



Finger Lakes
Breastfeeding Partnership

Breastfeeding Resources



IN THE FINGER LAKES REGION

B A B Y C A F É S & B I S T R O S

A Baby Café or Bistro is a free resource for pregnant and breastfeeding mothers to get support from specifically-trained staff and to share experiences with other moms.

Virtual Locations:

♦ **Baby Café Zoom Sessions**

Healthy Families Ontario & Yates Facebook Page has links!

Times: 1st Wednesdays 10:00-11:30AM

3rd Tuesdays 1:00-2:30 PM

Contact: Teresa Deacon (315) 412-4527 (text or call for support or session links)

♦ **Baby Bistro**

Elmira Family Resource Center:

contact Katrina at WIC (607) 737-2039

♦ **ROC City Baby Cafés**

<https://rochesterregionalbreastfeedingcoalition.com/>

*Time: Every Monday, 5:00-7:00 PM (Closed on holidays)

Facilitator: Amy Saglibene-Parmelee RN, BSN, IBCLC

Join: <https://urmc.zoom.us/j/422399391> Meeting ID: 422 399 391

*Time: Every Tuesday, 10:30AM-12:00PM (Closed Holidays)

Facilitator: Meghan Mueller, RD, IBCLC

Join: <https://urmc.zoom.us/j/768483216> Meeting ID: 768 483 216

*Time: Every Wednesday, 1:00-3:00 PM (Closed on Holidays)

Facilitator: Kim Santelli, RN, CLC

Join: <https://urmc.zoom.us/j/443703723> Meeting ID: 443 703 723

♦ **Finger Lakes Lactation** www.fingerlakeslactation.com

Heather Mastro, BS, IBCLC, RLC (607) 383-0187

B R E A S T F E E D I N G S U P P O R T

Community resources are available to you:

♦ **WIC:**

Chemung & Schuyler Counties:

(607) 737-2039

Livingston County: (585) 243-7530

Ontario, Wayne, Seneca & Yates:

(585) 394-9240

Steuben County: (607) 776-1151

♦ **La Leche League:**

Finger Lakes Area: Maureen

Weidman: (315) 548-7980

Canal Town: Scarlett Miles

(315)-235-1545

Find a group in your area:

<http://www.llnny.org/>

♦ **Child and Family Resources:**

(Ontario & Yates County)

Teresa: (315) 412-4527 (text or call)

♦ **The New York Milk Bank**

Valhalla, NY 212-956-6455

Call your local Health Department:

Community health workers, nurses and/or Certified Lactation Counselors are available

Chemung County:

(607) 737-2899

Livingston County:

(585)243-7299

Ontario County:

(585) 396-4343

Seneca County:

(315) 539-1920

Schuyler County:

(607) 535-8140

Steuben County:

(607) 664-2438

Yates County:

(315) 536-5160

Wayne County:

(315) 946-5749

Breast Pump Providers

Prescription and cash accepted

Nu-Life Medical Equipment

585-672-5105 (Fairport)

Free delivery

Quinlan Medical Supply

585-394-2303 (Canandaigua)

Pediatric Medical Supply 585-

381-3060 (Roch.) Free delivery

Westside Medical Supply

585-227-8750 (Rochester)

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Contact Your Local Hospital or Birth Center

Arnot Ogden Medical Center: (607) 735-5717

Cayuga Medical Center: (607) 274-4408

The Birthing Center at Thompson Hospital:

(585) 396-6260 or (585) 396-6295

Rochester General Hospital Women's Care Unit:

Lactation: (585) 922-4062 Main: (585)922-4000

Strong Beginnings Birthing Center at URM Strong

Memorial Hospital: Lactation Warmline (585) 275-9575

Highland Hospital's Family Maternity Center:

(585) 341-6808

Newark-Wayne Community Hospital: (315) 332-2230

Noyes Memorial Hospital: (585) 335-4246

Internet Breastfeeding Resources:

New York State Department of Health

<http://www.health.ny.gov/community/pregnancy/breastfeeding/>

Office of Women's Health, U.S. Department of Health and Human Services

<http://www.womenshealth.gov/breastfeeding/>

Breastfeedingpartners.org

www.breastfeedingpartners.org

La Leche League International

www.llli.org

United States Department of Agriculture, WIC

<https://wicworks.fns.usda.gov/>

WIC <https://wicbreastfeeding.fns.usda.gov/>

BREASTFEEDING CLASS & ADDITIONAL TOPICS

- ◆ Prenatal/breastfeeding Education: <https://www.rochesterregional.org/.../online-classes>
- ◆ Guide to Breastfeeding": <https://www.womenshealth.gov/patient-materials/resource/guides>
- ◆ [https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/back to work moms.htm](https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/back_to_work_moms.htm)
- ◆ <http://www.labor.ny.gov/workerprotection/laborstandards/nursing-mothers.shtm>
- ◆ <http://www.nysbreastfeeding.org/workplace-support/>
- ◆ <http://www.workandpump.com/gettingstarted.htm>
- ◆ Breastfeeding Mother's Guide to Making More Milk by Diana West and Lisa Marasco

