

## Free Lactation Services

**Mad River Community Hospital**  
Lactation Line, I.B.C.L.C. on staff,  
707-826-8245

**Open Door Community Health Centers,**  
I.B.C.L.C. on staff,  
707-822-1385 or 707-269-7119

**Paso a Paso, C.L.E. on staff,**  
Breastfeeding support in Spanish  
707-441-4477

**St Joseph Hospital Breastfeeding Care**  
Line, I.B.C.L.C. on staff,  
707-445-8121 ext. 7536

**U.I.H.S. WIC Program, C.L.E. on staff,**  
707-822-9900

**Eureka WIC Lactation Services, L.C.**  
and I.B.C.L.C. on staff 707-445-6255 or  
707-269-2283

## How to get a Breast Pump

**Eureka WIC Offices,** 707-445-6255 or  
707-269-2283

**Star Siegfried, I.B.C.L.C.,** Hospital grade  
pumps and infant baby scales  
707-496-2108

**U.I.H.S. WIC Program,** Free Pumps and  
Lactation Education, 707-822-9900

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](http://first5humboldt.org)



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



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The Humboldt County  
Perinatal Community  
Coalition *(formerly the*  
*Breastfeeding Task Force of*  
*Humboldt County)*



## Humboldt County

# 2022

# Breastfeeding

# Resource

# Guide



## Our mission and vision

The Humboldt County Perinatal Community Coalition (formerly 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 an I.B.C.L.C. and a C.L.C. or C.L.E.?

**International Board Certified Lactation Consultant (I.B.C.L.C.)** 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. An I.B.C.L.C. is also able to provide clinical lactation management and education to families and health care professionals.

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

## No-cost breastfeeding support groups

### Mother2Mother Support Circle

Star Siegfried, R.N., B.A., I.B.C.L.C.  
Zoom Tuesdays, 10 am, ID 657-677-325, and Facebook group (<https://www.facebook.com/groups/Mother2MotherEureka>) Infant weight checks, education, friendship and parenting support. [star@humboldt1.com](mailto:star@humboldt1.com) or 707-496-2108

### Hoopa Breastfeeding Support Group

Zoom meeting, 4th Thursday of each month, 11 am to 12 pm Breastfeeding and pregnant women welcome, 707-822-9900

### Paso a Paso

Breastfeeding support in Spanish. Group and one-on-one support with C.L.E. available. 707-441-4477



## One-on-One Consultation

*Possible Fee for Service*

### MilkLove: Rose R. Phelan, R.N.,

**I.B.C.L.C.** (Spanish Bilingual)

707-498-5763

[milklove.rose@gmail.com](mailto:milklove.rose@gmail.com)

In person/Zoom/Phone consultation

### Star Siegfried R.N., B.A., I.B.C.L.C.

707-496-2108

[star@humboldt1.com](mailto:star@humboldt1.com)

Zoom/Phone consultation

### Julia Owens, C.L.E.

707-599-7919

Phone Consultation

### Sarah Torres, C.L.C.

(Spanish Bilingual)

[NuevaVidaDoula@gmail.com](mailto:NuevaVidaDoula@gmail.com)

707-407-9744

In person/Zoom/Phone consultation

### Linda Willcut-Tallman, R.N., C.L.C.

707-845-4678

[lindawt@humboldt1.com](mailto:lindawt@humboldt1.com)

In person/Phone consultation

### Sommer Halligan, L.M., C.L.C.

707-845-1342

In person/Home Visits/Phone Consultation.