



## Employee Lactation and Wellness Room Directory

All wellness and lactation rooms are locally owned and managed. Please reach out the contact listed for questions regarding a specific room.  
Rooms may be available solely for employees to rest, nurse or for other purposes.

Building/Agency	Floor/Room #	Purpose	Privacy	About the Room
<a href="#">Atlantic/Central Transit Base</a> 1500 Sixth Ave S Seattle 98134	2 <sup>nd</sup> Floor/Room 2021	Lactation Room	Private room Single user	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, chairs, table, and outlets</li><li>• Locking door</li></ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov
<a href="#">Auburn Public Health Center</a> 901 Auburn Way N Auburn 98002	1 <sup>st</sup> Floor/Room 117	Wellness/Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, chair, foot stool, dim lighting, side table</li></ul> <b>How to access:</b> Check in at front desk for access <b>Who to contact:</b> Alan Fitzpatrick: 206-263-1265
<a href="#">Bellevue Transit Base</a> 1790 124 <sup>th</sup> Ave NE Bellevue 98005	2 <sup>nd</sup> Floor/No room number <i>Near the Wellness Rooms and adjacent to the restrooms</i>	Lactation Room	Private room	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, chairs, table, and outlets</li><li>• Locking door</li></ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov



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<a href="#">Black River Sheriff's Office</a> 900 Oakesdale Ave SW Renton 98057	3rd Floor/Room 304	Wellness/Lactation Room	Private room	<b>Features:</b> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, lamp, chair, futon/couch, coffee table, and side table</li><li>• Locking door</li></ul> <b>How to access:</b> King County badge (Soon to be schedulable via Outlook) <b>Who to contact:</b> Captain Stan Seo 206-263-2552 or Captain Heather Volpe (206) 263-5592
<a href="#">Chinook Building</a> (5 <sup>th</sup> Floor) 401 5 <sup>th</sup> Ave Seattle 98104	5 <sup>th</sup> Floor/Room 512	Wellness/Lactation Room	Open to all employees	<b>Features:</b> <ul style="list-style-type: none"><li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li><li>• Sink in staff lunchroom next door</li><li>• Locking door</li></ul> <b>How to access:</b> Schedule via Outlook "RR, CNK DCHA 512 Wellness (Cap 10)" <b>Who to contact:</b> Lelanie Jackson (206) 848-0125 or Sandy Kaur (206) 263-5589
<a href="#">Chinook Building</a> (6 <sup>th</sup> Floor) 401 5 <sup>th</sup> Ave Seattle 98104	6 <sup>th</sup> Floor/Room 621	Lactation Room	Private room	<b>Features:</b> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li><li>• Locking door</li></ul> <b>How to access:</b> Currently, does not require reservation for booking <b>Who to contact:</b> Samantha Crowe (206) 263-5847
<a href="#">Chinook Building</a> (8 <sup>th</sup> Floor) 401 5 <sup>th</sup> Ave Seattle 98104	8 <sup>th</sup> Floor/No room number <i>Through the doors next to the elevators</i>	Wellness/Lactation Room	Private room <i>Two spaces made private by full length curtains</i>	<b>Features:</b> <ul style="list-style-type: none"><li>• Refrigerator and two cots</li><li>• Curtains</li><li>• Sink</li><li>• Locking door</li></ul> <b>How to access:</b> Check in at the reception desk in the Chinook lobby for one-time access to floor 8. Must call Venus Mollette 477-4324 for access to floor 8. <b>Who to contact:</b> Seth Watson (206) 477-5330



