



## CNY Breastfeeding Connection 2025 Community Resource Guide

<b>Onondaga County</b>	<b>Cayuga County</b>
<p><b>Crouse Hospital</b>  <a href="https://crouse.org/services/maternity/first-steps">crouse.org/services/maternity/first-steps</a>  <b>Phone:</b> 315.470.7179 (Lactation Office)  <b>Phone:</b> 315.470.7581 (NICU Lactation Office)  <b>Services:</b> In-patient comprehensive services, and out-patient phone consultation.</p> <p><b>La Leche League</b>  <a href="https://facebook.com/lllsyracuse/">facebook.com/lllsyracuse/</a>  Syracuse: 315.623.0555  Monthly in-person breastfeeding support group.</p>	<p><b>Auburn Community Hospital</b> <a href="https://auburnhospital.org/programs-services/obstetrics-and-gynecology/">auburnhospital.org/programs-services/obstetrics-and-gynecology/</a>  <b>Phone:</b> 315.252.5028</p> <p><b>Cayuga County WIC Program:</b>  <a href="https://www.wicstrong.com/agency/cayuga/">www.wicstrong.com/agency/cayuga/</a>  <b>Phone:</b> 315.253.1406; 315.253.1474</p> <p><b>Cayuga County Health Department</b>  <a href="https://www.cayugacounty.us/1459/Breastfeeding-Support">www.cayugacounty.us/1459/Breastfeeding-Support</a>  <b>Phone:</b> 315.253.1560</p>
	<b>Cortland County</b>
<p><b>Nascentia (Visiting Nurses Association – Syracuse &amp; Oneida County)</b>  <a href="https://nascentiahealth.org/health-care-services/nascentia-health-at-home/maternal-pediatric-care/">nascentiahealth.org/health-care-services/nascentia-health-at-home/maternal-pediatric-care/</a>  <b>Phone:</b> 315.477.HOME (4663)</p> <p><b>Onondaga County Health Department</b></p> <ul style="list-style-type: none"> <li>○ <b>Healthy Families</b> <a href="https://onhealthyfamilies.com/">onhealthyfamilies.com/</a>  <b>Phone:</b> 315.435.2000</li> <li>○ <b>WIC Program</b> <a href="https://wicstrong.com/agency/onondaga-health-department/">wicstrong.com/agency/onondaga-health-department/</a>  <b>Phone:</b> 315.435.3304</li> </ul> <p><b>Sankofa Reproductive Health and Healing Center</b>  <a href="https://sankofaheals.com/">sankofaheals.com/</a>  <b>Phone:</b> 315.920.2787</p> <p><b>St. Joseph's Hospital Health Center</b> <a href="https://sjhsyr.org/find-a-service-or-specialty/womens-health/maternity-care/">sjhsyr.org/find-a-service-or-specialty/womens-health/maternity-care/</a>  <b>Phone:</b> 315.448.5323  <b>Services:</b> Prenatal education– online &amp; virtual, in-patient and out-patient breastfeeding consultation services</p> <p><b>Upstate Community Hospital</b>  <a href="https://Upstate.edu/bestbegin">Upstate.edu/bestbegin</a>  <b>Phone:</b> 315.492.5447  <b>Services:</b> Comprehensive inpatient lactation services. Free prenatal &amp; postpartum classes and support. Breastfeeding Café on Thursdays</p> <p><b>Upstate University Hospital: Breast Care Center Breastfeeding (Lactation) Medicine Program</b>  <a href="https://Upstate.edu/breastfeeding">Upstate.edu/breastfeeding</a>  <b>Phone:</b> 315.464-MILK (6455)  <b>Services:</b> Telemedicine, outpatient and inpatient Lactation Consultation Services, evaluation and treatment of medical breastfeeding problems. All services are typically covered by insurance.</p>	<p><b>Cortland County WIC Program</b>  <a href="https://capco.org/our-programs/wic-program/">capco.org/our-programs/wic-program/</a>  <b>Phone:</b> 607.753.6781</p> <p><b>La Leche League</b>  Cortland: <a href="https://www.facebook.com/cortlandlaleche/">https://www.facebook.com/cortlandlaleche/</a></p>
	<b>Madison County</b>
	<p><b>Madison County Public Health – Maternal Child Health Program</b>  <a href="https://www.madisoncounty.ny.gov/1497/Maternal-Child-Health-Program">https://www.madisoncounty.ny.gov/1497/Maternal-Child-Health-Program</a>  <b>Phone:</b> 315.366.2361 (option 2)  <b>Local Breastfeeding Support – Molly Limbert, RN, IBCLC</b>  <b>Phone:</b> 315.813.3132</p> <p><b>Oneida Health (Madison &amp; Oneida Counties)</b>  607 Seneca Street, Oneida  <b>Phone:</b> 315-361-2065  <b>Services:</b> Breastfeeding Café; Baby Weigh Station: By appointment only, Mondays and Fridays 4-7pm and Sundays 9am-noon.</p> <p><b>Oneida Health Hospital (Madison &amp; Oneida Counties)</b>  The Lullaby Center  <a href="https://www.oneidahealth.org/maternity-lullaby-center/">https://www.oneidahealth.org/maternity-lullaby-center/</a></p> <p><b>Tri-County CAP WIC</b>  <a href="https://capmadco.org/program/wic/">https://capmadco.org/program/wic/</a>  Morrisville – <b>Phone:</b> 315.684-3144  Canastota – <b>Phone:</b> 315-697-3588</p>

