

**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

## KITTITAS VALLEY HEALTHCARE

Postpartum support is offered free of charge as a public health service to the families in our community.

### LACTATION SERVICES

Lactation consultations with an IBCLC are free of charge. Call for appointment.  
509.962.7388

### POSTPARTUM SUPPORT WARM LINE

A registered nurse is available 24 hours a day at the KVH Family Birthing Place.  
509.962.7328

### 4TH TRIMESTER RESOURCE CENTER

Focused attention on mothers and infants during the postpartum period.  
509.933.7593



SCAN ME

## POSTPARTUM PARK RAMBLE

Join us for a walk outside with other new families moving through this parenting journey.

Every Tuesday at 10 AM  
North Alder Street Park, 2400 North Alder St.

## SKY VALLEY MIDWIFERY

April Haugen, LM offers telephone support to breastfeeding mothers.  
360.775.6774

# 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)



## 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 info.

Gloria Wright: 509.925.4387

Find them on Facebook @nurturingnaturallyeburg

## COMMUNITY HEALTH OF CENTRAL WASHINGTON

WIC (Women, Infant, Children) offers breastfeeding education (interpreter available), breast pumps, and nutritional support.  
509.962.7077

## KITTITAS COUNTY PUBLIC HEALTH DEPARTMENT

KCPHD assists employers with accommodating the needs of breastfeeding mothers in the workplace. 509.962.7515

## TONGUE TIE RESOURCES

CENTRAL WASHINGTON PEDIATRIC DENTISTRY  
Dr. Neal Smith 509.933.2973

PEARL CARE DENTAL  
Dr. Christina Bender 509.925.6553

LITTLE BIG KID DENTISTRY  
Dr. Stanley Cox 509.968.5608