

Private Practice Lactation Consultant And Counselors

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.

Liverpool Charlene Insalaco, RN, IBCLC (315) 652-1595

Syracuse Carmen Horlacher, IBCLC, Bilingual/Spanish, No charge
(315) 699-5230

Syracuse Co-Mothering CNY Asteir Bey, RN, IBCLC (336) 831-5424,

Syracuse Jen Deshaies, IBCLC (315)263-7558

Postpartum Doula Service

Doulas of Central NY 315-559-3265

CNY Doula Connection (315) 395-3643

Syracuse Healthy Start Community Doula (315) 435-2920

County Agencies/Home Care

All agencies provide prenatal & postpartum teaching and home visits.

Cayuga County Health Department (315) 253-1560

Madison County Health Department (315) 366-2848

Or Molly Limbert 813-3132

Onondaga County Healthy Families (315) 435-2000

Oswego County Health Department (315) 349-3547

Visiting Nurses Association (Syracuse) (315) 476-3101

Cornell Cooperative Extension (Oswego) (315) 963-7286 ext 300

Pump Rentals and Sales

Syracuse NUNN'S Home Medical Equipment (315) 475-5181– 817 E.
Genesee St, Syracuse

Babies-R-US (315) 424-3998

Date last revised: 10/4/2016



Community Resource Guide 2016

By the CNY Breastfeeding Connection,

**A regional organization of Lactation Consultants, Nurses,
Dietitians, La Leche League Leaders, Doulas, Professional
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.

**The CNY 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 us at cnybreastfeedingconnection@gmail.com

Health Care Facilities

Auburn Memorial Hospital (315) 255-7381

Contact: Patty Granato, Kathleen Greene

Services: Inpatient teaching, Phone and patient consultations

Crouse Hospital (315) 470-7179

Contact: LC's available daily

Services: In-patient teaching, Phone consultation, Prenatal breastfeeding class through First Steps Childbirth Education Program at Marley Education Center (315-470-7481)

Fort Drum OB/GYN Clinic (315) 779-9390

Contact : Rachel Recore

Services: One-to-one consultation

Oneida Healthcare (315) 361-2065

Contact : Team available daily to make appointments.

Services: Baby weigh station, Pump rentals, and Support; Breastfeeding Cafe
Monday 4-7 pm and Friday 1-3 pm



Oswego Hospital (315) 349-5572

Contact: Kathy Distin

Services: Patient teaching, Breastfeeding classes, Phone consultation

Samaritan Medical Center–Watertown (315) 785-4050

Contact: Daniele Banks

Services: Patient teaching, Phone Follow-Up, Breastfeeding classes, Lactation consultation

St. Joseph's Hospital (315) 448-5323

Designated a "Baby Friendly" Hospital by the WHO/UNICEF

Contact: Certified Lactation Consultants available daily

Services: Prenatal Education; Comprehensive In-patient & Out-patient Breastfeeding Consultation Services

University Hospital: The Breast Care Center (315) 464-8224

Contact: Jayne Charlamb, MD, IBCLC

Services: Evaluation and treatment of medical breastfeeding problems

University Hospital: Community Campus (315) 492-5577

Contact: Susan Titus, Anna Mroczek

Services: Inpatient teaching, Breastfeeding classes, Outpatient follow-up

WIC

WIC Services: Breastfeeding peer counselors, Pumps for clients with special circumstances. Peer support and breastfeeding information at the WIC Website: www.BreastfeedingPartners.org

Onondaga County (315) 435-3304

Contact: Sharon Tripolone

Cayuga County (315) 253-1406 or 253-1449 or 253-1474

Contact: Ann Robson, Patty Granato

Madison County (315) 363-3210

Contact: Sue Niedzielski

Oswego County (315) 343-1311 or 1 (888) 730-3803 toll free

Contact: Mary Ellen Pierce

Cortland County (607) 753-6781

Contact: Janice VanValkenburg



Support Groups

La Leche League

Breastfeeding information and support. For information and phone support, call 313-4555 (Syracuse East) or 623-0555 (Liverpool), or visit www.llnny.org

Auburn

Day and evening meeting times. Contact Michelle Tumber, (315) 246-8848, for current information.

Madison County Breastfeeding Connections Cafe

1st & 3rd Fridays 1:00 - 4:00 PM

Call 361-2065 for more information

Molly Limbert RN, IBCLC

Call 813-3132

Oneida County Breastfeeding Connections a Baby Weigh Station Oneida Healthcare

Mondays 4-7pm and Fridays 1-3pm

St. Joseph's Physicians The Heritage Group

