



Central New York Breastfeeding Connection 2018 Community Resource Guide

The Central New York Breastfeeding Connection is a regional organization of Lactation Consultants, Nurses, Dietitians, La Leche League Leaders, Doulas, Educators, Doctors, and Midwives committed to:

- Promoting breastfeeding in all communities
- 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

<https://www.facebook.com/CNYBreastfeedingConnection/>

The Central New York Breastfeeding Connection encourages you to copy and distribute this list.

If you are interested in joining our group or would like more information, please email cnybreastfeedingconnection@gmail.com.

Health Care Facilities

Notes

Auburn Memorial Hospital

Phone: 315.255.7381

Contact: Patty Granato, Kathleen Green

Services: In-patient teaching, phone and patient consultations

Bassett Hospital

Phone: 607.547.3536

Crouse Hospital

Lactation Office

Phone: 315.470.7179

NICU Lactation Office

Phone: 315.470.7581

Lactation Consultants available daily

Services: In-patient and out-patient teaching, and phone consultation.

First Steps Childbirth and Family Education Program

Phone: 315.470.5716

Contact: Lois Sexton

Faxton/St. Lukes

Phone: 315.624.6762

Fort Drum OB/GYN Clinic

Phone: 315.779.9390

Contact: Rachel Recore

Services: One-on-one consultation

Oneida Healthcare

Phone: 315.361.2065

Contact: Team available daily. Call to make an appointment.

Services: Baby weigh station, support, and pump rentals

Oswego Hospital

Phone: 315.349.5572

Contact: Kathy Distin

Services: Patient teaching, breastfeeding classes, and phone consultation



Health Care Facilities (cont'd)

Rome Hospital

Phone: 315.338.7124

Samaritan Medical Center—Watertown

Phone: 315.785.4050

Contact: Daniele Banks

Services: Patient teaching, phone follow-ups, breastfeeding classes, and lactation consultation



St. Joseph's Hospital Health Center

Phone: 315.448.5323

Contact: Certified Lactation Consultants available daily, 7 days/week. Kathryn Rome, RN, IBCLC; Teri Smithers, RN, IBCLC; Marla Elliott, RN, IBCLC

Services: Prenatal education, "Baby Friendly" designated Lactation Program, comprehensive in-patient and out-patient breastfeeding consultation services

University Hospital: Breast Care Center Breastfeeding Medicine Program

Phone: 315.464.2192

Contact: Jayne Charlamb, MD, IBCLC; Michele Dwyer, RN, IBCLC

Services: Outpatient and inpatient (Downtown Campus) Lactation Consultation Services. Evaluation and treatment of medical breastfeeding problems.

Upstate University Hospital Community Campus

Phone: 315.492.5577

Contact: Anna Mroczek, RN, IBCLC; Susan Titus, RN, IBCLC

Services: Comprehensive inpatient lactation services and out-patient follow up care

Free Upstate Best Beginnings Prenatal and Postpartum classes including breastfeeding and breastfeeding back to work class

Phone: 315.464.2756

Contact: Cathy Narcavage-Bradley

Women, Infants and Children (WIC)

WIC Services: Breastfeeding Peer Counselors, pumps for clients with special situations. Peer support and breastfeeding information at the WIC website www.breastfeedingpartners.org.

Cayuga County

Phone: 315.253.1406; 315.253.1449; 315.253.1474

Contact: Ann Robson, Patty Granato

Cortland County

Phone: 607.753.6781

Contact: Kay Brewster

Herkimer

Phone: 315.866.5029

Contact: Sandra Lampasona

Madison County

Phone: 315.363.3210

Contact: Sandra Lampasona

Onondaga County

Phone: 315.435.3304

Contact: Sharon Tripolone

Oswego County

Phone: 315.343.1311; 888.730.3803 toll

Contact: Mary Ellen Pierce

Oneida County

• Rome Office

Phone: 315.356.4755

Contact: Sandra Lampasona

• Utica Office

Phone: 315.798.5066

Contact: Sandra Lampasona



free

Baby Weigh Stations

Get information and support about breastfeeding during your pregnancy or after your baby arrives! Certified Lactation Consultants can provide information, support and even check your baby's weight.

Cazenovia

St. Joseph's Physicians Heritage Group

132 Albany Street, Cazenovia

Phone: 315.655.8171

2nd and 4th Thursday 9:30-11:30 a.m.

Utica

Oneida County Health Department

406 Elizabeth Street, Utica

Phone: 315.798.5747

Call us for an appointment!

