

Private Practice Lactation Consultant And Counselors

A lactation consultant is an expert that helps people learn to breastfeed and provides specialty assistance. A fee is usually charged. Services include private and phone consultations, home visits, rental and sale of products.

Fayetteville Tammi Hatch (315) 440-4407

Jordan/Elbridge Best Beginnings: Cindy Maslak (315) 689-9579

Liverpool Charlene Insalaco (315) 652-1595

Manlius Family Nursing Associates: Denise Cote-Arsenault (315) 682-9325

Syracuse Carmen Horlacher, Bilingual/Spanish, No charge (315) 699-5230

Syracuse Peaceful Beginnings: Asteir Bey (366) 831-5424,
www.peaceful-beginnings.org

Postpartum Doula Service

Doulas of Central NY (315) 455-6666

CNY Doula Connection (315) 427-7885

County Agencies/Home Care

All agencies provide prenatal & postpartum teaching and home visits.

Cayuga County MOMS Program (315) 253-1560

Madison County Health Department (315) 366-2361

Onondaga County Healthy Families (315) 435-2000

Onondaga County Early Head Start (315) 488-0987 X 318

Oswego County Health Department (315) 349-3547

Visiting Nurses Association (Syracuse) (315) 476-3101

Pump Rentals and Sales

Manlius Denise Cote-Arsenault (315) 682-9325

Onondaga County Cindy Maslak (315) 689-9579

Syracuse St. Joseph Hosp. Breastfeeding Support Center, (315) 448-5323

Syracuse Doulas of Central NY (315) 455-6666



Community Resource Guide 2011

By the CNY Breastfeeding Connection,

a regional organization of Lactation Consultants, Nurses,
Dietitians, La Leche League Leaders, Doulas, Professional
Educators, Doctors, and Midwives committed to:

- Promoting breastfeeding in the community.
- Enabling the family to make an informed choice about feeding methods.
- Protecting the breastfeeding family through the sharing of accurate information.
- Supporting the breastfeeding family with information and resources.
- Providing information and resources to health care providers who help new families in our community.

The CNY Breastfeeding Connection
encourages you to copy and distribute this list.

If you are interested in joining our group,
or would like more information call (315) 424-0009.

Health Care Facilities



Auburn Memorial Hospital (315) 255-7381

Contact: Patty Granato, Kathleen Greene
Services: Inpatient teaching, Phone and patient consultations

Community General Hospital (315) 492-5577

Contact: Susan Titus
Services: Inpatient teaching, Breastfeeding classes, Outpatient follow-up

Crouse Hospital (315) 470-7179

Contact: 4 member team available daily
Services: In-patient teaching, Out-patient follow up, Phone consultation, Prenatal breastfeeding class

Fort Drum OB/GYN Clinic (315) 779-9390

Contact : Rachel Recore
Services: One-to-one consultation

Oneida Healthcare Center (315) 361-2065

Contact : Patty Snider, Lori Hood
Services: Baby weigh station, Pump rentals, and Support Tuesday 4-6 pm and Friday 1-4 pm

Oswego Hospital (315) 349-5572

Contact: Kathy Distin
Services: Patient teaching, Breastfeeding classes, Phone consultation

Samaritan Medical Center–Watertown (315) 785-4050

Contact: Carol Smith, Keitha Delles
Services: Patient teaching, Phone Follow-Up, Breastfeeding classes, Breastfeeding support group, Lactation consultation

St. Joseph's Hospital (315) 448-5323 (24 hour phone line)

Contact: 6 member team available daily.
Services: Designated “Baby Friendly.” Breastfeeding and back-to-work classes, Support center, Breast pump rentals, Equipment sales.

Health Care Facilities (continued)

University Hospital: The Breast Care Center (315) 464-8224

Contact: Jayne Charlamb, MD, IBCLC
Services: Evaluation and treatment of medical breastfeeding problems

WIC

WIC Services: Breastfeeding peer counselors, Pumps for clients with special circumstances. Peer support and breastfeeding information at the WIC Website: www.BreastfeedingPartners.org

Onondaga County (315) 435-3304

Contact: Sharon Tripolone

Cayuga County (315) 253-1406 or 253-1449 or 253-1474

Contact: MaryBeth Hogan, Patty Granato
Support Group Every Second Friday, 2-3 pm

Madison County (315) 363-3210

Contact: Sue Niedzielski

Oswego County (315) 343-1311 or 1 (888) 730-3803 toll free

Contact: Mary Ellen Pierce, Stacie France



Support Groups

La Leche League: For breastfeeding information and support call 313-4555 (Syracuse East) or 623-0555 (Liverpool) or visit their website at www.LaLecheLeague.org

Auburn Seymour Library on Genesee Street
Tuesdays at noon:
253-1406

Syracuse Eat at Mom's
Second and Fourth Thursday at WIC
Call REACH CNY at 424-0009 Ext 106 for more information

Holistic Moms Network
Second Thursdays
Email- hmnsyracuse@gmail.com for info

Watertown Good Samaritan Medical Center

Friday 10-12 noon
385-4050

