

## Oswego County Breastfeeding Support

### La Leche League

#### **Former Leader**

Jean Smith

Home: 315-343-4046

Amy Tresidder

Cell: 315-402-0172

#### **Lisa Emmons—Leader**

Mother Earth Baby

Store: 315-216-4622

Cell: 315-719-4498; able to text

### Bi-Lingual Consultant

Carmen Horlacher, CDN, IBCLC

Home: 315-699-5230

### Oswego Hospital

Kimberly J. Spurling, RN

Director of OB-GYN

Oswego Health

315-349-3627

### Breastfeeding Classes

Register at:

[www.oswegohealth.org](http://www.oswegohealth.org)

### Cornell Cooperative Extension

Cindy Walsh

Office: 315-963-7286 ext. 300

### Breastfeeding Support Websites:

[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

[www.kellymom.com](http://www.kellymom.com)

[www.llusa.org](http://www.llusa.org)

### Oswego County Opportunities, Inc.

#### WIC Program

Mary Ellen Pierce, CDN, IBCLC

Breastfeeding Coordinator/Nutritionist

**(P):** 315-343-1311 **(F):** 315-343-9504

#### OPTIONS Program

315-342-7532 ext. 5

### Breastfeeding Cafes of Oswego County

- ♦ Free monthly Drop-In Gatherings for breastfeeding moms or moms-to-be
- ♦ Baby weigh station

#### Locations:

##### Palermo:

#### **Palermo United Methodist Church**

11 County Route 35

1st Fridays

3:30-5:00pm

##### Fulton:

#### **Backstreet Books**

2nd Mondays

1-2:30pm

##### Oswego:

#### **Elim Grace Christian Church**

340 W. 1st Street

3rd Saturdays

10-11:30am

##### Mexico:

#### **Mexico Public Library**

3269 Main Street

4th Tuesdays

5-6:30pm