

# Breastfeeding Resources



## SUPPORT GROUPS

### Spokane WIC

**Monday, 1:00 – 2:00pm**

East Central Community Center  
500 S. Stone St., Spokane WA 99202  
(509) 323-2828

### Embracing Your Birth

**Tuesday, 10:30 – 11:30am**

16715 E Sprague Ave., Spokane Valley WA  
(509) 216-1045

### Mother's Haven

**Tuesday, 12:00 – 2:00pm**

2112 N Government Way, Coeur d'Alene, ID 83814  
(208) 676-1300

### Sacred Heart Mother Baby Time

**Wednesday, 10:00 – 11:30am**

101 West 8th Avenue, Spokane WA, 99204  
(509) 474-2400

### Spokane Mindful Mamas

**Thursday, 10:30am – 12:00pm**

Unity Church of Truth  
2900 S Bernard St., Spokane, WA  
spokanemindfulmamas@gmail.com

### Spokane Valley Mindful Mamas

**1st & 3rd Wednesday, 10:30am – 12:00pm**

Liberty Lake (contact for meeting locations)  
svmindfulmamas@gmail.com

### Lollipop Lemondrop Boutique

**Thursday, 12:00 – 1:00pm**

23129 E Mission, Liberty Lake, WA  
(509) 927-2005

### Valley Hospital Mommy & Me Club

**Friday, 10:00am – 12:00pm**

12606 E. Mission Ave., Spokane Valley  
(509) 473-5706

## LA LECHE LEAGUE

La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by LLLI to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

### Spokane Northside

**2nd Friday / month, 10:00am**

Holy Family Medical Building  
Health Education Center  
235 E. Rowan, Spokane, WA  
Call Alicia at (509) 484-0340

### Spokane City

**3rd Wednesday / month, 6:00pm**

United Manito Methodist Church  
33rd and Grand Ave., Spokane, WA  
Call Alicia at (509) 484-0340

### West Plains

**2nd Monday / month, 9:30am**

Airway Heights Library  
1213 S. Lundstrom St., Airway Heights, WA 99001  
Call Laura at (509) 244-4191 or  
Shannon at (509) 258-6850

### Coeur d'Alene

**2nd Thursday / month, 10:30am – 12:00pm**

Mother's Haven  
2112 N Government Way, Coeur d'Alene, ID 83814  
Call Jolie at (208) 777-9679

This community resource is brought to you by:

## PRIVATE CONSULTATION

### **Alicia Burgett, IBCLC, RLC**

#### **Best Fed Babies**

Independent Lactation Consultant  
(509) 475-8139 or (509) 226-0148

### **Rinzen Shay Kruger, CLC\***

#### **Breastfeeding Educator**

(509) 218-0562

### **Melissa Morgan, IBCLC\***

#### **Nurture Normally**

Independent Lactation Consultant  
(509) 228-8710

### **Dr. Nathan Meltzer, MD\***

#### **Valley Obstetrics & Gynecology**

1415 North Houk Rd., Ste. A, Spokane Valley, WA  
(509) 924-1990

### **Xylina Weaver, CLE\***

#### **Spokane Birth Support**

Breastfeeding Educator & Postpartum Doula  
(509) 448-1006 & (509) 496-3526

## BREASTFEEDING CLASSES

### **CHER**

St. Luke's Rehabilitation Institute  
711 S. Cowley St., Spokane, WA 99202  
(509) 232-8138

### **Kootenai Medical Center**

2003 Kootenai Health Way, Coeur d'Alene, ID  
(208) 666-2030

### **Rinzen Shay Kruger, CLC\***

Breastfeeding Educator  
(509) 218-0562

### **Xylina Weaver, CLE\***

#### **Spokane Birth Support**

Breastfeeding Educator & Postpartum Doula  
(509) 448-1006 & (509) 496-3526

## HOSPITAL LACTATION SERVICES

### **Deaconess Medical Center**

(509) 473-7056

### **Kootenai Medical Center**

(208) 666-2028

### **Sacred Heart Medical Center**

(509) 474-2400

### **Valley Hospital & Medical Center**

(509) 473-5706

\* Bloom Spokane professional members.

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**InfantRisk.com:** information on the use of medications during pregnancy and breastfeeding. (806) 352-2519.

**KellyMom.com:** Comprehensive information on the normal course of breastfeeding, dealing with difficulties, starting solids, parenting day and night, and more.

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