

# Breastfeeding & Chestfeeding Support



## »»»»»»»»»» in Kitsap Co ««««««««««

Whether you are a seasoned parent or just starting on your baby feeding journey, you are warmly invited to join friends old and new for support. Attendance while pregnant is encouraged.

Nurturing Expressions  
in Poulsbo  
weekly drop-in  
support group  
Thurs. 10-12 am  
Led by  
Tracey Corey  
Lactation Consultant

La Leche League  
of Central Kitsap  
4th Wed of the month  
at 10:30 am  
Blossom Baby  
Boutique in Silverdale  
Katie Dunning LC  
360-697-3303

Port Orchard  
La Leche League -  
evening group  
2nd Friday of the  
month  
6:30 pm  
JP Chiropractic office  
Leader: Cammy Mills

Poulsbo  
La Leche League  
1st Wed of the month  
10:00am  
Olympic Evangelical  
Free Church,  
Leader: Ashia  
360-779-4033

Port Orchard  
La Leche League -  
daytime group  
1st Tues of the month  
11am to noon  
589 Bethel Ave  
Leader: Kendra Machen  
360.874.1689

Breastfeeding Support  
of Bainbridge Island  
Mommy & Me Tea  
Cups Espresso  
9:30-11 am  
for dates check  
[www.facebook.com/events/2038882729720835/](https://www.facebook.com/events/2038882729720835/)

### Online resources

<https://kellymom.com>

<https://www.facebook.com/groups/309001304597/>

<https://www.lli.org>

<https://www.thebump.com/>

For more local parenting resources check the Peninsula Birth Network website  
[www.peninsulabirthnetwork.org](http://www.peninsulabirthnetwork.org)

**You are not alone! Find your tribe.**

[www.angiebeehotz.com](http://www.angiebeehotz.com)