



La Leche League

LA LECHE LEAGUE

Seattle 24-hour phone line: 206-522-1336

Tacoma 24-hour phone line: 253-565-3710

Snohomish County phone line: 425-303-0311

La Leche League International

Web site: www.lalecheleague.org

La Leche League of Washington State Web site: www.nwlink.com/~ahulse/llwa.html

La Leche League is an international, non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

The meetings and phone/E-mail help are free. If you wish to join, a yearly membership is \$36. It confers many benefits, including a subscription to the parenting magazine, *New Beginnings. The Womanly Art of Breastfeeding* and many other publications on parenting and breastfeeding are also available to borrow and/or purchase.

Monthly group discussion topics include:

1. Advantages of Breastfeeding,
2. The Breastfed Baby and the Family,
3. Meeting Early Challenges, and
4. Nutrition and Weaning.

Call or write for information, breastfeeding support, directions, and changes to the schedule. Babies are always welcome!

* Fathers/Partners Welcome,

** Speaks Japanese and English

*** Speaks Spanish

Seattle Area LLL Groups

Bainbridge Island meets on 3rd Tuesday at 10:00.

Contact: Melissa

Phone: 206-780-3210

E-mail: melissabonghi@yahoo.com

Northshore AM meets on 3rd Wednesday at 10:00.

Contact: Olga

Phone: 425-338-9998

E-mail: ottermoon@hotmail.com

Contact: Tina

Phone: 425-398-3792

E-mail: Tina@babynolds.com

Contact: Rene

Phone: 360-793-2128

Seattle North AM meets on 2nd Friday at 10:00.

Contact: Christine

Phone: 206-784-1442

E-mail: emytimmy@nocharge.com

Contact: Suzanne

Phone: 425-640-8879

Seattle AM meets on 3rd Wednesday at 10:30.

Contact: Stacy

Phone: 206-528-0726

Contact: Dabney

Phone: 206-329-5199

Contact: Elizabeth

Phone: 206-217-4664

E-mail: daviesfam1@comcast.net

Contact: Devora

Phone: 206-762-4449

Seattle PM (Fremont Area) meets on 1st Tuesday at 7:00.

Contact: Nancy

Phone: 425-806-2084

E-mail: nswilcox@yahoo.com

Contact: Tracy

Phone: 206-542-3539

E-mail:

steveandtracy@earthlink.net

Vashon Island AM meets on 1st Friday at 9:30.

Contact: Jessa

Phone: 206-567-5804

E-mail: jessaz@ix.netcom.com

Contact: Kelli

Phone: 206-463-4909

E-mail: kelli@earthbaby.com

Contact: Carolyn

Phone: 206-567-5774

West Seattle AM meets on 3rd Monday at 10:30.

Contact: Betsy

Phone: 206-932-9912

E-mail: betsy@hoffmeisters.com

Eastside LLL Groups

Bellevue PM (Central Bellevue)* meets on 3rd Monday at 7:30.

Contact: Kay

Phone: 425-226-8117

E-mail: klbatt1@comcast.net

Contact: Sherrie

Phone: 425-865-8656

E-mail: badslittlefield@comcast.net

Contact: Alice

Phone: 206-232-4941

La Leche League



Eastside North AM (Totem Lake) meets on 1st Friday at 10:00.

Contact: Shelia

Phone: 425-895-9628

E-mail: Kandeler@msn.com

Contact: Dawn

Phone: 425-844-4029

E-mail: dawnsd@earthlink.net

Contact: Nissa

Phone: 425-822-8819

E-mail: NissaFreed@aol.com

Contact: Kathy

Phone: 425-637-1186

Eastside South AM*** meets on 3rd Wednesday at 10:00.

Contact: Patt

Phone: 425-254-9560

E-mail: pattj@msn.com

Eastside Toddler PM (Factoria) meets on 2nd Thursday at 7:00

Contact: Cindy

Phone: 425-867-5154

E-mail:

CindyChoudhry@hotmail.com

Contact: Kathy

Phone: 425-637-1186

Issaquah PM meets on 3rd Monday at 7:00.

Contact: Susannah

Phone: 425-657-0440

E-mail: spryal@comcast.net

LLL Japanese AM (Central Bellevue)** meets on 2nd Wednesday at 10:00.

Contact: Izumi

Phone: 425-869-5136

E-mail:

izumimitsuoka@hotmail.com

Redmond AM meets on 2nd Wednesday at 10:00.

Contact: Cindy

Phone: 425-867-5154

E-mail:

CindyChoudhry@hotmail.com

Contact: Jenny

Phone: 206-409-4398

E-mail: isis@nwlink.com

Redmond AM Toddler meets on 2nd Wednesday at 10:00.

Contact: Dawn

Phone: 425-844-4029

E-mail: dawnsd@earthlink.net

Contact: Nissa

Phone: 425-822-8819

E-mail: NissaFreed@aol.com



South King County LLL Groups

Federal Way AM meets on 4th Tuesday at 10:00.

Contact: Paula

Phone: 253-927-9663

E-mail: lllpaula@nventure.com

Contact: Basma

Phone: 253-922-6529

E-mail: oneill225@hotmail.com

Contact: Krista

Phone: 253-945-8305

E-mail: jknielsen@comcast.net

Kent/Covington AM meets on 1st Thursday at 10:00.

Contact: Gráinne

Phone: 253-638-0953

E-mail: theheds@foxinternet.net

Contact: Kathleen

Phone: 425-413-8067

E-mail: randall.kinney@gte.net

Contact: Amy

Phone: 253-630-1494

Renton PM (Fairwood area)* meets on 3rd Thursday at 7:00.

Contact: Kay

Phone: 425-226-8117

E-mail: klbatt1@comcast.net

Contact: Doris

Phone: 425-430-4543