

# Oswego County Breastfeeding Resource Guide 2026

## Free Services/Support

### WIC Program

**Hannah Cox, CLC**  
315-529-8635

**Mary Ellen Pierce, CDN**  
(P): 315-343-1311

### OPTIONS Program

315-342-0888 ext. 6

**Kathy Corey, CLC**

Work Cell: 315-602-6027

**Chelsea Thomson, CLC**

Work Cell: 315-753-2045

## Oswego County Health

### Department Lactation Services

**Jennifer DiGregorio BSN, RN, CLC**  
315-349-3547

### Volunteer Services

**Lindsay Murphy, BSN, RN, CLC**  
LMLactation@gmail.com  
315-506-3740

**Kadee McDonald, CLC**  
Cell: 315-558-3508

## Breastfeeding Cafes of Oswego County

Free monthly groups for pregnant or breastfeeding individuals

**Fulton/Oswego/Pulaski/Central Square locations**

For more info call: 315-802-1467 or follow on FaceBook

@BreastfeedingCafesofOswegoCounty

## La Leche League

**Andrea Haslans— Leader**  
315-480-6323

**Lisa Emmons—Former Leader**  
Mother Earth Baby/Curious Kidz  
Store: 315-216-4622  
Cell (call/text): 315-719-4498

## Breastfeeding, Chestfeeding, and Lactation Friendly New York (BFFNY)

Supports workplaces, healthcare practices, and public spaces by establishing dedicated lactation rooms and providing breast/chestfeeding resources, education and policy guidance.

Email: [bffny@oco.org](mailto:bffny@oco.org)

Follow on Facebook @OCOBFFNY

## Medical Professional Support

### Oswego Hospital

315-349-5511

### Light House Family Chiropractic

**Danielle Weibel, CLC**

315-598-1187

### Upstate Breastfeeding Medicine Program

315-464-MILK (6455)

## Other Support

### CNY Breastfeeding Connection

#### Regional Resource Guide:

[www.cnybreastfeedingconnection.weebly.com](http://www.cnybreastfeedingconnection.weebly.com)

*Follow Oswego County Breastfeeding Coalition on FB for monthly Breastfeeding Calendar of Events*