www.pacificmsi.com

Online Resources

Breastfeeding Coalition of WA— Within Reach

www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/

Washington State WIC

www.doh.wa.gov/YouandYourFamily/WIC/BreastfeedingSupport.aspx

La Leche League International

www.llli.org

National Breastfeeding Helpline (BF Peer Counselors available and free breastfeeding magazine)

www.womenshealth.gov/Breastfeeding

Kelly Mom Breastfeeding Information/Support

www.kellymom.com

Stanford University Breastfeeding Support (“How to” videos)

<http://newborns.stanford.edu/Breastfeeding>

The Academy of Breastfeeding Medicine

www.bfmed.org

LactMed (Free App available, Medications & Breastfeeding use, safety, and more)

<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Dr. Hale breastfeeding and medications

<http://infantrisk.com>

United States Breastfeeding Committee

www.usbreastfeeding.org