

Ouray & San Miguel County Breastfeeding Advocates and Resources

San Miguel and Ouray County now have a collaborative network of resources. Please find a list of local resources including their certifications and diverse skills available in our community below. Please help spread the word to mothers of young children and moms-to-be.

Amy Eriksen, Nutritionist, CLC
Certified Meditation Teacher
Office: 970-325-4670 x11 / Cell: 970-708-4365

Megan Fibbe, DPT, CLC
Cell: 720-244-3279 / Office: 970-626-2977

Camilla Baca, Certified Doula (DONA), CLC
Phone: 970-708-4844

Kendall Ciecuch, RN, CLC
Certified Childbirth Educator
Phone: 970-708-5255

Irene Dreith, IBCLC
Phone: 720-771-9740

Tanya Schiebel, Registered Midwife
Phone: 970-258-0596

Breastfeeding support can, or should be found in seven focus areas within each community: hospitals, healthcare providers, WIC, community resources, work and school, child care and family and friends.

If you are an employer and would like more information on how to best support working mothers, please contact: Tanner Kingery at Ouray County Public Health 970-325-4670 x16 or Sara McKee at San Miguel County Public Health at 970-728-4289

Certification Definitions

CLC: Certified Lactation Counselor

DPT: Doctor of Physical Therapy

Doula: a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.

DONA: Doula Organization of North America