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<a href="#">Chinook Building</a> (10 <sup>th</sup> Floor) 401 5 <sup>th</sup> Ave Seattle 98104	10 <sup>th</sup> Floor/Room 1023	Lactation Room	Private room	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private Room</li> <li>• Refrigerator, pump, chair, lamp, and side table</li> <li>• Sink in staff lunchroom next door</li> <li>• Locking door</li> </ul> <b>How to access:</b> Reserved via Outlook “RR, CNK PH Breast Feeding Room Floor 10” <b>Who to contact:</b> Mara Andrus (206) 477-4857
<a href="#">Clark Children and Family Justice Center</a> 1211 E Alder St Seattle 98122	1 <sup>st</sup> Floor/Room 1003 <i>Go past Courtroom 1B and turn right, then take the first left and the door is on the right</i>	Wellness/Lactation Room	Private room Open to all employees	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Casework with sink, small refrigerator, table, recliner, outlet</li> <li>• Locking door</li> </ul> <b>How to access:</b> Currently, does not require reservation for booking <b>Who to contact:</b> FMD Customer Care Services 206-477-9400
<a href="#">Clark Children and Family Justice Center</a> 1211 E Alder St Seattle 98122	1 <sup>st</sup> Floor/Room 1502	Wellness/Lactation Room	Private room <b>Detention staff only</b>	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Casework with sink, small refrigerator, recliner, outlet</li> <li>• Locking door</li> </ul> <b>How to access:</b> Currently, does not require reservation for booking <b>Who to contact:</b> Ryan Nelson 206-263-0713
<a href="#">Downtown Public Health Center</a> 2124 4th Ave Seattle 98121	4 <sup>th</sup> Floor/No room number <i>Near the refugee screening hallway</i>	Office/Lactation Room	Shared space Open to all employees Open to the public	<b>Features:</b> <ul style="list-style-type: none"> <li>• Armchair and side table</li> <li>• Restroom nearby</li> </ul> <b>How to access:</b> Check in with WIC front desk staff for access <b>Who to contact:</b> Alison West (206) 477-4348

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<a href="#">East Transit Base</a> 1975 124th Ave NE Ste 100 Bellevue 98005	1 <sup>st</sup> Floor/Room 107	Wellness Room	Private room	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chairs, table, and outlets</li> <li>• Locking door</li> </ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov
<a href="#">Eastgate Public Health Center</a> 14350 SE Eastgate Wy Bellevue 98007	1 <sup>st</sup> Floor/Sub Lab Room <i>Near the front desk</i>	Wellness/Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Gliding rocking chair and foot stool</li> <li>• Two sinks</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Quan Ha (206) 477-8055
<a href="#">Elections</a> (1 <sup>st</sup> Floor) 919 SW Grady Wy Renton 98057	1 <sup>st</sup> Floor/No room number	Wellness/Lactation Room	Private room Single user Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• No sink nearby except those in restrooms</li> <li>• Chair, table, and refrigerator for lactation purposes only</li> <li>• Locking door</li> </ul> <b>How to access:</b> Employees check in at the front desk for access and for a visitor's lanyard <b>Who to contact:</b> Devon Lang (206) 477-4278



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<a href="#">Elections</a> (2 <sup>nd</sup> Floor North) 919 SW Grady Wy Renton 98057	2 <sup>nd</sup> Floor/North Quiet Room	Wellness Room	Private room Single user Open to all employees	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• No sink nearby except those in restrooms</li><li>• Chair and table</li><li>• Locking door</li></ul> <b>How to access:</b> Employees check in at the front desk for access and for a visitor's lanyard <b>Who to contact:</b> Devon Lang (206) 477-4278
<a href="#">Elections</a> (2 <sup>nd</sup> Floor South) 919 SW Grady Wy Renton 98057	2 <sup>nd</sup> Floor/South Quiet Room	Wellness Room	Private room Single user Open to all employees	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• No sink nearby except those in restrooms</li><li>• Chair and table</li></ul> <b>How to access:</b> Employees check in at the front desk for access and for a visitor's lanyard <b>Who to contact:</b> Devon Lang (206) 477-4278
<a href="#">Federal Way Public Health Center</a> 33431 13th Pl S Federal Way 98003	1st Floor/Room E-3 <i>Near the front desk</i>	Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• Rocking chair, futon/couch, changing table, kids table with 2 chairs</li><li>• Bathroom nearby</li><li>• Locking door</li></ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Ellen Hegenauer 206-263-6741
<a href="#">Jefferson Building</a> 1401 E Jefferson St Seattle 98122	4 <sup>th</sup> Floor/Room 400	Lactation Room	Private room <b>DPD staff only</b>	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li></ul> <b>How to access:</b> Currently, does not require reservation for booking, use sign on door (Soon to be schedulable via Outlook) <b>Who to contact:</b> Terry Howard (206) 263-1462



