



Breastfeeding Resource Guide

Lourdes Hospital

- Laura Walker, RNC, IBCLC, CEIM
 - Barb Balaci, RN, MS, IBCLC
- 607-798-5423

Provides inpatient, outpatient and phone lactation consultant services. Outpatient visits by appointment.
BREAST PUMP RENTALS AND SALES

United Health Services

UHS Stay Health Center

- Chris Longo, RN, BSN, IBCLC
- 607-763-5555

Provides lactation consultant services in person by appointment or by phone free of charge.
BREAST PUMP RENTALS

Pediatric Offices

Chenango Bridge Pediatrics

- Jennifer Woodford, FNP, CLS
- 607-648-6667

Provides lactation support services by appointment.

La Leche League of Greater

Binghamton

- Tracy Adams
- 607-341-2436
- Aviva Mitchell
- 607-429-8939

Monthly Support Groups are held in two locations. They are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help breastfeeding mothers. Home visits by appointment.
<https://www.facebook.com/groups/241623142625228/>
<http://lllbinghamtonny.weebly.com>

Broome County Health

Department

Maternal Child Health & Development

- Kathy Marsh, CLC
- 607-778-2856
- Marie Shafer, CLC
- 607-778-2820

Provides lactation consult services by phone and in-home visits by appointment.

Broome County WIC

(WIC Clients Only)

- Linda Nixon, CLC
- 607-778-2845
- Peer Counselors
- 607-778-3904

Provides lactation consultant services.
Help with obtaining pumps through Insurance and Breast Pump Rentals

Southern Tier Breastfeeding Coalition

Follow us on Facebook - Yummy From My Mummy
Provides support for breastfeeding mothers and their families.

my.yummy.mummy@groups.facebook.com

<https://www.facebook.com/groups/my.yummy.mummy/>