

## Kittitas County Breastfeeding Coalition

Meetings are held on the third Wednesday of every month from 9-10:30am at the Kittitas County Public Health Department

For more information visit our website:  
[www.co.kittitas.wa.us/health/programs/breastfeeding.aspx](http://www.co.kittitas.wa.us/health/programs/breastfeeding.aspx)  
Or call (509) 962-7515

### Washington State Protects 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 (9A.88.010). Furthermore, breastfeeding mothers have the right to pump at work in a clean designated space (RCW 43.70.640).

2018

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## Breastfeeding Resource Guide

*With love from the KCBC*



The Kittitas County Breastfeeding Coalition promotes, protects and supports breastfeeding for lifelong individual, family and community health.

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## Local Education and Support

*All listings are free of charge*

### Community Health of Central Washington

- WIC (509) 962-7077  
Breastfeeding education (English and Spanish), breast pumps, nutritional support
- First Steps (509) 306-1740  
Nurse home visits

### Kittitas Valley Healthcare, Family Birthing Place

- Nurse is available 24/7, (509) 962-7328
- Lactation consultations by appointment

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### La Leche League

- Moni Madjdi (360) 528-0069, llofkittco@gmail.com
- [www.facebook.com/groups/llofkittco/](http://www.facebook.com/groups/llofkittco/)
- Home visits, telephone and internet support

### Nurturing Naturally

- Gloria Wright (509) 925-4387, home visits in Ellensburg
- Dava Ihrke (425) 308-7614, home visits in Upper County
- Support group second Tuesday of every month at 6:00pm
- [www.facebook.com/nurturingnaturallyeburg/](http://www.facebook.com/nurturingnaturallyeburg/)

### Sky Valley Midwifery

- April Haugen (360) 775-6774
- Home visits and telephone support

### Kittitas County Public Health Department

- (509) 962-7515
- Assists employers with accommodating the needs of the breastfeeding mothers in the workplace

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