

Oswego County Breastfeeding Support

Free Community Programs

WIC Program

Mary Ellen Pierce, CDN, IBCLC-
Breastfeeding Coordinator/
Nutritionist
(P): 315-343-1311 (F): 315-343-
9504

OPTIONS Program

Certified Lactation Counselors/
CHWs
315-342-0888 ext. 6

Breastfeeding Cafes of Oswego County

Free monthly Drop-In Gatherings
for breastfeeding moms or moms-
to-be
For more info call: 315-424-0009
or visit www.reachcny.org or FB
@BreastfeedingCafesofOswegoCounty

La Leche League

Dee Merritt— Leader

Call/text: 315-402-4080
Email: dmerritt0326@gmail.com

Andrea Haslans— Leader

Cell: 315-480-6323

Lisa Emmons—Former Leader

Mother Earth Baby
Store: 315-216-4622
Cell (call/text): 315-719-4498

Independent Private Practice:

Danielle Weibel, CLC

Cell: 518-293-0929
www.dmarielactation.com

Kadee McDonald, CLC

Cell: 315-558-3508

Carmen Horlacher, CDN, IBCLC

Home: 315-699-5230
Spanish and English speaking

Medical Professional Support

Oswego Hospital

Kimberly J. Spurling, RN
Director of OB-GYN
315-349-3627

Breastfeeding Class— Oswego Health

Call to register: 315-349-5572

Upstate Breastfeeding Medicine Program

315-464-2192

Canalview Chiropractic

Tongue and Lip Tie Assessment
Dr. Nikki Titman
315-598-1187

Breastfeeding Support Websites:

www.breastfeedingpartners.org
www.kellymom.com
www.llusa.org