

Free Lactation Services

- **WIC Lactation Support Line**
707-269-2283 or 707-445-6255
- **North Country Prenatal Services**
IBCLC on staff: 707-822-1385
- **St. Joseph Hospital Breastfeeding Care Line**
707-445-8121, ext. 7536
- **UIHS WIC Program - CLEs and CLCs available**
707-822-9900
- **Mad River Community Hospital**
IBCLC on staff
707-826-8263

How to get a Breast Pump

- **WIC Offices:** 707-445-6255
- **Star Siegfried:** Hospital grade pumps
707-496-2108

Please contact your insurance or health care provider.

CONTACT US



707-445-6210
800-698-0843



Community Wellness Center
908 Seventh St.
Eureka, CA 95501



first5humboldt.org



facebook.com/HumboldtBFTF

Meetings are the fourth Wednesday of
the month from 1:30-3 p.m. at the
Community Wellness Center.
Everyone is welcome.



Breastfeeding Task Force of Humboldt County

2020 Resource Guide



Humboldt County
Department of
Health & Human
Services

Printing costs
donated by:

St. Joseph Health
Redwood Memorial • St. Joseph



Breastfeeding
Task Force of
Humboldt County

Our mission and vision

The Breastfeeding Task Force of Humboldt County promotes and protects breastfeeding as a norm in our community. We do this through advocacy, education and support in a culturally sensitive way with local health care providers, lactation educators, consultants and community members.

What is the difference between a IBCLC and a CLC/CLE?

IBCLC :

International Board Certified Lactation Consultant is the highest certification and only internationally recognized credential in lactation. The certification requires 90 hours of lactation specific instruction, 500 to 1,000 hours of clinical practice and successful completion of the comprehensive certification exam. IBCLCs are also able to provide clinical lactation management and education to families and health care professionals.

CLC/CLE:

Certified Lactation Counselors and Educators complete 20 to 120 hours of classroom training and may take a written exam for certification. A CLE can provide families with education and guidance on basic breastfeeding issues.

One-on-One Consultation

Possible Fee for Service

MilkLove: Rose R. Phelan, RN, IBCLC
(Spanish Bilingual)
707-498-5763
milklove.rose@gmail.com

Tessa Stone, CNM, IBCLC
707-442-0400
tessa@withopenarmshealthcare.com

Star Siegfried RN, BA, IBCLC
707-496-2108
star@humboldt1.com

Julia Owens, CLE
707-599-7919

Sarah Torres, CLC
(Spanish Bilingual)
NuevaVidaDoula@gmail.com
707-407-9744

Linda Willcut-Tallman, RN, LC
707-845-4678
lindawt@humboldt1.com



No-cost breastfeeding support groups

Mother2Mother Support Circle

Star Siegfried, RN, BA, IBCLC
Infant weight checks, education, friendship and parenting support
Tuesdays 10 a.m. to noon
[317 Third St., Eureka](#)
707-496-2108

Parent's Circle

Parenting topics, dads and siblings welcome
Wednesdays 10:30 a.m. to noon
[McKinleyville Family Resource Center](#)
[1450 Hiller Road, McKinleyville](#)
707-845-5862

Ohana Mamas

Tessa Stone, CNM, IBCLC and
Sommer Halligan, LM
Infant weight checks and parenting support
Fridays 10:30 a.m. to noon
["The Ohana Room" 2324 Harrison Ave., Eureka](#)
707-442-0400

Breastfeeding USA meet-up

First and third Mondays 6 to 7 p.m.
[D St. Community Center, 1301 D St., Arcata](#)
elena.mack@breastfeedingusa.org
415-694-2325

Hoopa Breastfeeding Support Group

Last Thursday of each month from 11 a.m. to 1 p.m.
[K'ima:w Medical Center, Board Room, Hoopa](#)
707-822-9900 or 530-625-4261

Paso a Paso

Breastfeeding support in Spanish.
Group and one-on-one support with Certified Lactation Educators available.
707-441-4477