

This directory is provided as a courtesy by the Mid-Hudson Lactation Consortium, a coalition of agencies and individuals dedicated to the promotion of breastfeeding as the “Gold Standard of Infant Nutrition.”

All phone numbers are in the 845 area code, unless otherwise stated.

La Leche League meetings and their support services are free of charge. Meetings are held at various locations. Pregnant women and mothers of infants and toddlers are encouraged to attend. Call a leader to get a current schedule.

Lactation consultants and other providers may charge for their services or may have eligibility requirements.

Inclusion in this directory does not reflect an endorsement of the services.

Call the hospital where you gave birth. They may have an IBCLC lactation consultant or CLC on staff.

IBCLCs are health care professionals certified by the International Board of Lactation Consultant Examiners. They provide education for the prevention of breastfeeding problems and assistance when challenging situations occur.

Breastfeeding Peer Counselors are available at all WIC offices—check with their Breastfeeding Coordinator for more information.

Did you know?

- ◆ Breastfeeding protects infants from ear infections and diarrhea
- ◆ Breastfeeding is good for mothers, too!
- ◆ The American Academy of Pediatrics recommends breastfeeding for the first year of life, and beyond.
- ◆ Formula is NOT the same as human milk, and increases certain health risks to your baby.
- ◆ Human milk is simply the right nutrition for human babies!

Want to become an IBCLC?
Visit www.iblce.org

For more information about MHLC, or to be included as a provider in our next issue, contact Stephanie Sosnowski, MHLC Coordinator at MISN, 845-492-9027 or ssosnowski@misn-ny.org. Educational and networking meetings are held quarterly - please contact Stephanie to be added to our email contact list to receive notifications.

August is National Breastfeeding Month!

Breastfeeding Services Directory

Mid-Hudson Lactation Consortium



- **IBCLC Lactation Consultants**
- **La Leche League Leaders**
- **CLC Counselors**
- **Breastpump Rentals**
- **Milk Bank**
- **Breastfeeding Support Groups and Classes**
- **WIC Breastfeeding Support**

Mid-Hudson Lactation Consortium c/o MISN, Inc.
10 Little Britain Road
Newburgh, NY 12550
www.misn-ny.org
845-492-9027



ORANGE COUNTY

La Leche League Leaders

Rene Fisher 800-7275

International Board Certified Lactation Consultants (IBCLCs)

Ellen Mahony 742-1243

Stephanie Sosnowski @ Washingtonville Pediatrics
496-1025 or 325-3382

Deborah Vermilyea, Kristin Walicki, Melissa Lawlor,
Myrtle Robertson, Zakayah Williams @ORMC

333-6274

Susan Rannestad 283-2229

Christina Cassidy 544-4091

Jessica Peters @CFHC 568-5473

Sarah Amer 652-0419

Jessica Thomas 481-1203

Breastfeeding Classes/Support/Assistance

Orange Regional Medical Center 333-6274

St. Anthony's Hospital 987-5300

Stephanie Sosnowski, MISN 492-9027

Private Practice 325-3382

Paula Spector, RN, CLC 610-3548

Christina Cassidy, RN, IBCLC St. Luke's Hosp.
245-7290

Sarah Lichtenstein, CLC Kiryas Joel 325-8400

Courtney Durfee, RN, CLC 283-7447

Marian Seliquni, CM @ CFHC 862-220-6140

WIC Breastfeeding Coordinators and Peer Counselors

Jill Boyd (OCDOH) Middletown/Harriman 346-1297

Middletown MISN WIC Peer Counselors

Anankhka 245-5370

Jessica Peters, (CFHC) Newburgh 568-5473x 1087

Peer: Rosa 392-3835

CFHC Port Jervis Jennifer Rodriguez 485-3705

SULLIVAN COUNTY

IBCLCs

Stephanie Sosnowski, IBCLC @ MISN 492-9027

Breastfeeding Information/Support Group/Classes

Stephanie Sosnowski, IBCLC, @ MISN 492-9027

Lacie Halloran, RN, CLC 607-725-5369

Catskill Regional Medical Center 794-3300 x 2372

Healthy Families of Sullivan County 292-5910 x2250

Sullivan County Public Health Services WIC 292-5910 x5

ULSTER COUNTY

La Leche League Leaders

Donna Bruschi 255-1055

IBCLCs

Health Alliance-Kingston 331-3131 x 2241

Donna Bruschi 750-4402

Jessica Thomas 481-1203

Breastfeeding Classes/Support/Assistance

Health Alliance-Kingston 331-3131 x 2241

Connie Kieltyka 657-5899

Healthy Families 339-8551

Doris Preslar-Leveque, LPN, CLC (IFH) 338-6400

Lily DePiero, RN, CLC (IFH) 339-9055

Annie Kane-Horrigan, LPN, CLC (IFH) 338-8444

WIC Breastfeeding Coordinator

Nolvia Altamirano 340-4279

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu 518-537-4221

Melissa Lawlor 705-3344

Pat Sexton 876-6880

Lucia Arsky 518-851-9615

Bethany Hanchett 630-890-7632

Crystal Heisman 453-4208

IBCLCs

Kay Bishop 677-8793

Vassar Brothers Medical Center: 483-6178

(Meg Clayton, Doris Nunez, Ann Einhorn)

Susan Vromen @ Northern Dutch. H. 871-3365

Melissa Lawlor 226-7849

Breastfeeding Classes/Support/Assistance

Breastfeeding Coalition of Dutchess Cty. 483-6178

Dept. of Health 486-3419

Northern Dutchess Hospital 871-3355

Vassar Brothers Medical Center 483-6178

Ozie Williams, CLC (DOH) 486-3542

WIC Breastfeeding Coordinator

Have milk to donate?

Visit www.nymilkbank.org

Pump Rentals and Insurance Pumps**

Orange Regional Medical Center 333-6274

Northern Dutchess Hospital 871-3365

Vassar Brothers Medical Center 483-6178

New Baby New Paltz 750-4402

Maternal-Infant Services Network 492-9027

A Medical Supply 783-6678

**Some La Leche League Leaders, Lactation Consultants and hospitals rent and/or sell breastpumps, too. WIC agencies are able to supply pumps to eligible families.

Other Resources

Maternal-Infant Services Network

1-800-453-4666 (Monday – Friday 9 AM – 5 PM)

Hudson Valley Region 2-1-1 Information Line

(24 hours a day, 7 days a week)

On the internet

www.nysbreastfeeding.org

www.breastfeedingpartners.org

www.lli.org

www.breastfeeding.com

www.uslca.org

www.ilca.org

www.breastfeedingonline.com

www.4Women.gov

www.misn-ny.org

www.usbreastfeeding.org

www.breastfeedingulster.org

www.childbirthandparenting.com

www.latchme.com

www.birthandbreastfeedingeducationandsupport.com

www.boobiebroad.com

Going back to work?

You can:

- Ask for a private place to express or pump your breastmilk (not a bathroom!)
- Use your break time or meal time to express or pump

Your employer must help you locate a room, and must not discriminate against you for expressing or pumping. (NYS Labor Law Section 206-c). If your employer would like more information, please have them contact Maternal-Infant Services Network, 845-561-3575 ext 301