

# CNY Breastfeeding Connection

## 2024 Community Resource Guide

### ONONDAGA COUNTY

#### -Crouse Hospital

<https://www.crouse.org/services/maternity/first-steps>

**Phone:** 315.470.7179 (Lactation Office)

**Phone:** 315.470.7581 (NICU Lactation Office)

**Services:** In-patient comprehensive services and Out-patient phone consultation.

#### -La Leche League

[www.facebook.com/llsyracuse/](http://www.facebook.com/llsyracuse/)

**Syracuse:** 315.623.0555.

Monthly in-person breastfeeding support group.

#### -Nascentia (Visiting Nurses Association - Syracuse & Oneida County)

<https://nascentiahealth.org/health-care-services/nascentia-health-at-home/maternal-pediatric-care/>

**Phone:** 315.477.HOME (4663)

#### -Onondaga County Health Dept. Healthy Families

<https://onhealthyfamilies.com/>

**Phone:** 315.435.2000

#### -Onondaga County Health Dept. WIC Program

[www.wicstrong.com/agency/onondaga-health-department/](http://www.wicstrong.com/agency/onondaga-health-department/)

**Phone:** 315.435.3304

#### -Sankofa Reproductive Health and Healing Center

Asteir Bey, RN, IBCLC

<http://www.sankofaheals.com/>

**Phone:** 315.920.2787

**Location:** Syracuse, NY

#### -St. Joseph's Hospital Health Center

[www.sjhsyr.org/find-a-service-or-specialty/womens-health/maternity-care/](http://www.sjhsyr.org/find-a-service-or-specialty/womens-health/maternity-care/)

**Phone:** 315.448.5323

**Services:** Prenatal education— online & virtual, in-patient and out-patient breastfeeding consultation services

#### -Upstate Community Hospital

[www.upstate.edu/bestbegin](http://www.upstate.edu/bestbegin)

**Phone:** 315.492.5447

**Services:** Comprehensive inpatient lactation services. Free prenatal & postpartum classes and support.

#### -Upstate University Hospital: Breast Care Center Breastfeeding (Lactation) Medicine Program

[www.upstate.edu/breastfeeding](http://www.upstate.edu/breastfeeding)

**Phone:** 315.464-MILK (6455)

**Services:** Telemedicine, outpatient and inpatient Lactation Consultation Services, evaluation and treatment of medical breastfeeding problems. All services are typically covered by insurance.

### CAYUGA COUNTY

#### Auburn Community Hospital

[www.auburnhospital.org/programs-services/obstetrics-and-gynecology/](http://www.auburnhospital.org/programs-services/obstetrics-and-gynecology/)

**Phone:** 315.567.0467

#### Cayuga County WIC Program:

[www.wicstrong.com/agency/cayuga/](http://www.wicstrong.com/agency/cayuga/)

**Phone:** 315.253.1406; 315.253.1474

#### Cayuga County Health Department

[www.cayugacounty.us/1459/Breastfeeding-Support](http://www.cayugacounty.us/1459/Breastfeeding-Support)

**Phone:** 315.253.1560

### CORTLAND COUNTY

#### Cortland County WIC Program

[www.capco.org/our-programs/wic-program/](http://www.capco.org/our-programs/wic-program/)

**Phone:** 607.753.6781

#### La Leche League

**Cortland:**

<http://llusa.org/NYE/Cortland/cortland.HTM>

### MADISON COUNTY

#### Madison County Public Health

[www.madisoncounty.ny.gov/1497/Maternal-Child-Health-Program-Home-Visit](http://www.madisoncounty.ny.gov/1497/Maternal-Child-Health-Program-Home-Visit)

**Phone:** 315.366.2848;

Molly Limbert: 315.813.3132

#### Madison County Breastfeeding Connections, a baby weigh station

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

**Breastfeeding Café:** By appointment only, call 315-361-2065

**Baby Weigh Station:** Mondays 4-7p.m. and Fridays 1-3pm

#### Oneida Health Hospital

[www.oneidahealth.org/womens-health/obstetrics/](http://www.oneidahealth.org/womens-health/obstetrics/)

**Phone:** 315.361.2065

**Services:** Baby weigh station and support

#### Tri-County WIC

[www.wicstrong.com/agency/tri-county/](http://www.wicstrong.com/agency/tri-county/)

