

## 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.

**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

## Postpartum Doula Service

Doulas of Central NY (315) 455-6666

Doula Connections (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

Cornell Cooperative Extension (Oswego) (315) 963-7286 ext 300

## Pump Rentals and Sales

**Auburn** Shannon Harding (315) 253-5250

**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

Date last revised: 11/9/2010



## 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) 492-5575**

**Contact:** Kim Wasilenko, Kathleen Greene

**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](http://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:** Amy Comfort

### **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 to find a group near you, call 299-2702 or visit their website at [www.LaLecheLeague.org](http://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 for more information

### **Holistic Moms Network**

Second Thursdays  
Email- [hmnsyracuse@gmail.com](mailto:hmnsyracuse@gmail.com) for info

### **Watertown Good Samaritan Medical Center**

Friday 10-12 noon  
385-4050

