

# WHAT WOULD YOU DO? A CHOOSE YOUR OWN LACTATION ADVENTURE

## Agenda

Central Illinois Breastfeeding  
Spring 2026 Conference  
Friday, April 17, 2026

8:30 - 9:00 - Registration

9:00 - 9:15 - Opening Remarks

9:15 - 11:15 Choose your Own Adventure Lactation Case Study

11:15 - 11:30 Break

11:30 - 12:30 Choose Your Own Adventure: Discussion

12:30 - 1:30 Lunch

1:30 - 3:00 Case Study Breakout Sessions

3:00 - 3:30 Summary and Q&A

The April Central Illinois Breastfeeding Task Force meeting will be held directly after the conference. Please feel free to stay if you are interested in joining or learning more about the task force.



## CENTRAL ILLINOIS BREASTFEEDING TASK FORCE



### SPRING 2026 MINI-CONFERENCE

# WHAT WOULD YOU DO? A CHOOSE YOUR OWN LACTATION ADVENTURE

## TOPIC:

**FRIDAY, APRIL 17, 2026  
8:30AM - 3:30 P.M.**

Peoria City/County Health  
Department  
2116 N Sheridan Rd, Peoria, IL 61604  
Community Room

## SPEAKERS:

**Trish Wierenga,  
APRN, FNP-BC, IBCLC, PMH-C**

An interactive, case-based session  
integrating:

- Breastfeeding fundamentals
- Five-minute breastfeeding evaluation
- Lactation management strategies
- Oral Function and Anatomy Assessment
- Referral Considerations
- Perinatal Mental Health

## REGISTRATION INFORMATION

\$45 for in-person conference  
Boxed lunch will be provided by One World  
Catering with gluten free and plant based  
options available.

This conference will be  
in-person. A virtual option is not available.



Scan the QR Code or go to  
<https://bit.ly/CIBTFReg2026>  
to register

# WHAT WOULD YOU DO? A CHOOSE YOUR OWN LACTATION ADVENTURE

## Speaker Information



Trish Wierenga,  
APRN, FNP-BC,  
IBCLC, PMH-C

---

Trish Wierenga works as a private practice IBCLC with her business, Total Lactation Care, LLC and as a nurse practitioner and IBCLC at The Birth Center of Bloomington-Normal in Illinois. Trish has been a nurse since 1998, a lactation consultant in the central Illinois area since 2011, and she became a board-certified family nurse practitioner in 2021. She has also been certified in perinatal mental health by Postpartum Support International since 2021.

Trish is the current Chairperson of the International Affiliation of Tongue Tie Professionals (IATP), a member of the Central Illinois Breastfeeding Task Force (CIBTF), and a former board member of the Illinois chapter of Postpartum Support International (PSI).

She has spoken at conferences locally and internationally on the role of the IBCLC, breast/body feeding difficulties, and in the assessment and management of tongue and lip tie issues in relation to feeding challenges, mental health, and other facets of wellness. She lives in central Illinois with her husband, Brian and four children.