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Introduction

The Pennsylvania Breastfeeding Referral Guide contains county-specific individuals and organizations that can provide breastfeeding awareness, support, and assistance. It includes information on lactation specialists, community programs, support/mother groups, community coalitions, breast pump rentals and local, state and national help lines.

Definitions of the terms used in the guide are presented after the Table of Contents. County pages can be printed individually by county for handy reference. Additionally, a listing of websites and other materials is included for your review and use. The Ctrl (control key) + Click (mouse click) function is enabled in this document, just mouse over any of the entries in the Table of Contents, and use Ctrl + Click to navigate directly to the selected page.

This document is only being made available electronically. You can print copies from it. If you are unable to print a copy, you may contact us at the phone number or email below and we will print and send you a single copy.

The Referral Guide is based on information submitted to PA Department of Health. Updates or corrections can be sent to:

Pennsylvania Department of Health
Health and Welfare Building, 7th Floor, West Wing
625 Forster Street
Harrisburg, PA 17120-0701
sgustin@pa.gov
(717)346-3000

Please Note: The Department of Health is providing information in this document as a means of supporting breastfeeding women but does not endorse any individual or organization presented in this guide, nor does it endorse any commercial products or producers that are presented.
Definitions

**International Board Certified Lactation Consultants (IBCLC)** are breastfeeding specialists who have completed a minimum of 90 hours of education plus at least 1,000 hours of clinical experience and have qualified as International Board Certified Lactation Consultants (IBCLC) by passing the certifying examination given by the International Board of Lactation Consultant Examiners. These specialists offer assistance with complicated situations such as: low milk supply, a baby who is having difficulty latching onto the breast or is sucking incorrectly, sore nipples or breasts, a baby with Down syndrome, twins, a premature baby with a feeding problem, a cleft palate baby, illness of mother or baby, breastfeeding an adopted baby, etc. Some hospital-based lactation consultants provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice lactation consultants may provide home visits and/or see clients at their offices. There is a fee for the service that is covered by some insurance companies. Some practitioners have a sliding scale of fees. To find a local lactation consultant go to [http://www.ilca.org/why-ibclc/falc](http://www.ilca.org/why-ibclc/falc).

**Lactation Nurses (RN, CNM)** are nurses or nurse midwives who have additional breastfeeding training and experience but have not taken the certifying exam given by the International Board of Lactation Consultant Examiners. Problems beyond their level of skill are referred to an IBCLC.

**Certified Lactation Educators/Counselors (CLE, CLC, CBC)** are breastfeeding counselors/educators who have completed a 12- to 40-hour course in breastfeeding and have passed a certifying exam. Breastfeeding problems beyond their level of skill are referred to an International Board Certified Lactation Consultant.

**La Leche League Leaders** are experienced breastfeeding mothers who are accredited by La Leche League International (LLLI) to help mothers and mothers-to-be with breastfeeding. Leaders are ready to offer encouragement, support, information, and practical help to both mothers and medical professionals. All shared information of a medical nature has been approved by the LLLI Health Advisory Council.

**Other Volunteer Breastfeeding Mothers’ Groups**
Some counties have additional breastfeeding groups, either through hospital-based mother groups or volunteer organizations. Women who have breastfed may decide to volunteer their time to help other mothers succeed at breastfeeding. Some attend training courses to learn about breastfeeding beyond their own personal experience. They are available by telephone or group meetings to answer questions about breastfeeding and parenting.

**WIC Program**
The Pennsylvania WIC (Women, Infants, and Children) Program, funded by the United States Department of Agriculture (USDA), provides supplemental foods and nutrition and breastfeeding education to eligible women, infants and children. WIC staff members receive training from IBCLCs on how to manage simple breastfeeding problems. Problems beyond their level of skill are referred to MDs or IBCLCs. WIC staff members also provide quality breast pumps and instruct mothers on their use. WIC can only provide these services to WIC participants.
ADAMS

Lactation Consultants/Nurses (hospital)
* **Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC  josber@wellspan.org
  *Breastfeeding classes available
  **Out-patient lactation consults, fee for service

