



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
Atlantic/Central Transit Base 1500 Sixth Ave S Seattle 98134	2 nd Floor/Room 2021	Lactation Room	Private room Single user	<i>Features:</i> <ul style="list-style-type: none"> • Private room • Refrigerator, chairs, table, and outlets • Locking door How to access: Base chief or TDSLactation@kingcounty.gov Who to contact: Base chief or TDSLactation@kingcounty.gov
Auburn Public Health Center 901 Auburn Way N Auburn 98002	1 st 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"> • Private room • Refrigerator, chair, foot stool, dim lighting, side table How to access: Check in at front desk for access Who to contact: Alan Fitzpatrick: 206-263-1265
Bellevue Transit Base 1790 124 th Ave NE Bellevue 98005	2 nd 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"> • Private room • Refrigerator, chairs, table, and outlets • Locking door How to access: Base chief or TDSLactation@kingcounty.gov Who to contact: Base chief or TDSLactation@kingcounty.gov

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

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

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

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<p>Elections (2nd Floor North) 919 SW Grady Wy Renton 98057</p>	2 nd Floor/North Quiet Room	Wellness Room	Private room Single user Open to all employees	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Private room • No sink nearby except those in restrooms • Chair and table • Locking door <p>How to access: Employees check in at the front desk for access and for a visitor's lanyard</p> <p>Who to contact: Devon Lang (206) 477-4278</p>
<p>Elections (2nd Floor South) 919 SW Grady Wy Renton 98057</p>	2 nd Floor/South Quiet Room	Wellness Room	Private room Single user Open to all employees	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Private room • No sink nearby except those in restrooms • Chair and table <p>How to access: Employees check in at the front desk for access and for a visitor's lanyard</p> <p>Who to contact: Devon Lang (206) 477-4278</p>
<p>Federal Way Public Health Center 33431 13th Pl S Federal Way 98003</p>	1st Floor/Room E-3 <i>Near the front desk</i>	Lactation Room	Private room Open to all employees Open to the public	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Private room • Rocking chair, futon/couch, changing table, kids table with 2 chairs • Bathroom nearby • Locking door <p>How to access: Check in with front desk staff for access</p> <p>Who to contact: Ellen Hegenauer 206-263-6741</p>
<p>Kent East Hill Public Health Center 25742 104th Ave SE (Kent Plaza) Kent 98030</p>	1 st Floor/ Breastfeeding Room <i>Located near the main lobby</i>	Lactation Room	Private room Open to all employees Open to the public	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Privat room • Bathroom located across from room in lobby • Chair, foot stool, changing table, and sink • Locking door <p>How to access: Check in with front desk staff for access</p> <p>Who to contact: Annette Gibbs (206) 477-6914</p>

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King County Correctional Facility 500 5 th Ave Seattle 98104	4 th 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"> • Private room • Refrigerator, chair, lamp, futon/couch, coffee table, and side table • Locking door How to access: You'll need a key to the hall. Unlocked if not in use. Who to contact: Contact Maintenance and Supply to arrange for ongoing access to the room for the duration of the need
King County Courthouse (8 th Floor) 516 3 rd 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 By reservation only	<i>Features:</i> <ul style="list-style-type: none"> • Private room • Refrigerator, chair, lamp, side table, table, and outlet • Locking door How to access: Room <u>must</u> be reserved via Outlook "RR, KCCH County Wellness Room E820" - Badge access required Who to contact: FMD Customer Care Services 206-477-9400
King County Courthouse (12 th Floor) 516 3 rd Ave Seattle 98104	12 th Floor/Room 1201	Wellness/Lactation Room	Private room Legislative Branch staff only	<i>Features:</i> <ul style="list-style-type: none"> • Private room • Refrigerator, futon/couch, chair, lamp, table, and coffee table • Locking door How to access: Currently, does not require reservation for booking, use sign on door Who to contact: Tracy Calderon (206) 477-0979
King Street Center (1 st 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 MTD Fare Media Sales Team staff only	<i>Features:</i> <ul style="list-style-type: none"> • Private room • Two tables and several chairs • Door does not lock, but it is in a secure locked area How to access: Contact Dani Sizemore (206) 263-8165 Who to contact: Dani Sizemore (206) 263-8165

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<p>King Street Center (2nd Floor) 201 S Jackson St Seattle 98104</p>	<p>2nd Floor/Wellness Room</p>	<p>Wellness/Lactation Room</p>	<p>Shared space Open to all employees By reservation only</p>	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Futon/couch and mini fridge • Locking door <p>How to access: Room <u>must</u> be reserved via Outlook “RR, KSC 2nd Floor Wellness Room” Badge access</p> <p>Who to contact: Logan May (206) 477-1799</p>
<p>King Street Center (7th Floor) 201 S Jackson St Seattle 98104</p>	<p>7th Floor/Room 7157</p>	<p>Lactation Room <i>For nursing employees only</i></p>	<p>Shared space Open to all employees By reservation only</p>	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Refrigerator, chair, lamp, futon/couch, coffee table, and side table <p>How to access: Room <u>must</u> be reserved via Outlook “RR, KSC 7157 TO”</p> <p>Who to contact: Evalyne Onyoni (206) 263-6977</p>
<p>King Street Center (8th Floor) 201 S Jackson St Seattle 98104</p>	<p>8th Floor/Room 8249 <i>Enter through Room 8248</i></p>	<p>Lactation Room <i>For nursing employees only</i></p>	<p>Private room Open to all employees</p>	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Private room • Refrigerator, side table, futon/couch, coffee table, lamp, upholstered armchair, cubes for storage • Curtain • Sink outside room (in Rm 8248) • Locking door <p>How to access: Room <u>must</u> be reserved via Outlook “RR, KSC 8249 Lactation Room” Contact 8th floor DHR front desk for door access code</p> <p>Who to contact: Sokkhanha Esteban (206) 848-0594</p>
<p>Maleng Regional Justice Center (1st Floor) 620 W James St Kent 98032</p>	<p>1st Floor/Room B169 <i>Across from the Community Room in the secured staff area</i></p>	<p>Lactation Room</p>	<p>Private room Single user Open to all employees</p>	<p><i>Features:</i></p> <ul style="list-style-type: none"> • Private room • Refrigerator, chair, lamp, futon/couch, coffee table, and side table • There is no sink • Locking door <p>How to access: See below</p> <p>Who to contact: Contact Maintenance and Supply to arrange for ongoing access to the room for the duration of the need</p>

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



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

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



King County

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