

## Seattle Breastfeeding Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>9:30-11am</u> Kristina Chamberlin, CNM, IBCLC (206) 718-0790 Amy Paolinelli, MA, IBCLC (562) 331-6241 13128 Totem Lake Blvd NE, STE 104 \$5-15 sliding scale</p> <p style="text-align: center;"><u>10:30-11:30am</u> Dragonfly Holistic (Fremont/Seattle) Renee Beebe, RN, IBCLC Drop-in \$15 For info call Renee (206) 356-7252</p> <p style="text-align: center;"><u>2-3:30pm</u> Swedish (Ballard) 5300 Tallman Ave NW (206) 215-9853 \$10 Drop-in; Medical coupons accepted</p>	<p style="text-align: center;"><u>1pm</u> Group Acupuncture Krystal Silva (206) 409-6406 \$60 initial; \$30 follow-up Krystalsilva.com Krystal does home visits, sees patients at Birth &amp; Beyond</p> <p style="text-align: center;"><u>1-2:30pm</u> Nurturing Expressions Tracy Corey, RN, IBCLC (206) 763-2733 4746 44<sup>th</sup> Ave SW, STE 201 (West Seattle) \$10, call to reserve space</p>	<p style="text-align: center;"><u>1-2:30pm</u> Parent Baby Group Denise Stuart, RN, IBCLC (425) 288-3440 ext. 2526 Valley Medical CTR, Renton (Medical Arts Building)</p> <p style="text-align: center;"><u>2-3:30pm</u> Swedish (First Hill) The Lytle Center 747 Broadway (Cherry St Parking) \$10 Drop-in; Medical coupons accepted</p>	<p style="text-align: center;"><u>10-11:30am</u> Center for Birth Catherine Fenner, IBCLC (206) 949-3076 1500 Eastlake Ave (Seattle) \$10 Drop-in</p> <p style="text-align: center;"><u>1-2:30pm</u> Swedish (Issaquah) (425) 313-2377 \$10 fee</p>	<p style="text-align: center;"><u>11am-12:30pm</u> Beyond Birth Breastfeeding 911 The Swedish Club (206) 458-8782 1920 Dexter Ave N \$10 Drop-in</p> <p style="text-align: center;"><u>1pm</u> Group Acupuncture Krystal Silva (see Tuesday for info)</p> <p style="text-align: center;"><u>11am-1pm</u> Swedish (Edmonds) (425) 673-3352 Free</p>

(With scales available for weight checks)

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Lytle Center for Pregnancy & Newborns  
Swedish First Hill- 747 Broadway. Seattle. WA. 98122  
Phone: (206) 21-LYTLE (215-9853) Fax: (206) 386-6177  
OPEN: Mon-Thurs: 9am-7pm  
Fri & Sat: 9am-5pm  
Sunday: 10am-3pm