Lactation Consultations after hospital discharge
Home visits: Suzy Wilkinson, RN, IBCLC: 717-337-4184 – Jayne Sorber, RN, IBCLC  josber@wellspan.org
Office visits: Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC  josber@wellspan.org
Blue Ridge Breastfeeding: 301-744-9566 (Md., Pa., W.V. Tri-State area)
www.blueridgebreastfeeding.org

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Anela Hadzalic, CLC: 717-334-7634 ext. 189 (Gettysburg)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gartside: 717-263-0802 ext 308 (Chambersburg)

La Leche League
Lorraine: 717-762-9094 (Waynesboro)
Marah Sollenberger, 717-658-0779 mrs.solly4@gmail.com (Shippensburg/Chambersburg/Waynesboro)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Adams County Breastfeeding Task Force
Jayne Sorber, RN, IBCLC  josber@wellspan.org, Chairperson: 717-337-4184

Electric Breast Pump Rentals
Breast Expressions: 717-264-2520 (Chambersburg)
Gettysburg Hospital: 717-337-4184 (Gettysburg)
A Mother’s Boutique: 724-934-8795  www.mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.ameda.com
Hygeia: 888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
**ALLEGHENY**

**Lactation Consultants (hospital)**
- Children’s Hospital of Pittsburgh:
  - In-patient: 412-692-5036
  - All other calls: 412-692-6000 (only for patients receiving care from Primary Care Center doctors)
- Forbes Regional Hospital: 412-858-2000 (main number – ask for lactation consultant)
- Magee Women’s Hospital: 412-641-1121
- Mercy Hospital: 412-232-7135
- St Clair Hospital: 412-942-5875 (7 days/week, 10:00 am - 4:00 pm)
- Heritage Valley Sewickley: 412-749-7494
- Western Pennsylvania Hospital: 412-578-7030
- Midwife Center for Birth and Women’s Health 412-321-6880 x 220 (Midwife Center clients only)

**Lactation Consultations after hospital discharge**
- Breastfeeding Center of Pittsburgh 412-246-4726 [www.breastfeedingcenterofpittsburgh.com](http://www.breastfeedingcenterofpittsburgh.com) Provides prenatal breastfeeding and *Working and Breastfeeding* classes along with lactation specific care.
- Heritage Valley Sewickley: 412-749-7494
- Mercy Hospital: 412-232-7135
- Western Pennsylvania Hospital: 412-578-7030
- Children’s Hospital of Pittsburgh Primary Care Center: 412-692-6000 (ask for a lactation consultant visit) [www.childrenspeds.com/specialties-and-services/lactation-consulting](http://www.childrenspeds.com/specialties-and-services/lactation-consulting)
- Shining Light Prenatal Education: 412-915-6167
- Healthy Start Lactation Consultant Program: 412-247-1000 (must be enrolled in Healthy Start)

**Breastfeeding Help Lines**
- PA WIC Breastfeeding Warm Line: 1-855-427-5666
- Allegheny County Breastfeeding Help Line 412-687-2243 (8:30 am – 4:30 pm, M-F)
- PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
- National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm) [www.womenshealth.gov](http://www.womenshealth.gov/) (search: Breastfeeding)

**La Leche League**
Main contact number for updated information on Allegheny County mother groups: 412-276-5630

**Allegheny County Breastfeeding Coalition**
Sharon Leavitt, RN, BSN, CBC/CLC 412-247-7958, Sharon.Leavitt@alleghenycounty.us

**Doula Services Providing Postpartum Lactation Services**
- Every Child, Inc.: 412-665-0600, [www.everychildinc.org](http://www.everychildinc.org), (must enroll during 2nd trimester)
- The Birth Circle: 412-441-3701, [www.familymedicine.pitt.edu](http://www.familymedicine.pitt.edu/) (must enroll prenatally)
- Oli’s Angels: 412-616-9579

**Breastfeeding Classes**
- Three River’s Milk Bank: offers fee-based class (see website). Breastfeeding support group may be available – for info call 412-281-4400. [www.threeriversmilkbank.org/support/classes-programs/](http://www.threeriversmilkbank.org/support/classes-programs/)
- Midwife Center: offers fee-based classes [https://midwifecenter.org/classes](https://midwifecenter.org/classes)

