



Finger Lakes  
Breastfeeding Partnership

# Breastfeeding Resources

IN THE FINGER LAKES REGION



## B A B Y C A F É S & B I S T R O S

A Baby Café or Bistro is a free resource for pregnant and breastfeeding mothers to get support from specifically-trained staff and to share experiences with other moms.

### Virtual Locations:

- ♦ **Healthy Families: Parenting Partners (Formally Baby Café)**  
Healthy Families Ontario & Yates Facebook Page have **Zoom links!**  
Times: 1st Wednesdays 10:00-11:30AM  
3rd Tuesdays 1:00-2:30 PM  
Contact: Teresa Deacon (315) 412-4527 (text or call for support or session links)
- ♦ **Baby Bistro**  
Elmira Family Resource Center:  
contact Katrina at WIC (607) 737-2039
- ♦ **ROC City Baby Cafés**  
<https://rochesterregionalbreastfeedingcoalition.com/>  
\*Time: Every Monday, 5:00-6:30 PM (Closed on holidays)  
Join: <https://urmc.zoom.us/j/422399391> Meeting ID: 422 399 391  
  
\*Time: Every Tuesday, 10:30AM-12:00PM (Closed Holidays)  
Join: <https://urmc.zoom.us/j/768483216> Meeting ID: 768 483 216  
  
\*Time: Every Wednesday, 1:00-2:30 PM (Closed on Holidays)  
Join: <https://urmc.zoom.us/j/443703723> Meeting ID: 443 703 72
- ♦ **Finger Lakes Lactation** [www.fingerlakeslactation.com](http://www.fingerlakeslactation.com)  
Heather Mastro, BS, IBCLC, RLC (607)-383-0187

## BREASTFEEDING SUPPORT

Community resources are available to you:

### ♦ **WIC:**

Chemung & Schuyler Counties:  
(607)-737-2039

Livingston County: (585) 243-7530  
Monroe, Ontario, Wayne, Seneca &  
Yates: (585) 394-9240  
Steuben County: (607) 776-1151

### ♦ **La Leche League:**

*Finger Lakes Area: Maureen  
Weidman: (315) 548-7980  
Canal Town: Scarlett Miles  
(315)-235-1545*

*Find a group in your area:  
<http://www.llnny.org/>*

### ♦ **Child and Family Resources:**

Ontario, Seneca, & Yates County  
(315) 412-4527 (text or call)

### ♦ **The New York Milk Bank**

Valhalla, NY 212-956-6455

### **Call your local Health Department:**

Community health workers, nurses and/or  
Certified Lactation Counselors are available

Chemung County:

(607) 737-2028

Livingston County:

(585) 243-7299

Ontario County:

(585) 396-4343

Seneca County:

(315) 539-1920

Schuyler County:

(607) 535-8140

Steuben County:

(607) 664-2438

Yates County:

(315) 536-5160

Wayne County:

(315) 946-5749

### **Breast Pump Providers**

Prescription and cash accepted

#### **Nu-Life Medical Equipment**

585-672-5105 (Fairport)

Free delivery

#### **Quinlan Medical Supply**

585-394-2303 (Canandaigua)

#### **Pediatric Medical Supply**

585-381-3060 (Rochester)

Free delivery

#### **Westside Medical Supply**

585-227-8750 (Rochester)

# Breastfeeding Resources

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## **Contact Your Local Hospital or Birth Center**

**Arnot Ogden Medical Center CLC:** (607) 735-5717

**Cayuga Medical Birth Center:** (607) 274-4408

**The Birthing Center at Thompson Hospital:**

(585) 396-6260 or (585) 396-6295

**Rochester General Hospital Women's Care Unit:**

Lactation: (585) 922-4062 Main: (585) 922-4200

**Strong Beginnings Birthing Center at URM Strong**

**Memorial Hospital: Lactation Warmline** (585) 276-6455

**Highland Hospital's Family Maternity Center:**

(585) 341-6808

**Newark-Wayne Community Hospital:** (315) 332-2230

**Noyes Memorial Hospital Family Birthing Center:**

(585) 335-4246

## **Internet Breastfeeding Resources:**

**New York State Department of Health**

<http://www.health.ny.gov/community/pregnancy/breastfeeding/>

**Office of Women's Health, U.S. Department of Health and Human Services**

<http://www.womenshealth.gov/breastfeeding/>

**La Leche League International**

[www.llli.org](http://www.llli.org)

**United States Department of Agriculture, WIC**

<https://wicworks.fns.usda.gov/>

**WIC** <https://wicbreastfeeding.fns.usda.gov/>

## **BREASTFEEDING CLASS & ADDITIONAL TOPICS**

- ♦ Prenatal/breastfeeding Education: <https://www.rochesterregional.org/services/womens-health/childbirth-centers/online-classes>
- ♦ "Your Guide to Breastfeeding": <https://www.womenshealth.gov/patient-materials/resource/guides>
- ♦ [https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/back\\_to\\_work\\_moms.htm](https://www.health.ny.gov/prevention/nutrition/wic/breastfeeding/back_to_work_moms.htm)
- ♦ <http://www.nysbreastfeeding.org/workplace-support/>
- ♦ <http://www.workandpump.com/gettingstarted.htm>
- ♦ Breastfeeding Mother's Guide to Making More Milk by Diana West and Lisa Marasco