Internet Resources

Breastfeedingpartners.org

www.breastfeedingpartners.org

Office on Women's Health

www.womenshealth.gov

La Leche League

www.llusa.org

Centers for Disease Control & Prevention

www.cdc.gov/breastfeeding

Department of Women, Infants, & Children

<https://wicworks.fns.usda.gov/breastfeeding>

Support Groups (cont'd)

St. Joseph's Physicians The Heritage Group

132 1/2 Albany Street, Cazenovia
1st and 3rd Thursday 9:30-11:30 a.m.

Madison County Breastfeeding Connections, a baby weigh station

A place where breastfeeding and pregnant families can get professional breastfeeding support, talk with other moms, check baby's weight and milk intake, and connect to community resources.

Oneida Health Care, 607 Seneca Street, Oneida
Mondays 4-7p.m. and Fridays 1-3p.m.

Mohawk Valley Breastfeeding Cafés

Website: www.mvbreastfeedingnetwork.com

Breastfeeding Café Facebook: <https://facebook.com/BreastfeedingCafe/>
A meeting place for pregnant and breastfeeding moms to support one another, socialize, and get breastfeeding clinical support if needed. A free light meal is served and a baby weigh station is available.

Ilion: Ilion Free Library, 78 West Street - 1st and 3rd Tuesday 12-2pm

Oneida: 607 Seneca Street - 1st and 3rd Fridays 1-3pm

Rome: Trinity Church, 215 W. Court Street - 4th Wednesday 12-2pm

Utica: 2222 Genesee Street (across from St. E's at Our Lady of Lourdes (side entrance) 1st, 2nd and 3rd Wednesdays 12-2pm, 4th Wednesday LLL 5:30-7:30pm.

Utica Downtown: Utica Public Library (1st floor café area), 303 Genesee Street - 2nd and 4th Fridays 12-2pm.

Oswego County Breastfeeding Cafés

Fulton- 2nd Mondays of each month 1-2:30pm at Backstreet Books

Oswego- 3rd Saturdays of each month 10-11:30am at Elim Grace Church

Mexico- 4th Tuesdays of each month 5 - 6:30pm at Mexico Public Library
Contact Amanda Barbera at 315-424-0009 ext. 111 for more information.



Private Practice Lactation Consultants

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.

Carmen Horlacher, IBCLC, Bilingual/Spanish, no charge

Phone: 315.699.5230

Location: Syracuse, NY

Asteir Bey, RN, IBCLC, Co-Mothering CNY

Phone: 336.831.5424

Location: Syracuse, NY

Jen Deshaies, IBCLC

Phone: 315.263.7558;

Web: www.syracuselactation.com

Location: Syracuse, NY

Susie Niedzielski, IBCLC

Phone: 315.335.2735

Location: Mohawk Valley, NY



Postpartum Doula Service

CNY Doula Connection

Phone: 315.395.3643

Doulas of Central New York

Phone: 315.455.6666

Syracuse Healthy Start Community Doula

Phone: 315.671.5815



County Agencies/Home Care

All agencies provide prenatal and postpartum teaching and home visits.

Cayuga County Health Department

Phone: 315.253.1560

Cornell Cooperative Extension (Oswego)

Phone: 315.963.7286 ext. 300

Madison County Health Department

Phone: 315.366.2848; Molly Limbert: 315.813.3132

Onondaga County Health Department, Healthy Families

Phone: 315.435.2000

Oswego County Health Department

Phone: 315.349.3547

Oswego County Opportunities - OPTIONS Program

Phone: 315.342.7532 ext 5

Nascentia (Visiting Nurses Association - Syracuse & Oneida County)

Phone: 315.477.HOME (4663)



Pump Rentals and Sales

Babies 'R Us

Phone: 315.424.3998

Address: 2027 Park Street, Syracuse NY

Franciscan Health Support

Phone: 315.458.3200

Address: 7246 Janus Park Drive, Liverpool, NY

Nunn's Home Medical Equipment

Phone: 315.475.5181

Address: 817 E. Genesee Street, Syracuse NY



Other

Teaspoons to Tablespoons

Email: teaspoonstotablespoons@gmail.com

Facebook: www.facebook.com/teaspoonstotablespoons/

Services: Nutrition counseling as Registered Dietitians. Lactation support as Certified Lactation Counselors. Offers home visits.

Support Groups

Auburn

Phone: 315.246.8848

Contact: Michelle Tumber

Day and evening meeting times

La Leche League

Breastfeeding information and support.

Liverpool: 315.623.0555; www.l3syracuse.org

Syracuse East: 315.663.4597; www.l3syracuse.org

Cortland: www.l3lly.org

Oswego: www.l3lly.org

Watertown: www.l3lly.org