

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.

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!

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.

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 @ORMC
333-6274
Susan Rannestad 283-2229
Christina Cassidy 544-4091
Jessica Peters, Victoria Mazzuca, @CFHC 568-5473

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
Danielle Diamond, CLC 500-7414
Elaine Lopez, RN, CLC St. Luke's Hosp. 568-2618
Sarah Lichtenstein, CLC Kiryas Joel 325-8460
Courtney Durfee, CLC 283-7447
Marian Seliquni, CM 862-220-6140

WIC Breastfeeding Coordinators and Peer Counselors

Laura Hubbell, CLC (OCDOH) Middletown/Harriman
346-1300
Middletown MISN WIC Peer Counselors
Anankhka and Janet 245-5370
Jessica Peters, (CFHC) Newburgh 568-5473x 1087
Peer: Rosa 392-3835
WIC Peer Counselors MCHC Port Jervis 467-1998

SULLIVAN COUNTY

IBCLCs

Stephanie Sosnowski, IBCLC @ MISN 492-9027

WIC/ Breastfeeding Peer Counselors:

Sarah and Jasmine 292-5910 x 2262; or cell: 845-707-1339
(English) or 707-5967 (Spanish)

Breastfeeding Information/Support Group/Classes

Stephanie Sosnowski, IBCLC, @ MISN 492-9027
Catskill Regional Medical Center 794-3300 x 2372
Healthy Families of Sullivan 292-5910 x2250

ULSTER COUNTY

La Leche League Leaders

Donna Bruschi 255-1055

IBCLCs

Health Alliance-Kingston 331-3131 x 2241
Donna Bruschi 750-4402

Breastfeeding Classes/Support/Assistance

Health Alliance-Kingston 331-3131 x 2241
Connie Kieltyka 657-5899
Healthy Families (845) 339-8551

WIC Breastfeeding Coordinator*

Nancy Nissen 340-3965

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu 518-537-4221
Melissa Lawlor 705-3344
Pat Sexton 876-6880
Lucia Arsky 518-851-9615
Aimee Notaro 222-1697
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, Ellen Mahony)
Susan Vromen @ Northern Dutch. H. 871-3365
Melissa Lawlor 845-226-7849

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 *

Sharon DErrico 452-6478 x4023

***Breastfeeding Peer Counselors are available at all
WIC clinics—ask the WIC Breastfeeding Coordinator
for more information.**

Want to become an IBCLC?

Visit www.ibclce.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.*

**Have milk to donate?
Visit www.nymilkbank.org**

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.lili.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

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