



Lactation Support Services

St. Michael Medical Center - Silverdale
In-patient lactation services
360-744-8867

Kaiser Permanente - Silverdale
Lisa Parrott, RN-Lactation consultant
360-307-7392

Naval Hospital - Bremerton
Newborn Care Clinic
360-475-4470

La Leche League of Washington
Central Kitsap
Katie Dunning- 360-697-3303

Port Orchard
Kendra-360-874-1689
Sharalyn-360-620-1917
Cammy-360-871-1686

Poulsbo
Ashia-360-779-4033
Becky-360-394-1787
Kari-253-880-2100

Nurturing Expressions - Poulsbo
Drop in Breastfeeding Support Group
Tracy Corey RN, IBCLC, CMF 360-930-0218

Bainbridge Lactation Services
Melissa Bonghi, RN, IBCLC
206-790-9488

Women, Infants, and Children. - W.I.C.
Community Resource Offices

Silverdale-360-692-6530
Bremerton -360-373-6221
Port Orchard -360-473-2144
Belfair -360-275-8340
Suquamish- 360-394-8473
Port Gamble S'klallam Tribal-360-297-9603

Virtual Lactation Consultant
Multicare Virtual Lactation 253-403-1681
Rebecca Kusche, MS. IBCLC, CN
406-550-2907

Kitsap Public Health Community
Breastfeeding Support
360-728-2235

HOPE Circle of Kitsap & Olympic
Peninsula
Support group for Loss and Post Mortem
Crystal Gurney -360-990-8901

Craniosacral BodyWork Resources

Water's Edge Wellness Center
Bainbridge Island
Mara Lindbergh
206-947-2000

Bainbridge Chiropractic Center
Bainbridge Island
Mari Ellingsen
206-842-6688

Looking Glass Chiropractic
Poulsbo
Crystal Folta
360-697-3737

JP Chiropractic Inc.
Port Orchard
Joelle Folk-Pittigrew
360-895-0129

Chiropractic Lifestyle Center
Bremerton
Meg Simans
360-373-2225

1358 NE MCWILLIAMS ROAD
BREMERTON, WASHINGTON 98311

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