

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 mhlcmail@gmail.com. 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



- Internationally Board Certified Lactation Consultants (IBCLCs)
- La Leche League Leaders
- Certified Lactation Counselors (CLCs)
- 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
mhlcmail@gmail.com
845-492-9027

ORANGE COUNTY

La Leche League Leaders

Rene Fisher 800-7275

IBCLCs

Ellen Mahony 742-1243

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

Rene Fisher @ ORMC 333-6264

Kristin Walicki @ORMC 333-6274

Susan Rannestad 283-2229

Christina Cassidy 544-4091

Sarah Amer 652-0419

Jessica Thomas 481-1203

Breastfeeding Classes/Support Groups/Assistance

Orange Regional Medical Center 333-6264

St. Anthony's Hospital 987-5300

Stephanie Sosnowski, MISN 492-9027

Private Practice 325-3382

Paula Spector, RN, CLC 610-3548

Sarah Lichtenstein, CLC Kiryas Joel 325-8400

Melyssa DeLorenzo, MSLCH 219-4227

Mid Hudson Chocolate Milk 381-0916

WIC Breastfeeding Coordinators and Peer Counselors

Michelle Kavanaugh (OCDOH) 360-6550

Middletown MISN WIC Peer Counselors
Anankhka and Janet (bilingual) 245-5370

Pamela Roeloffs (CFHC) Newburgh 568-5473x1087

Peer Counselor: Rosa (bilingual) 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

Linnette Vargas-Gonzalez, CHW @ MISN 702-1894

Lacie Halloran, RN, CLC 607-725-5369

Jennifer Lansiquot, CLC @ CRMC 794-3300 x2727

Healthy Families of Sullivan County 292-5910 x2250

CLCs: Stacey Wizwer, 807-9048, Ericka Pineda 428-1636

Sullivan County Public Health Services WIC 292-5910 x5

Sullivan County Public Health Services MCH 292-5910

Baby Café - La Taza Materna—Liberty 702-1894

ULSTER COUNTY

La Leche League Leader

Donna Bruschi 255-1055

IBCLCs

Health Alliance-Kingston 331-3131 x 2241

Jessica Thomas 481-1203

Breastfeeding Classes/Support/Assistance

Health Alliance-Kingston 331-3131 x 2241

Connie Kieiltyka 657-5899

Healthy Families 339-8551

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

Lily DeFazio RN, CLC (IFH) 339-9055

Megan McMullan, MD, CLC (IFH) 338-6400

Sandy O'Brien, CHW (MISN) 625-8606

Martiday Rodriguez, CLC 978-480-0773

WIC Breastfeeding Coordinator

Michelle Koross 340-4282

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu 518-537-4221

Pat Sexton 876-6880

Cori Werner 929-356-5607

Alexa Devin 347-730-7356

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

Jane Klamwela, CLC (DOH) 486-3750

Rebeca Garcia, PHN (DOH) 486-3428

Deirdre Mae Micker, WHNP-BC 797-9229

WIC Breastfeeding Coordinator

Robin Payne 452-6478

Pump Rentals and Insurance Pumps**

Orange Regional Medical Center 333-6264

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)

On the internet

nysbreastfeeding.org

breastfeedingpartners.org

Illi.org

Naturalbreastfeeding.com

Firstdroplets.com

uslca.org

ILCA.org

breastfeedingonline.com

Womenshealth.gov

mism-ni.org

usbreastfeeding.org

childbirthandparenting.com

birthandbreastfeedingeducationandsupport.com

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, 845-492-9027.

Have milk to donate?

Visit www.nymilkbank.org