



Breastfeeding Resources

IN THE FINGER LAKES REGION

B A B Y C A F É S

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

Locations:

- ◆ **Child & Family Resource Center**
514 South main Street, Canandaigua NY
(585) 919-2476
1st & 3rd Wednesday 10:00-11:30
- ◆ **Child & Family Resource Center**
263 Lake Street, Penn Yan NY
(315) 536-1134
1st & 3rd Thursday 9:30-11:00
- ◆ **Park Presbyterian Church**
110 Maple Court, Newark, NY
(315) 946-5749
2nd & 4th Thursday 10:00-12:00
- ◆ **The Dormann Library**
101 West Morris Street, Bath, NY
(607) 664-2438
Friday 11:00am to 1:00pm
- ◆ **Montour Falls Library**
406 West Main Street, Montour Falls, NY
(607) 535-7489
Thursday 9:00am-10:00am
- ◆ **Genesee Community College**
31 Clara Barton Street, Dansville, NY
(585) 243-7299
Thursday from 1:00pm to 3:00pm

COMMUNITY BREASTFEEDING SUPPORT

◆ **WIC**

Chemung & Schuyler Counties:

(607) 737-2039

Livingston County:

(585) 243-7530

Ontario, Seneca & Yates Counties:

(607) 776-1151 ext.224

Steuben County:

(607) 776-2125 ext. 502

◆ **La Leche League:**

*Mother to Mother Breastfeeding
Support Groups:*

Finger Lakes Area: Maureen Weidman

(315) 548-7980

Canal Town: Scarlett Miles

(315)-235-1545

Find a group in your area:

<http://www.lll.ny.org/>

◆ **Child and Family Resources:**

Ontario County:

(585) 919-2476 ext.2506

Yates County:

(315) 536-1134

HOME VISITS:

Community health workers, nurses and/or Clinical Lactation Counselors are available to make free health educational home visits.

Call your local Public Health
Department:

- ◆ **Chemung County:**
(607) 737-2899
- ◆ **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

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Check With Your Local Hospital or Birth Center

◆ Birthing Units

Arnot Ogden Medical Center:

(607) 735-5717

Cayuga Medical Center:

(607) 274-4408

The Birthing Center at Thompson Hospital:

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

Rochester General Hospital Women's Care Unit:

(585) 922-4062

Strong Beginnings Birthing Center at

URMC Strong Memorial Hospital:

(585) 275-9575

Highland Hospital's Family Maternity Center:

(585) 341-6808

Newark—Wayne Community Hospital:

(315) 332-2230

Noyes Memorial Hospital:

(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/>

Breastfeedingpartners.org

www.breastfeedingpartners.org

La Leche League International

www.llli.org

United States Department of Agriculture, WIC

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

