



# Resource List for Snohomish County

Snohomish County Health Department • Lactation Friendly Environment (LFE)

1. **Lactation Coalition of Snohomish County**  
<http://www.breastfeedingsnoco.org>  
<http://www.breastfeedingsnoco.org/resources>
2. **SeaMar Community Health Centers WIC**  
*Everett, Lynnwood*  
 One-on-one support from WIC staff. Manual, personal and hospital-grade pumps for WIC participants. Contact WIC office for pump and resource info.  
 Everett .....425-252-5303  
 Lynnwood .....425-258-8400
3. **Pregnancy Aid / WIC**  
*Arlington, Granite Falls, Marysville, Monroe, Silver Lake, Snohomish*  
 Breastfeeding peer counselors; IBCLCs offer prenatal and postpartum office visits and consultations. Peer Counselors available for *current clients* days, evenings and weekends. Manual, personal and hospital-grade pumps for WIC clients.  
 Arlington/Granite Falls .....360-435-3735  
 Marysville.....360-657-4102  
 Monroe .....360-805-0633  
 Silver Lake.....425-316-8929  
 Snohomish.....360-568-1302
4. **Tulalip Health Clinic WIC**  
 One-on-one support from WIC staff. Manual, personal and hospital-grade pumps for WIC clients and Tulalip community. (Tulalip employees – contact WIC office for pump and resource info.) 360-716-5625  
<https://www.tulaliphealthsystem.com/CommunityHealth/WIC>
5. **La Leche League of Snohomish County**  
*Marysville, Arlington, Everett, Snohomish*  
 Meetings, support groups, free phone support provided by accredited volunteers.  
 425-610-8511 • [LLLofWA.org](http://LLLofWA.org)
6. **Navy/Marine Relief Society Nurse**  
*Everett, Smokey Point*  
*Military members/dependents only*  
 Prenatal/postpartum home, office & phone consultations; breastfeeding classes.  
 425-304-3208
7. **Step by Step**  
*South Snohomish and North King Counties*  
 Home visits by community health nurses.  
 253-896-0903 • [stepbystepfamily.org](http://stepbystepfamily.org)
8. **Information for when you return to work**  
[Returning to Work & Lactation Accommodations \(wa.gov\)](#)
9. **General Breastfeeding information**  
<https://doh.wa.gov/you-and-your-family/lactation>
10. **Breastfeeding supplies**  
**Norco Medical Supplies & Sales**  
 Medela & Spectra pumps. Bills most insurance, including state plans (for first pump only).425-949-4552 • 3030 Hoyt Ave., Everett.
11. **Breastfeeding Support at La Leche League (Snohomish County Helpline)**  
 La Leche League Leaders are volunteers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help families with all aspects of the normal course of breastfeeding.  
 Everett, WA ..... 425-610-8511

