



**EVERY PARENT
NEEDS A LITTLE
SUPPORT**



Reliable Websites

New York State Department of Health
<http://www.health.ny.gov/community/pregnancy/breastfeeding/>

Office of Women's Health
<http://www.womenshealth.gov/breastfeeding/>

Centers for Disease Control and Prevention
<https://www.cdc.gov/breastfeeding/index.htm>

La Leche League International
www.llli.org

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

WHERE TO FIND US

(585) 396-4558

www.facebook.com/FLBreastfeeding

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**BREASTFEEDING
RESOURCES**

in the
Finger Lakes

WIC &

La Leche League

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

La Leche League in your area:

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

Breastfeeding/Parenting Support Sites

- Parenting Partners: Healthy Families Ontario & Yates: (315) 412-4527
- Positive Expressions Infant Support: Livingston County Health Department: (585) 243-7299
- Baby Bistro: Elmira Resource Center: (607) 737-2039
- ROC City Baby Cafes: Zoom: <https://rochesterregionalbreastfeedingcoalition.com/baby-cafe/>



Local Health Departments

Chemung County:
(607) 737-2488

Livingston County:
(585) 243-7299

Ontario County:
(585) 396-4343

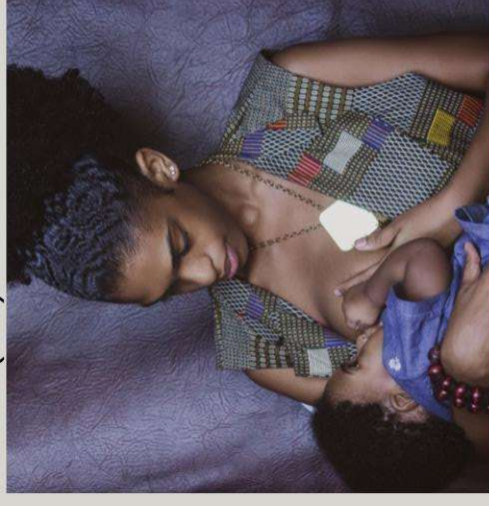
Seneca County:
(315) 539-1920

Schuyler County:
(607) 535-8140

Steuben County:
(607) 664-2438

Yates County:
(315) 536-5160

Wayne County:
(315) 946-5749



**Many local Health
Departments feature home
visits with a Certified
Lactation Counselor (CLC)**