

Aitkin County

- Aitkin County Health & Human Services
204 1st Street NW
Aitkin, MN 56431
Elizabeth Short PHN, CLS (218) 927-7267
Naomi Larson PHN, CLS
WIC Peer Breastfeeding Support Program available
- Riverwood Hospital (218) 927-2121
RN, CLCs: Beth Ambuehl, Joanna, Kelli Crowther, Mary Holm, Mary Teske

Ashland & Bayfield Counties

See Bay Area Breastfeeding Resource List (separate attachment)

Carlton County

Cloquet:

- Community Memorial Hospital Cloquet
512 Skyline Blvd
Cloquet, MN 55720
(218) 879-4641
Joy Podvin CLC, Baylee Roe LE
- Min No Aya Win Human Services
927 Trettel Lane
Cloquet, MN 55720
(218) 879-1227
Public Health: Celeste Ekberg PHN, CLC
Pam Galle IBCLC, RLC
WIC: Laura Garza RN, CLC & Kara Stoneburner RD, CLS
Doula Breastfeeding Support Program available
- Carlton County Public Health & Human Services
14 N. 11th St., Suite 100
Cloquet, MN 55720
(218) 879-4511
FAX 218-878-2500
CLCs: Nicolle Lourey RN, Janessa Novak RN, PHN, Juanita O'Connor RN, Rebekah Rud RN, PHN, Holly Schilling RN
WIC – Jenny Barta PHN, CLS
WIC Peer Breastfeeding Support Program available

Moose Lake:

- Mercy Hospital
4572 County Road 61
Moose Lake, MN 55767
(218) 485-5521
Allison Horton RN, CLC
Sarah Class RN, CLC
Emily Davis RN, CLS

Cook County

- Sawtooth Mountain Clinic & Cook County WIC
513 5th Ave W
Grand Marais, MN 55604
218-387-2330
Teresa Borak RN, CLS (218) 387-2330 ext. 117
Kristin Wharton RN, IBCLC (218) 387-2330 ext. 150
WIC Peer Breastfeeding Support Program available
- Cook County Family Home Visiting Program
Allison Heeren PHN
218-387-3611
- Cook County North Shore Hospital
Cathy Nevers RN, CLC (218) 387-3040
- Grand Portage Health Service

MCH Home Visiting and WIC
218-475-2235
Jennifer Sorenson RN, CLC
Shannon Curran RN, CLC

Douglas County

- NW WI Community Services Agency
Douglas County (WIC)
1805 North 14th Street
Superior, WI 54880
(715) 394-2750
FAX 715-394-4651
Sarah Stock RD, LD, CLC
Mary Mahan RD, CD, CLE
Lori Quam CSW, CLC
Alexis Hanson, CLS
WIC Peer Breastfeeding Support Program available

Itasca County

- Essentia Health - Deer River Hospital (218) 246-4499
Sherri Lidholm RN, CLC & Amy Treat LPN, CLC
- Essentia Clinics:
Grand Rapids (218) 999-7000
Nicole Pink RN, CLC
Deer River (218) 246-8275
Amanda Reed RN, CLC
- Grand Itasca Medical Center
Lisa Vekich RN, IBCLC (218) 999-1335
- Itasca County Public Health & WIC
Naesa Meyers RN, CLC (218) 327-5524
Ginger Parlanti PHN, CLC (218) 327-6196
Michelle O'Rourke PHN, IBCLC
WIC Peer Breastfeeding Support Program available
- La Leche League of Grand Rapids
Carrie (218) 999-5775
Jessica (218) 910-5018
Shannon (218) 256-2891
Support group meets monthly 2nd Thursday of the month at 6:00 pm Itasca Resource Center (1209 SE 2nd Ave) in Grand Rapids, MN

Koochiching County

- Koochiching County Public Health & WIC
Deb Larson RN, CLC (218) 283-7070
WIC Peer Breastfeeding Support Program available
- Rainy Lake Medical Center
Shailynn Shipley RN, CLC 218-283-5306

Lake County

- Lake County Public Health
616 3rd Ave
Two Harbors, MN 55616
WIC Peer Breastfeeding Support Program available

St. Louis County

- Duluth:
- Center for American Indian Resources (CAIR)
211 W 4th St
Duluth, MN 55806
(218) 726-1370

FAX 218-279-4117

Public Health:

Jenni Godbold RN, CLS, Allison Bustrak RN, CLC, Nacie Polonia, CLS, Pam Galle IBCLC, RLC