**Electric Breast Pump Rentals**
- Mommy Gear Pittsburgh SW: 888-624-4327 (Pittsburgh)
- Magee Women’s Hospital of UPMC Lactation Center: 412-641-1121 (Oakland)
ALLEGHENY (continued)

Mercy Hospital: 412-232-7135
St Clair Memorial Hospital: 412-942-5875 (Upper Saint Clair)
Breastfeeding Center of Pittsburgh: 412-246-4726 (Squirrel Hill and Pleasant Hills)
West Penn Hospital  412-578-7030
A Mother’s Boutique    724-934-8795  www.mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316   www.medela.us
  Ameda:  866-992-6332   www.ameda.com
  Hygeia:  888-786-7466   www.hygeiababy.com
  Limerick:  877-546-3742   www.limerickinc.com
  Avent:  800-542-8368   www.avent.com
  Bailey:  800-413-3216   www.baileymed.com
**ARMSTRONG**

**Lactation Consultants (hospital)**
*Armstrong County Memorial Hospital  Lynn McGahan, RNBC, IBCLC, 724-545-3586,
  mcgahan@acmh.org*

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

**Lactation Consultants**
Michelle Roth, BA, IBCLC  michelle.roth2@chp.edu, 724-548-2283, Children's Community Pediatrics Armstrong,  http://www.childrenspeds.com/specialties-and-services/lactation-consulting

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Bethany (Indiana County): 866-942-2778
Pennsylvania WIC Breastfeeding Warm Line:  855-427-5666, Mon-Fri 8 am – 8 pm, Sat and Sun 9-1

**Breastfeeding Help Lines**
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Referrals (Affordable Care Act)**
Baird Medical Equipment:  215-884-2990  Klamont@bairdrespiratory.com
Dara Medical Equipment and Supplies: 419-878-8518,  https://www.darahmedical.com/
McKesson: 844-727-6667 or  https://mpcs.mckesson.com/web/mpcs/products/breast-pumps

**Purchasing Retail Breast Pumps**
The baby section of local department stores and pharmacies may carry various brands of pumps.
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for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

**Breast pump customer service numbers and websites:**
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.amedacom
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
BEAVER
(Includes Butler and Lawrence)

Lactation Consultants (hospital)
*Butler Memorial Hospital: Ann Snodgrass, BSN, IBCLC: 724-284-4696
Heritage Valley Sewickley Lactation Office: 412-749-7494
Heritage Valley Beaver Lactation Office: 724-773-4797
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Christie, Shannon and/or Jen  866-942-2778 (Beaver/Butler/Lawrence County)
PA WIC Breastfeeding Warm Line:  1-855-4-ASK-MOM (1-855-427-5666)

La Leche League  Breastfeeding Warm Line (find group nearest to you:  412-276-5630)
Butler County:  Mollie: 724-256-8569   Jeannie: 724-287-8660

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line:  1-855-427-5666   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center:  800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding
National LLL Breastfeeding Hotline  1-800-525-3243
Infant Risk Center Helpline  1-806-352-2519  www.infantrisk.org*
*Provides up-to-date evidence based information on medications during pregnancy and breastfeeding.

Electric Breast Pump Rentals
Levana Bratique:  724-934-8795  http://levanabratique.com/
A Mother's Boutique:  724-934-8795  http://www.mothersboutique.com/breastpumps.html
Baird Medical Equipment:  1-215-884-2990
McKesson:  844-727-6667 or  https://mpcs.mckesson.com/web/mpcs/products/breast-pumps

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should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

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   Medela:  800-435-8316   www.medela.us
   Ameda:  866-992-6332   www.ameda.com
   Hygeia:  888-786-7466   www.hygeiababy.com
   Limerick:  877-546-3742   www.limerickinc.com
   Avent:  800-542-8368   www.avent.com
   Bailey:  800-413-3216   www.baileymed.com
Lactation Nurses (hospital)
UPMC Bedford Memorial: 814-623-3516  Carrisa Restly, RN, CBC; Angela Martin, RN, CBC
*Breastfeeding classes and Out-patient lactation consults are available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571 (Bedford)  814-635-3942 (Broad Top)
Julie Kuhne: 814-623-6571 (Broad Top)

