

## WIC

www.breastfeedingpartners.org

### **Oneida County WIC**

www.facebook.com/WICBF

Utica Office (315)798-5066 ext 4

Rome Office (315)356-4755 ext 3

Breastfeeding Peer Counselor Program

Ginger Swasey CLC (315)269-2042

**Herkimer County WIC** (315)866-5029

**Madison County WIC** (315)363-3210

Breastfeeding Peer Counselor Program

Sue Niedzielski, IBCLC (315)720-0124

### Breast Pumps

Contact your insurance company before buying a pump. With changes from the Affordable Health Care Act, many are now covering breast pumps. Many hospitals will also provide manual pumps if available.

If you are a WIC participant, contact your local agency about their pump policies.

### Baby Weigh Station

is a place where you can check your baby's weight and meet with a breastfeeding professional to get information and support about breastfeeding.

406 Elizabeth Street, Utica

Open Fridays 1-4 or by appointment

798-5906 to make an appointment

## Health Care Facilities

LACTATION SUPPORT

Bassett Hospital, Cooperstown

(607) 547-3536

Community General, Syracuse

(315) 492-5575

Community Memorial, Hamilton

(315) 824-6130

Crouse, Syracuse

(315) 470-7179

Oneida Healthcare, Oneida

(315) 361-2065

St. Joseph's, Syracuse

(315) 448-5323

Rome Hospital, Rome

(315) 338-7124

Faxton/St. Lukes, Utica

(315) 624-6762

### Private Lactation Consultants

Sue Niedzielski, IBCLC

(315) 335-2735

Denise Cote-Arsenault

(315) 682-9325

### **Breastfeeding Café**

is a meeting space for pregnant and breastfeeding moms to support one another, socialize, and get breastfeeding clinical support if needed. A free light meal is served and a baby weigh station is available.

#### UTICA

2222 Genesee Street, Utica, across from St. E's at Our Lady of Lourdes (side entrance)

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Wednesdays 12-2pm

4<sup>th</sup> Wednesday LLL 5:30-7:30

Call Sue at (315) 335-2735 for more information

#### ROME

215 W Court Street, Rome at Trinity Church.

4<sup>th</sup> Wednesday 12-2 pm

Call Ginger at (315) 269-2042 for more information

#### HERKIMER

Call Sue at (315) 720-0124 for more information

#### ONEIDA

607 Seneca Street, Oneida

1<sup>st</sup> and 3<sup>rd</sup> Fridays 1-4 pm

Call Molly at (315) 813-3132 for more information

*Looking for breastfeeding help?*

Check out the different services that are available to breastfeeding moms in the Mohawk Valley!



If you would like a copy of this information ask one of our staff members!