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<a href="#">Kent East Hill Public Health Center</a> 25742 104th Ave SE (Kent Plaza) Kent 98030	1 <sup>st</sup> Floor/ Breastfeeding Room <i>Located near the main lobby</i>	Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"> <li>• Privat room</li> <li>• Bathroom located across from room in lobby</li> <li>• Chair, foot stool, changing table, and sink</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Annette Gibbs (206) 477-6914
<a href="#">King County Correctional Facility</a> 500 5 <sup>th</sup> Ave Seattle 98104	4 <sup>th</sup> Floor/4 West <i>In the hall next to the Solutions Room</i>	Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li> <li>• Locking door</li> </ul> <b>How to access:</b> You'll need a key to the hall. Unlocked if not in use. <b>Who to contact:</b> Contact Maintenance and Supply to arrange for ongoing access to the room for the duration of the need
<a href="#">King County Courthouse</a> (8 <sup>th</sup> Floor) 516 3 <sup>rd</sup> Ave Seattle 98104	8th Floor/E820 <i>Room is unmarked and just past Room E822</i>	Wellness/Lactation Room	Private room Open to all employees <b>By reservation only</b>	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chair, lamp, side table, table, and outlet</li> <li>• Locking door</li> </ul> <b>How to access:</b> Room <u>must</u> be reserved via Outlook "RR, KCCH County Wellness Room E820" - Badge access required <b>Who to contact:</b> FMD Customer Care Services 206-477-9400
<a href="#">King County Courthouse</a> (12 <sup>th</sup> Floor) 516 3 <sup>rd</sup> Ave Seattle 98104	12 <sup>th</sup> Floor/Room 1201	Wellness/Lactation Room	Private room <b>Legislative Branch staff only</b>	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, futon/couch, chair, lamp, table, and coffee table</li> <li>• Locking door</li> </ul> <b>How to access:</b> Currently, does not require reservation for booking, use sign on door <b>Who to contact:</b> Tracy Calderon (206) 477-0979

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<a href="#">King Street Center</a> (1 <sup>st</sup> Floor) 201 S Jackson St Seattle 98104	1st Floor/Shiatsu Room <i>Break room behind Pass Sales Office, through the door and by Lost and Found</i>	Wellness Room	Private room Single user <b>MTD Fare Media Sales Team staff only</b>	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Two tables and several chairs</li> <li>• Door does not lock, but it is in a secure locked area</li> </ul> <b>How to access:</b> Contact Dani Sizemore (206) 263-8165 <b>Who to contact:</b> Dani Sizemore (206) 263-8165
<a href="#">King Street Center</a> (7 <sup>th</sup> Floor) 201 S Jackson St Seattle 98104	7 <sup>th</sup> Floor/Room 7157	Lactation Room <i>For nursing employees only</i>	Shared space Open to all employees <b>By reservation only</b>	<i>Features:</i> <ul style="list-style-type: none"> <li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li> </ul> <b>How to access:</b> Room <u>must</u> be reserved via Outlook “RR, KSC 7157 TO” <b>Who to contact:</b> Evalyne Onyoni (206) 263-6977
<a href="#">King Street Center</a> (8 <sup>th</sup> Floor) 201 S Jackson St Seattle 98104	8 <sup>th</sup> Floor/Room 8249 <i>Enter through Room 8248</i>	Lactation Room <i>For nursing employees only</i>	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, side table, futon/couch, coffee table, lamp, upholstered armchair, cubes for storage</li> <li>• Curtain</li> <li>• Sink outside room (in Rm 8248)</li> <li>• Locking door</li> </ul> <b>How to access:</b> Contact 8 <sup>th</sup> floor DHR front desk for door access code <b>Who to contact:</b> Sokkhanha Esteban (206) 848-0594
<a href="#">Maleng Regional Justice Center</a> (1 <sup>st</sup> Floor) 620 W James St Kent 98032	1 <sup>st</sup> Floor/Room B169 <i>Across from the Community Room in the secured staff area</i>	Lactation Room	Private room Single user Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li> <li>• There is no sink</li> <li>• Locking door</li> </ul> <b>How to access:</b> See below <b>Who to contact:</b> Contact Maintenance and Supply to arrange for ongoing access to the room for the duration of the need

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<a href="#">Maleng Regional Justice Center</a> (3 <sup>rd</sup> Floor) 401 4 <sup>th</sup> Ave N Kent 98032	3 <sup>rd</sup> Floor/Room 3020 <i>Go to the south corridor,  room is on the right side of  the hallway</i>	Wellness/Lactation Room	Private room Open to all employees	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, recliner chair, lamp, table and two chairs, outlet</li> <li>• Locking door</li> </ul> <b>How to access:</b> Badge access required <b>Who to contact:</b> Susanne Harris (206) 477-3008 or FMD Customer Care Services 206-477-9400
<a href="#">Meridian Center for Health</a> 10521 Meridian Ave N Seattle 98133	2 <sup>nd</sup> Floor/Room 228	Lactation Room	Private room Open to all employees Open to the public	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Restroom nearby</li> <li>• Lounge chair, foot stool, end table, changing area, stool, and sink</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Melissa Heatherington (206) 263-9423 or Roxana De La Torre Carrera (206) 477-8162
<a href="#">Metro Transit Operations</a> 901 5 <sup>th</sup> Ave Seattle 98164	1 <sup>st</sup> Floor/Room 126	Lactation Room	Private room Open to all employees	<b>Features:</b> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chairs, table, and outlets</li> <li>• Locking door</li> </ul> <b>How to access:</b> Base chief or TDSlactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSlactation@kingcounty.gov