## Oneida County

### Faxton/St. Lukes

<https://www.mvhealthsystem.org/maternity-services/classes-support>  
Phone: 315.917.7436

### 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/)  
Oneida – Phone: 315-363-3210  
Utica – Phone: 315-798-5066  
Rome – 315.356.4755

### Susie's Breastfeeding Cafés

Website: [www.mvbreastfeedingnetwork.com](http://www.mvbreastfeedingnetwork.com)  
Facebook: <https://facebook.com/BreastfeedingCafe/>  
4<sup>th</sup> Wednesday of the month: 6:00-7:30p – Utica Library  
1<sup>st</sup> & 3<sup>rd</sup> Friday of the month: 1:00-3:00p – 607 Seneca St, Oneida  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month: 12:00-2:30p – Faxton Campus  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month: 9:30-11:30am – Dunham Library

## Oswego County

### Oswego County Breastfeeding Cafés

<https://www.facebook.com/BreastfeedingCafesofOswegoCounty>  
1<sup>st</sup> Thursday of the month: 5:30-6:30p – Oswego Public Library  
3<sup>rd</sup> Monday of the month: 10-11:30a – Pulaski Family Welcome Center  
4<sup>th</sup> Tuesday of the month: 10:-11:30a – Fulton Family Welcome Center  
Contact: Amanda Barbera: 315-802-1467 or abarbera@reachcny.org

### Oswego County Health Department Lactation Services

[https://health.oswegocounty.com/programs/1\\_preventive/lactation\\_services.php](https://health.oswegocounty.com/programs/1_preventive/lactation_services.php)

Jennifer DeGregorio BSN, RN, CLC  
Phone: 315.349.3547; 315.349.3553

### Oswego County Opportunities OPTIONS Program:

<https://www.oco.org/services/health/options/>  
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: 315.349.5627

## Private Practice Lactation Consultants

### Ania Mrozcek BS, RN, IBCLC (Utica, NY)

<https://mohawkvalleylactation.com/> Phone: 315.497.7080

### Jen Deshaies, IBCLC (Syracuse, NY)

[www.syracuselactation.com](http://www.syracuselactation.com); Phone: 315.263.7558  
Virtual visits available from any location worldwide.

### Catherine Presite, IBCLC (Utica, NY)

[www.thegoodlatchcat.com](http://www.thegoodlatchcat.com); Phone: 315.316.2977

### Postpartum Doula and Lactation Support

#### Beth Seeley, CLC (CNY)

[bethseeley@hotmail.com](mailto:bethseeley@hotmail.com); Phone: 315.440.1420

### CNY Doula Connection [www.cnydoulaconnection.com](http://www.cnydoulaconnection.com);

Phone: 315.707.8097

### Doula 4 A Queen <https://www.doula4aqueen.com/>

Phone: 315.313.5643 (Syracuse, NY)

### Doulas of Central New York <https://www.doulasofcny.com/>

Phone: 315.455.6666

### Kadee McDonald, CLC; Phone: 315.558.3508 (CNY)

### Merlin Marrain, CLC, Doula (Syracuse, NY)

[mmarrain@healthandblessings.com](mailto:mmarrain@healthandblessings.com) Phone: 315.401.1439

### Lindsay Murphy BSN RN CLC (CNY)

[LMlactation@gmail.com](mailto:LMlactation@gmail.com); Phone: 315.506.3740

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>

Follow us on Facebook!

<https://www.facebook.com/CNYBreastfeedingConnection>