



Humboldt County Breastfeeding Resource Guide 2025

Our Mission

Breastfeed Humboldt is a volunteer community group composed of a multidisciplinary team of community members, health care professionals and the Humboldt County Department of Health & Human Services Maternal, Child & Adolescent Health program. Our mission is to improve the health and wellbeing of our community by protecting, promoting and supporting breastfeeding and chestfeeding through education, outreach, advocacy and service. We hope to increase community awareness and visibility of breastfeeding and chestfeeding and to support breast milk as the cultural norm in our community.

What is the difference between an IBCLC and a CLC or CLE?

International Board-Certified Lactation Consultant (IBCLC) is the highest certification and only internationally recognized credential in lactation care. The certification requires 90 hours of lactation specific instruction, 500 to 1,000 hours of clinical practice and successful completion of the comprehensive international board exam. An IBCLC provides clinical lactation management and education to families and health care professionals.

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

Lactation Services

Humboldt County WIC

Out-patient Lactation

707-445-6255 or 707-269-2283

Julia Owens, CLE

Melissa Morris, MS, RDN, IBCLC

Nueva Vida Doula (Se habla español)

Out-patient Lactation

707-809-5859

Sarah Torres, CLC

Danielle Cooksie, CLC

Kim Lockwood, Lactation Counselor

Mad River Community Services

Out-patient Lactation coming soon

707-822-7220

IBCLC on staff

Paso a Paso (Se habla español)

Out-patient Lactation

707-382-7288

CLE on staff

Moonstone Midwives Birth Center

New Out-patient Lactation coming soon

707-633-3009

Casey Schmidt, BSN, RN, PHN, IBCLC

Star Siegfried, RN, IBCLC

Jaycee Perkins, IBCLC

Providence St. Joseph Hospital

In-patient, Out-patient and Care Line

707-445-8121 ext. 7536

Casey Schmidt, BSN, RN, PHN, IBCLC

Cecilia Talley, BSN, RN, PHN, IBCLC

Elizabeth Harvey BSN, RN, IBCLC

Larissa Caldwell BSN, RN, IBCLC

Teresa Evans, RNC, CLC

Redwood Community Health Center

Out-patient Lactation
707-443-4593
IBCLC and CLE on staff

Redwood Pediatrics

Out-patient Lactation
707-725-9355
Laura Mojica, CPNP-PC, IBCLC

United Indian Health Services WIC

Out-patient Lactation
707-825-5030
Jaycee Perkins, IBCLC
Sarah Falkenstrom, CLE

One-on-One Consultation

Jaycee Perkins, IBCLC

Wildflower Lactation
Home, Zoom, and Phone Consultations
707-601-8983
taushona.moon@kimaw.org
wildflowerlactation.co

Julia Owens, CLE

Home, Zoom, and Phone Consultations
707-599-7919

Rose R. Phelan, RN, IBCLC, CEIM, CST

Milk Love (Se habla español)
Home, Zoom, and Phone Consultations
707-498-5763
milklove.rose@gmail.com
milklove.org

Taushona Moon, Breastfeeding Peer Counselor

Home Consultations (Hoopa)
530-625-4261 ext. 0252
taushona.moon@kimaw.org

How to Get a Breast Pump

Humboldt County WIC

707-445-6255 or 707-269-2283
IBCLC and CLE on staff

Milk Love (Se habla español)

707-498-5763
milklove.rose@gmail.com
milklove.org

United Indian Health Services WIC

707-825-5030
IBCLC and CLE on staff

Bagels and Babies

Mondays 10-11:30 a.m.
Providence St. Joseph Hospital
3200 Walford Ave., Eureka 95503

Support Groups

Baby Café

Wednesdays 10-11:30 a.m.
Humboldt County WIC
1615 Heartwood Drive, McKinleyville 95519

Breastfeeding Support Group

Wednesdays 10-11 a.m.
Redwood Community Health Center
2350 Buhne St., Eureka, CA 95501

Breastfeeding Circle

Fridays 11 a.m.-12:30 p.m.
NorthCountry Prenatal Services
1150 Foster Ave., Arcata, CA 95521

Breastfeeding Support Group

Last Wednesday of each month noon-2 p.m.
K'ima:w Medical Center
535 Airport Road, Hoopa, CA 95546

Mother2Mother Facebook Support Group

facebook.com/groups/1569918613242467

Perinatal Support Group (Se habla español)

Thursdays 10:30-11:30 a.m.
Paso a Paso
2200 Harrison Ave., Eureka, CA 95501
Call 707-382-7288 for Zoom/location details

Breast Milk Donation

Breastfeed Humboldt promotes breast milk donation to support vulnerable babies, assist parents with low milk supply, provide critical nourishment during [community emergencies](#) and more. [Mothers' Milk Bank California](#) is a 501(c)(3) nonprofit human milk bank organization accredited by HMBANA that assists families with donating milk and accessing donor milk. For more information, contact [Mothers' Milk Bank California](#) or a local IBCLC.

Contact Us

-  **MCAH 707-445-6210**
-  **MCAH@co.humboldt.ca.us**
-  **Breastfeed Humboldt**
-  **Breastfeed Humboldt**

