

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 | 503-325-8500

Call to make an appointment

La Leche League

Meetings are held on the second Tuesday of each month 6:30-8:00pm 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 Classes

Contact your hospital or Heath Department for the schedule on Prenatal & Breastfeeding Classes.

Columbia Memorial Hospital | 503-338-7564

To find out the class schedule and register:
columbiamemorial.org

Providence Seaside Hospital | 503-717-7530

Search online catalog | providence.org
See our Facebook Page for childbirth and sibling preparation classes.

Clatsop County Health Department

Breastfeeding classes for WIC participants call for class schedule | 503-325-8500

Like us on Facebook at
North Coast Breastfeeding Coalition

facebook.com/NorthCoastBreastfeedingCoalition



Breastfeeding Resource Guide

“Supporting & promoting
breastfeeding on the North Coast”

Presented by the
North Coast Breastfeeding Coalition



Internet » Breastfeeding Resources

Useful links with helpful information on breastfeeding.

Breastfeeding | breastfeeding.com

Real stories and great general advice about many breastfeeding issues.

Breastfeeding Coalition of Oregon | breastfeedingor.org

Resources and news, a section devoted to moms

Hand Expression Information

newborns.stanford.edu/Breastfeeding/HandExpression.html

Dr. Jack Newman | breastfeedinginc.ca

Kellymom | kellymom.com

Breastfeeding information and more from a mom who is also a lactation consultant

La Leche League International | llli.org

Provides information and support to mothers.

Mothers Overcoming Breastfeeding Issues

mobimotherhood.org

Office on Women's Health | womenshealth.gov

Breastfeeding information on a variety of topics

Oregon WIC Breastfeeding Promotion

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 | 503-325-8500

Pacific County WIC Office

Long Beach | 360-642-9349

Pacific County WIC Office

South Bend | 360-875-9340

Online Resources:

Medela, Inc | medelabreastfeedingus.com

Evenflo-Ameda | justformom.ameda.com

Other Breastfeeding-related Topics

Breastfeed and Illness:

CDC-Breastfeeding | cdc.gov/breastfeeding

Donating Breastmilk:

Contact your local lactation consultant

Northwest Mothers Milk Bank | nwmmb.org

For mothers that want to donate breast milk for babies in need

Medications and Breastmilk:

Medications & Breastfeeding-LactMed |

nlm.nih.gov

Thomas W. Hale, Ph. D | infantrisk.org

Post Partum:

Post Partum Depression | postpartum.net

Baby Blues Connection | babybluesconnection.org

Free text messages on prenatal care and baby health.

Text4baby.org



Breastfed infants are healthier.
Breastfeeding keeps women
healthier throughout their lives.