

Community Resources for Breastfeeding Families

Lactation Consultants

ICBLC = International Board Certified Lactation Consultant/ CLC = Certified Lactation Counselor

Albany Medical Center	Pat Coffee, RN, IBCLC	(518) 262-5162
Bassett Hospital, Cooperstown		(607) 547-3536
Community General Hospital, Syracuse	Kim Waslilenko; Kathleen Greene, RN	(315) 492-5575
Crouse Hospital, Syracuse	4 member team, available daily	(315) 470-7179
Family Nurturing Center, Utica	Charity Leslie, CLC	(315) 738-9773
Oneida Health Care Center	Patty Gorman, CLC ; Lori Hood, CLC; Laura Fawley, CLC; Pat Jones, IBCLC	(315) 361-2065
Madison County Health Department	Molly Limbert, CLC	(315) 366-2848
Oswego Hospital	Kathy Distin, RN	(315) 349-5572
Rome Hospital	Laura Owens, RN	(315) 338-7124
St. Joseph's Hospital, Syracuse	6 member team, available daily	(315) 448-5323
St. Luke's Hospital, Utica	Judy Hatfield, RNC, IBCLC; Billie Jean Frye, RN, IBCLC	(315) 624-6762
Private Practice Lactation Consultants	Denise Cote-Arsenault, IBCLC (Manlius) Carmen Horlacher, IBCLC (Syracuse, bilingual) Charlene Insalaco, IBCLC (Liverpool) Cindy Maslak, IBCLC (Jordan-Elbridge) Sue Niedzielski, IBCLC	(315) 449-2436 (315) 699-5230 (315) 652-1595 (315) 689-9579 (315) 865-4476 or (315) 335-2735 1-800-994-9662

Breastfeeding Helpline

WIC Breastfeeding Educators

Herkimer County		(315) 866-5029
Madison County	Amy Comfort, CLC	(315) 363-3210
Oneida County	Maureen Bruce, IBCLC	(315) 798-5560
Onondaga County	Sharon Tripilone, CLC	(315) 435-3304
Oswego County	Mary Ellen Pierce, CLC; Stacie France, CLC	(315) 343-1311 or 1-888-730-3803

Baby Weight Station

Oneida Healthcare Center	Tuesday, 4pm-7pm/ Friday, 1pm-4pm	(315) 361-2065
Breastfeeding Connections, Morrisville	Monday, 11am-1pm	Amy, (315) 363-3210 Molly, (315) 813-3132
Breastfeeding Café, Utica	Wednesdays	Sue Niedzielski, IBCLC (315) 335-2735
Eat at Mom's, Syracuse	2 nd and 4 th Thursday	Selina, (315) 424-0009

La Leche League

Visit www.llli.org for assistance, or to find a group near you. Some local meeting listed below.

East Syracuse	4 th Monday, 7pm	(315)299-2702
Hamilton	4 th Wednesday, 6pm, Hamilton Public Library	Summer Knapp, (315) 684-7210
New Hartford	1 st Wednesday, 6:45 pm, Zion Lutheran Church	Jennifer Geiger, (315) 337-5808; Christine Ceely, (315) 749-6005

Breastpump Rentals

Bassett Hospital, Cooperstown		(607) 547-3536
Nunn's Hospital Supplies, Rome		(315) 339-4084
Oneida Healthcare Center	Parry Gorman, CLC; Pat Jones, IBCLC; Lori Hood, CLC; Laura Fawley, CLC	(315) 361-2065
St. Luke's Hospital, Utica	Judy Hatfield, RNC, IBCLC; Billie Jean Frye, RN, IBCLC	(315) 624-6762
Private Practice Lactation Consultant	Denise Cote-Arsenault, IBCLC	(315) 682-9325
Private Practice Lactation Consultant	Sue Niedzielski, IBCLC	(315) 865-4476
WIC, Madison County	WIC participants only	(315) 363-3210
WIC, Herkimer County	WIC participants only	(315) 866-5029
WIC, Oneida County	WIC participants only	(315) 798-5560
Breastpump Companies	Ameda Egnell 1-800-323-8750 Avent 1-800-542-8368	Bailey's 1-800-413-3216 Medela 1-800-435-8316

Support Groups

Mohawk Valley Breastfeeding Network		(315) 738-9773 x228
Breastfeeding Café, Utica	Wednesdays	Sue Niedzielski, IBCLC (315) 865-4476
CNY Breastfeeding Connection	Networking for IBCLCs, CLCs, and others interested in building a stronger Breastfeeding community in Central New York	(315) 424-0009
Starting Together	3 rd Tuesday each month 6pm-7:30pm, only program clients	(315) 697-3588
Eat At Mom's	2 nd and 4 th Thursday each month 10am-11:30am, WIC, 375 W. Onondaga St., Syracuse	Anne or Selina (315) 424-0009

Educational Resources

REACH CNY, Inc.	Anne Andrianos, MSN, IBCLC, MCH Specialist	(315) 424-0009
Mohawk Valley Perinatal Network		(315) 732-4657 x222
Summer Knapp, LLL Leader	homemadepuddin@gmail.com	(315)684-7210