

Breastfeeding Resources: Mid-Willamette Valley and Coast

Prenatal classes and support

- **All About Breastfeeding Classes Part 1 & 2**
Good Samaritan Regional Medical Center, Corvallis
Visit website samhealth.org/classes or call 541-768-6908 to register
Samaritan Albany General & Lebanon Community Hospitals: visit pollywogfamily.org or call 541-917-4884 for Albany or 541-451-7872 for Lebanon to register for classes.
- **WIC** also has a prenatal class, their numbers are listed below

Breastfeeding Clinics

Corvallis

- Good Samaritan Regional Medical Center lactation line: 541-768-5244
This line is checked every 24 hours. For questions or appointments, call and leave a message. Appointments are available all week.
- WIC: 541-766-6835

Albany

- Mid Valley Children's Clinic: appointments: 541-812-5111; for Lactation Consultant Message Line: 541-812-5116
- WIC: 541-967-3888

Lebanon

- Samaritan Lebanon Community Hospital Lactation line: 541-451-7588
- Samaritan Lebanon Community Hospital Lactation clinic: 541-451-7136; open Monday and Thursdays
- Samaritan Lebanon Health Center 541-451-5932 ext 223
- WIC: 541-451-5932

Coastal communities

- Lincoln County Health Department Maternity Case Management: 541-265-0457
This is a free program for all mothers
- Samaritan Pacific Communities Lactation Consultant, 541-574-1826
- WIC: 541-265-4112
- Women's Connection Group, for more information call 541-265-3955

Support groups & parenting resources

- **Go With the Flow – Breastfeeding Support Group**
Saturdays, 1:30 to 3 p.m. at Good Samaritan Regional Medical Center
- **Linn County WIC Breastfeeding Circle in Albany** – every 3rd Tuesday drop-in from 2-4pm, 2730 Pacific Blvd SE, Albany, OR. Call (541) 967-3888 ext 2619 for more information.
- **Samaritan Lebanon Community Hospital Breastfeeding Support Group** – Meets Wednesdays 3-4pm, 525 Santiam Hwy SE, Lebanon, OR. Call (541) 451-7136 for more information.
- **Linn County WIC Breastfeeding Circle in Lebanon** – every 4th Wednesday drop-in from 2-4pm, 1600 S Main St, Lebanon, OR. Call (541) 967-3888 ext 2619 for more information.



Samaritan
Health Services

- **La Leche League of the Willamette Valley**
541-714-3370, Facebook page “La Leche League Willamette Valley Events & Announcements” **LLL Corvallis morning group** meets the first Wednesday of the month at 10 a.m. at the [Corvallis Birth and Women’s Health Center](#), 2314 NW Kings Blvd, Corvallis. **LLL Corvallis evening group** meets the third Thursday of the month at 6pm at the Multi-Cultural Literacy Center, 2638 NW Jackson Avenue, Corvallis. **LLL Lebanon group** meets the second Thursday of the month at 6pm [Samaritan Lebanon Community Hospital](#), 525 N Santiam Hwy, Lebanon
- **Hope for Mothers - postpartum support group**
Albany 541-812-4475, Lebanon 541-451-7872
- **Well Mama Linn-Benton**
For support with stress, anxiety or depression, call 541-231-4343 or email csilla@fourth-trimester.com
- **International Mom’s Group**
When: Thursdays 9:30-11:30 am
(Following OSU academic calendar)
Where: Orchard Court Community Center (3405 NW Orchard Ave., Corvallis)
For more information visit: internationalmomsgroup@gmail.com
or email: www.internationalmoms.net
- **Postpartum Support International** 1-800-944-4773
- **Corvallis Babywearers** Help with and lend baby carriers to promote bonding.
www.corvallisbabywearers.org
- **Parenting classes/support for Infants, Toddlers and Preschoolers, Living and Learning With Your Baby and many other classes** LBCC Family Resource Center 541- 917- 4899
- **Mid-Valley Birth Network - Postpartum Doulas**
Help with breastfeeding and family support at home. Visit midvalleybirthnetwork.com or midvalleydoula.net for more information.
- **Linn Benton Breastfeeding Coalition - Area Resources for Families**
Visit lbbreastfeedingcoalition.org for more information

Milk Bank Donation or To Order Milk

- Northwest Mother’s Milk Bank 503-469-0955, nwmmb.org
- Local milk donation depot is at Good Samaritan Regional Medical Center in Corvallis. Call 541-768-5244 for donation drop-off appointment
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Breastfeeding Supplies

- Breast pumps are covered by most insurance. You may need a prescription. Contact your insurance provider for details
- Samaritan Durable Medical Equipment - Corvallis 541-768-7500 Lebanon 541-451-6364 Newport 541-574-6364
- WIC can provide pumps to eligible participants
- Medela 1-800-435-8316, medelabreastfeedingus.com
- Nursing Bras- Donna Bella Lingerie and The Kid Shop in Corvallis. They do bra fitting



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