Central New York Breastfeeding Connection 2018 Community Resource Guide

The Central New York Breastfeeding Connection is a regional organization of Lactation Consultants, Nurses, Dieticians, 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

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

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

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**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!

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**Internet Resources**

- [Breastfeedingpartners.org](http://www.breastfeedingpartners.org)  
- [Office on Women’s Health](http://www.womenshealth.gov)  
- [La Leche League](http://www.llusa.org)  
- [Centers for Disease Control & Prevention](http://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.syracuseselactation.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.llsyracuse.org
Syracuse East: 315.663.4597; www.llsyracuse.org
Cortland: www.llcny.org
Oswego: www.llcny.org
Watertown: www.llcny.org