**Phone:** 315.798.5066

Herkimer, Madison, and Oneida Counties

## **ONEIDA COUNTY**

### **Faxton/St. Lukes**

<https://www.mvhealthsystem.org/maternity-services/classes-support>

**Phone:** 315.624.6762

**Nascentia** (Visiting Nurses Association - Syracuse & Oneida County)

<https://nascentiahealth.org/health-care-services/nascentia-health-at-home/maternal-pediatric-care/>

**Phone:** 315.477.HOME (4663)

### **Tri-County WIC**

[www.wicstrong.com/agency/tri-county/](http://www.wicstrong.com/agency/tri-county/)

**Phone:** 315.798.5066

Herkimer, Madison, and Oneida Counties

### **Susie's Breastfeeding Cafés**

**Website:** [www.mvbreastfeedingnetwork.com](http://www.mvbreastfeedingnetwork.com)

**Breastfeeding Café Facebook:**

<https://facebook.com/BreastfeedingCafe/>

Zoom Meetings: ID: 8370750 8686

Passcode: 760504

1st & 3rd Wednesday of the month: 12:00p-1:30p

2nd & 4th Wednesday of the month: 7:30p-9:00p

## **OSWEGO COUNTY**

### **Oswego County Breastfeeding Cafés**

Virtual: 1<sup>st</sup> Thursdays 5:30pm-6:30pm, 2nd Monday from 1-2pm

In-Person: 3<sup>rd</sup> Mondays & 4<sup>th</sup> Tuesdays from 10a-11:30a

Follow on facebook @BreastfeedingCafesofOswegoCounty

Contact: Amanda Barbera at 315-802-1467 or

abarbera@reachcny.org

### **Oswego County Health Department Lactation Services**

[https://health.oswegocounty.com/programs/1\\_preventive/healthy\\_families.php](https://health.oswegocounty.com/programs/1_preventive/healthy_families.php)

**Jennifer DeGregorio BSN, RN, CLC**

**Phone:** 315.349.3547;

### **Oswego County Opportunities OPTIONS Program:**

**Phone:** 315-342-0888 ext. 6

**Services:** Free 1:1 breastfeeding education and assistance. Virtual, phone or in-person.

### **Oswego County WIC Program:**

**Phone:** 315.343.1311, 888.730.3803

### **Oswego Hospital**

[www.oswegohealth.org/services/maternity-center/](http://www.oswegohealth.org/services/maternity-center/)

**Phone:** 315.349.5572

**Services:** Patient teaching, breastfeeding classes, and phone consultation

## **Private Practice Lactation Consultants**

**Ania Mrozcek BS, RN, IBCLC** Mohawk Valley

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

**Location:** Utica, NY

**Jen Deshaies, IBCLC**

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

**Phone:** 315.263.7558

**Location:** Syracuse, NY

Virtual visits available from any location worldwide.

**Catherine Presite, IBCLC**

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

**Phone:** 315.316.2977

## **Postpartum Doula and Lactation Support**

**Beth Seeley, CLC**

[bethjseeley@hotmail.com](mailto:bethjseeley@hotmail.com)

**Phone:** 315.440.1420

**CNY Doula Connection**

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

**Phone:** 315.395.3643

**Doula 4 A Queen**

**Phone:** 315.313.5643

**Doulas of Central New York**

**Phone:** 315.455.6666

**Kadee McDonald, CLC**

**Phone:** 315.558.3508

**Merlin Marrison, CLC, Doula**

[mmarrison@healthandblessings.com](mailto:mmarrison@healthandblessings.com)

**Phone:** 315.401.1439

**Lindsay Murphy BSN RN CLC**

[LMlactation@gmail.com](mailto:LMlactation@gmail.com)

**Syracuse Healthy Start Community Doula**

<https://onhealthyfamilies.com/doula-program>

**Contact us at [cnybreastfeedingconnection@gmail.com](mailto:cnybreastfeedingconnection@gmail.com) for information or to submit guide updates**

## **Full Breastfeeding Resource Guide**

Please use the following link, or scan the QR code, to discover all of the breastfeeding resources in YOUR community!

**Website:** <https://cnybreastfeedingconnection.weebly.com>

