

## For Breastfeeding Assistance

### Hospitals

#### Columbia Memorial Hospital

*Lactation consultants*

Kelsey Betts RNC, IBCLC

Laura Brown BSN, RNC, IBCLC

Call to make an appointment | 503-791-9140

#### Providence Seaside Hospital

*Lactation consultants*

Liane Bogh RN, IBCLC

Julie Hedford BSN, RN, IBCLC

Tonya Lempea BSN, RN, IBCLC, ICCE

Call to make an appointment | 503-717-7530

### Other Agencies

#### Clatsop County Public Health

*Lactation consultants*

Patsylee Horecny RN, IBCLC | 503-338-3682

Trina Robinson, RN, IBCLC | *Wed. Only*

WIC Program | 503-338-3637

Call to make an appointment

#### La Leche League

Meetings are held on the second Tuesday of each month 11:45am-1:30pm at Grace Episcopal Church  
1545 Franklin Ave, Astoria

La Leche League Leaders, available for breastfeeding questions and concerns:

Megan Oien 503-440-4942

#### Pacific County Health Department

WIC Peer Breastfeeding Counselor | 360-642-9349

Tessa Clements

Shelley Carter, BSN, RN | 360-642-9349 ext.6

## Prenatal / Breastfeeding / Parenting

*Contact your hospital or Health Department for the schedule on Prenatal, Breastfeeding and Parenting Classes.*

**Columbia Memorial Hospital** | 503-338-7564

To find out the class schedule and register:  
[columbiamemorial.org](http://columbiamemorial.org)

**Providence Seaside Hospital** | 503-717-7530

Search online catalog | [providence.org](http://providence.org)

**Pacific County Health Department** |

360-642-9349

[pacificcountyhealthdepartment.com](http://pacificcountyhealthdepartment.com)

**Triple P** | [triplep-parenting.net](http://triplep-parenting.net)

**NW Parenting** | [nworparenting.org](http://nworparenting.org) 

“Supporting & promoting  
Breastfeeding on the  
North Coast”



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North Coast Breastfeeding Coalition

[facebook.com/NorthCoastBreastfeedingCoalition](https://facebook.com/NorthCoastBreastfeedingCoalition)

# Breastfeeding Resource Guide



## Internet :: Breastfeeding Resources

*Useful links with helpful information on breastfeeding.*

**The Bump** | [breastfeeding.com](http://breastfeeding.com)

Real stories and great general advice about many breastfeeding issues.

**Breastfeeding Coalition of Oregon** | [breastfeedingor.org](http://breastfeedingor.org)

Resources and news, a section devoted to moms

**Breastfeeding Information**  
[newborns.stanford.edu/Breastfeeding](http://newborns.stanford.edu/Breastfeeding)

**Dr. Jack Newman** | [breastfeedinginc.ca](http://breastfeedinginc.ca)

**Kellymom** | [kellymom.com](http://kellymom.com)  
Breastfeeding information and more from a mom who is also a lactation consultant

**La Leche League International** | [l.li.org](http://l.li.org)  
Provides information and support to mothers.

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

**Office on Women's Health** | [womenshealth.gov](http://womenshealth.gov)

Breastfeeding information on a variety of topics

**Oregon WIC Breastfeeding Promotion**  
[public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/](http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/)



## Breastpumps and Products

**Breast Pump Rental Station:**

*Call your health Insurance Provider to determine if you have coverage. Contact your local lactation consultant to complete the necessary paperwork.*

**Child and Adolescent Clinic**

360-577-1771 | 971 11th Ave, Longview, WA

**Columbia Memorial Hospital Outpatient Pharmacy** 503-338-4560 | Lactation Supplies  
2111 Exchange St. Suite 101, Astoria OR

**North Coast Home Care** | 503-325-9906  
2120 Exchange St; Suite 106, Astoria, OR

**Pacific Coast Medical Supply** | 503-338-0349  
1210 Marine Drive, Astoria, OR

**Providence Seaside Maternity**

**Medela Lactina Breastpump Rentals**  
725 SWahanna Road | 7 days a week, 8:30-5pm  
503-717-7530

**Women, Infants, Children (WIC)**

Breastpumps available for WIC Clients currently enrolled in WIC. Call your local WIC office:

Clatsop County WIC Office | 503-338-3637

Pacific County WIC Office

Long Beach | 360-642-9349

Pacific County WIC Office

South Bend | 360-875-9340

**Online Resources:**

**Medela, Inc** | [medelabreastfeedingus.com](http://medelabreastfeedingus.com)

**Evenflo-Ameda** | [justformom.ameda.com](http://justformom.ameda.com)

## Other Breastfeeding-Related Topics

**Breastfeed and Illness:**

**CDC-Breastfeeding** | [cdc.gov/breastfeeding](http://cdc.gov/breastfeeding)

**Donating Breastmilk:**

**Northwest Mothers Milk Bank** | [nwmmb.org](http://nwmmb.org)

For mothers that want to donate breast milk for babies in need. Columbia Memorial Hospital is a drop-off site, please call for details. 503-791-9140  
Providence Seaside Hospital is a drop-off site. Please call for details. 503-717-7530

**Emergency Preparedness:**

**United States Breastfeeding Committee**  
[tinyurl.com/usbc-emergency](http://tinyurl.com/usbc-emergency)

**Medications and Breastmilk:**

**Medications & Breastfeeding-LactMed** | [nlm.nih.gov](http://nlm.nih.gov)

**Thomas W. Hale, Ph. D** | [infantrisk.org](http://infantrisk.org)

**Post Partum:**

**Bras to Moms Program - Columbia Memorial Hospital** | [bras2moms.com](http://bras2moms.com)

**Post Partum Depression** | [postpartum.net](http://postpartum.net)

**Baby Blues Connection** | [babybluesconnection.org](http://babybluesconnection.org)

Free text messages on prenatal care and baby health.

**Text4baby.org**

Breastfed infants are healthier.

Breastfeeding keeps women healthier throughout their lives.