WIC: Laura Garza RN, CLC & Kara Stoneburner RD CLS

Doula Breastfeeding Support Program available

- Essentia East – SMMC Breastfeeding Clinic
407 E 3rd St
Duluth, MN 55805
(218) 786-4477
Jane Johnson RN, IBCLC
Kathy Kelly RN, IBCLC
Lynn Foster RN, IBCLC
Angela Qson RN, IBCLC
Board certified consultants available 7 days a week
Telephone consults, weight checks, latch assistance
Pump rental and pump purchase
The Lactation Club meets every Tuesday from 1-3 pm at Essentia Lakewalk Clinic, 1502 London Rd, Duluth
- St. Louis County Public Health (218) 725-5210 & WIC (218) 725-5211
Beth Hanni RN, PHN, CLS
Emily Lian PHN, CLC
Wendi Tvedt RN, PHN, CLC
WIC Peer Breastfeeding Support Program available,
- St. Luke's Hospital
Birthing Center – After Care
915 E 1st St
Duluth, MN 55805
(218) 249-5605
Heather Winesett MD, IBCLC
Amanda Webb MD, CLC
Sandy Carlson RN, IBCLC
Kathy Mostrom RN, IBCLC
Jennifer Nylund, Jennifer Swoverland, Becky Symiczek, Anna Geiszler CLCs
Tiffanie Bettencourt, Brigitta Keyler, CLSs
Judi Freeman, Kaytlin Grunst, Kortney Hamilton, CLEs
Lactation Support/Counseling during hospitalization
After Care Clinic, weight checks, telephone consultation
Breastfeeding Support Group held the 4th Wednesday of the month from 5-6 pm in room 329A in the St. Luke's Clinic Building
- La Leche League of Duluth
Hotline (218) 499-9504
Angie (218) 491-4555
Libby (218) 525-1356
Cathy (763) 242-2143
Laura (218) 269-3145
Support Group meets monthly 3rd Wed. 10 am & 1st Tues 6:30 pm at the First United Methodist Coppertop Church, 230 E. Skyline Parkway, Duluth, call for more information.
Facebook: LLL of Duluth

Ely:

- Ely Bloomenson Hospital
Jill Houde RN, CLC (218) 365-8710 or (218) 235-1180
- Ely MN Breastfeeding Mother's Group (facebook)
- St. Louis County Public Health & WIC (218) 365-8224
Jill Wagoner PHN, CLS

Hibbing:

- Fairview Range Medical (218) 362-6641
Riana Damjanovich, RN, PHN, IBCLC
Kim Forsline RN, IBCLC
Christy Peterson RN, CLC

- Amy Tuthill NP, CLC (218) 262-6374
- St. Louis County Public Health & WIC (218) 262-6000
Christi Crego RN, PHN, CLS

Virginia:

- Essentia Health – Virginia
Sue Manner RN, IBCLC
Rebecca Tervo RN, CLE
Sarah Bruemmer RN, CLC
Kathy Butler RN, CLC
Michelle Overbye RN, CLC
Jill Devich RN, IBCLC (218) 748-7750
- St. Louis County Public Health & WIC (218) 471-7600
Angela Bowman PHN, CLS
June Kilen PHN, CLS
WIC Peer Breastfeeding Support Program available
- Nursing Network
Paige 218-780-3086

Other Resources:

Lactation Services Private Practice:

- Lucy Bishop RNC, IBCLC (218) 590-6456
 - Pam Galle IBCLC, RLC (218) 340-6203
 - Jennifer Hamilton RN, IBCLC (218) 590-6959
- Northland Birth Network, www.northlandbirthnetwork.com, (218) 428-7062
- Craniosacral Therapy, Debra McLaughlin, CST, (218) 590-1891

Breast Pumps Resources:

Apria Healthcare
701 N 6th Ave E
Duluth, MN 55805
(218) 723-7121

Lake Superior Medical Equipment
522 E 4th St
Duluth, MN 55805
(218) 727-0600

Essentia Medical Equipment & Supplies
4418 Haines Rd, Suite 1200
Duluth, MN 55811
(218) 722-3420
(800) 777-8390
407 E 4th St
Duluth, MN 55805

Milk Moms
[Www.milkmoms.com](http://www.milkmoms.com)
(866) MILKMOM (645-5666)
(763) 413-0129

Neb Medical Services (Durable Medical Equipment company)
Specializes in Ameda and Medela pumps
(866) 633-1597
<http://www.nebmedical.com/breast-pumps/welcome>