

KCBC PROMOTES,  
PROTECTS, AND  
SUPPORTS  
BREASTFEEDING  
FOR LIFELONG  
INDIVIDUAL,  
FAMILY, AND  
COMMUNITY  
HEALTH.



## Join us!

KCBC welcomes anyone who would like to participate.

Meetings are held from 9:00-10:30am on the 3rd Wednesday of every month.

Kittitas County Public Health Dept.  
507 N Nanum St.  
Ellensburg, WA 98926  
Conference Room 115 or Virtual Meeting

Call us!  
509-962-7515

Find us on Facebook  
@KCBreastfeedingCoalition

Visit our website:  
<https://www.co.kittitas.wa.us/health/programs/breastfeeding.aspx>



# Kittitas County Breastfeeding Coalition

RESOURCE GUIDE

# Local Resources

All listings are free of charge.

## KITTITAS VALLEY HEALTHCARE

KVH offers breastfeeding support free of charge to all mothers, regardless of their place of delivery.

### POSTPARTUM SUPPORT WARM LINE

A registered nurse is always just a phone call away. Call the KVH Family Birthing Place 24-hours a day if you have questions about breastfeeding or your postpartum health. 509-962-7328

Virtual or in-person lactation consultations are by appointment. 509-962-7388

## LA LECHE LEAGUE (LLL)

Receive online advice, support, and help for the majority of breastfeeding and human milk feeding issues.

Find them on Facebook @LLLofkittco.

## THE MILK BAR

A breastfeeding and mothering group co-sponsored by KVH and LLL of Kittitas County. All mothers and their children are welcome.

The Milk Bar meets on the last Friday of every month from 12:00-1:30pm at The PUB by Iron Horse Brewery

Find them on Facebook for event updates @KCMothersMilkBar

# WASHINGTON STATE SUPPORTS YOUR RIGHT TO BREASTFEED

Breastfeeding mothers are protected under anti-discrimination laws. No one can tell you to leave or cover up while nursing (RCW 49.60.030 and 49.60.215)

Breastfeeding in public is not considered indecent exposure (RCW 9A.88.010)

Breastfeeding mothers have the right to pump at work in a clean, designated space (RCW 43.70.640)



## COMMUNITY HEALTH OF CENTRAL WASHINGTON

WIC (Women, Infant, Children) offers breastfeeding education (interpreter available), breast pumps, and nutritional support. 509-962-7077

First Steps offers nurse home visits. 509-306-1740, *interpreter available upon request*

## KITTITAS COUNTY PUBLIC HEALTH DEPARTMENT

KCPHD assists employers with accommodating the needs of breastfeeding mothers in the workplace. 509-962-7515

## NURTURING NATURALLY

Nurturing Naturally is a local group dedicated to encouraging, supporting, and educating each other in all aspects of breastfeeding for over 40 years and counting.

Support group meets on the 2nd Tuesday of every month at 6:00pm. Call for more information.

Gloria Wright: 509-925-4387

Find them on Facebook @nurturingnaturallyeburg

## SKY VALLEY MIDWIFERY

April Haugen, LM offers home visits and telephone support to breastfeeding mothers. 360-775-6774