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<a href="#">North Transit Base</a> 2160 N 163rd St Shoreline 98133	1 <sup>st</sup> Floor/Conference Room <i>Near Conference Room 1</i>	Wellness Room	Shared space	<i>Features:</i> <ul style="list-style-type: none"> <li>• Refrigerator, chairs, table, and outlets</li> <li>• Locking door</li> </ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov
<a href="#">Northshore Public Health Center</a> 13030 121st Way NE (WIC at Totem Lake) Kirkland 98034	2 <sup>nd</sup> Floor/Breastfeeding Room	Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Restroom nearby</li> <li>• Rocking chair, chair, ottoman, lamp, changing table, and sink</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Holly Krawiec (206) 263-2826 or Kris Hanson (206) 263-2825 or front desk (206) 477-0014
<a href="#">Regional Animal Services of King County (RASKC)</a> 21615 64 <sup>th</sup> Ave S Kent 98032	1 <sup>st</sup> Floor/No room number	Wellness/Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chair, lamp, futon/couch, coffee table, and side table</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Tim Anderson (206) 263-5939/ (206) 245-9040
<a href="#">Renton Public Health Center</a> 3201 NE 7th St Renton 98056	1 <sup>st</sup> Floor/No room number <i>Near the lobby</i>	Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Chair, foot stool, sink, changing table, and counter</li> <li>• Restroom nearby</li> <li>• Locking door</li> </ul> <b>How to access:</b> Check in with front desk staff for access <b>Who to contact:</b> Jill Allum (206) 477-0101 or Julie Stachowiak (206) 477-6905

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<a href="#">Ryerson Transit Base</a> 1220 4 <sup>th</sup> Ave S Seattle 98134	2 <sup>nd</sup> Floor/Room 204	Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room without windows</li> <li>• Refrigerator, chairs, table, and outlets</li> <li>• Locking door</li> </ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov
<a href="#">Sammamish Sheriff's Office</a> 801 228 <sup>th</sup> Ave SE Sammamish 98075	1 <sup>st</sup> Floor/No room number	Wellness/Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chair, lamp, and side table</li> <li>• Locking door</li> </ul> <b>How to access:</b> Currently, does not require reservation for booking, use sign on door <b>Who to contact:</b> Alana Hall (206) 295-0770
<a href="#">South Transit Base</a> 12100 East Marginal Way S Seattle 98168	1 <sup>st</sup> Floor/Room 107	Lactation Room	Private room Open to all employees	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Refrigerator, chairs, table, and outlets</li> <li>• Locking door</li> </ul> <b>How to access:</b> Base chief or TDSLactation@kingcounty.gov <b>Who to contact:</b> Base chief or TDSLactation@kingcounty.gov
<a href="#">White Center Public Health Center</a> 9934 8th Ave SW Seattle 98106	1 <sup>st</sup> Floor/No room number <i>Near the lobby</i>	Lactation Room	Private room Open to all employees Open to the public	<i>Features:</i> <ul style="list-style-type: none"> <li>• Private room</li> <li>• Chair, foot stool, breastfeeding pillows, rocking chair, and sink</li> <li>• Restroom nearby</li> <li>• Locking door</li> </ul> <b>How to access:</b> <ul style="list-style-type: none"> <li>• Check in with front desk staff for access, use sign on door</li> </ul> <b>Who to contact:</b> <ul style="list-style-type: none"> <li>• Ashley Friscia (206) 477-8639</li> </ul>

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<b>Yesler Building</b> 400 Yesler Way Seattle, WA 98104	1 <sup>st</sup> Floor/Room 131	Lactation Room	Private room	<i>Features:</i> <ul style="list-style-type: none"><li>• Private room</li><li>• 2 fabric chairs, mini fridge, small table</li></ul> <b>How to access:</b> Call Jamal Fairman (206) 848-0847 or Steve Falcon (206) 477-2385 for access <b>Who to contact:</b> Call Jamal Fairman (206) 848-0847 or Steve Falcon (206) 477-2385 for scheduling
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