Prenatal Breastfeeding Class
Julie Kuhne  814-623-6571

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:   800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

Electric Breast Pump Rentals
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177  (Chambersburg)
A Mother's Boutique: 724-934-8795  [www.mothersboutique.com](http://www.mothersboutique.com)

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Breast pump customer service numbers and websites:
  Medela:  800-435-8316  [www.medela.us](http://www.medela.us)
  Ameda:  866-992-6332  [www.amedacom](http://www.amedacom)
  Hygeia:  888-786-7466)  [www.hygeiababy.com](http://www.hygeiababy.com)
  Limerick:  877-546-3742  [www.limerickinc.com](http://www.limerickinc.com)
  Avent:  800-542-8368  [www.avent.com](http://www.avent.com)
  Bailey:  800-413-3216  [www.baileymed.com](http://www.baileymed.com)
BERKS

Lactation Consultants (hospital)
* **Reading Hospital and Medical Center: 610-988-9299 or 610-929-9300
  Jeanine Dorman, RN, BSN, IBCLC, Jeanine.dorman@readinghealth.org,
  Kathy Kuhn, RN, BSN, IBCLC
* ** St. Joseph Medical Center: 610-378-2068 Cindy Griffis, RN, IBCLC
* ** Reading Birth & Women’s Center 610-777-7222  Miri Levi, CNM, IBCLC
*Breastfeeding classes available  **Breastfeeding and working classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

La Leche League
Reading: Patty 717-445-5986, Amber 610-413-5569, Bonnie 610-562-5072

Lactation Consultations after hospital discharge
Home visits: Janet Graczyk, BS, IBCLC  610-804-7998; Kristin Polston, RN, IBCLC  610-202-0139
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Mother2MotherMatters@gmail.com  www.Mother2MotherMatters.com  https://www.facebook.com/Mother2MotherMatters
Holly Michaelson, IBCLC  610-678-0575  LCHolly@gmail.com
Grand View Hospital, Phyllis Young RN, IBCLC  215-453-4594  pyoung@gvh.org  www.gvh.org
Office visits: St. Joseph Outpatient Lactation Services, Bern Township campus: 610-378-2068, Cynthia Griffis
  CindyGriffis@catholischealth.net
Reading Birth & Women’s Center  610-777-7222  Miri Levi, CNM, IBCLC

WIC Breastfeeding Support/Breast Pumps  (for WIC participants only)
Sandy Kalish, CLC, WIC breastfeeding coordinator: 800-367-6347, skalish@mfhs.org
Jillian Myer, CLC: 610-377-6097
WIC Breastfeeding peer counselor in Reading: 610-373-5545

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Berk County Breastfeeding Coalition:
Cindy Griffis and Kathy Kuhn CindyGriffis@catholischealth.net ; Kathleen.Kuhn@readinghealth.org

Electric Breast Pump Rentals
Caroline DiSandro: 484-949-9121
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Pottstown Memorial Medical Center: 610-327-7242
Ephrata Medical Equipment: 610-898-8088
Superior Oxygen: 610-371-0202
Berk’s Medical Equipment: 610-208-4655 (Blandon) Limited stock
Berk’s Medical Equipment: 610-208-4662 (Reading) Limited stock
A Mother's Boutique: 724-934-8795  www.mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.ameda.com
Avent: 800-542-8368  www.avent.com
Hygeia: 888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Bailey: 800-413-3216  www.baileymed.com
BLAIR
(Includes Huntingdon)

Lactation Consultants (hospital)
* **UPMC Altoona: 814-889-2557, Michele Thompson, RN, IBCLC, thompsmd2@umpc.edu  
   Alison Keating, RN, BSN, IBCLC
* **Nason Hospital: 814-224-6237, Sharon Hanlon, RN, CLC
* J. C. Blair Hospital: 814-643-8534 – Misty Oser, RN
*Breastfeeding classes available
**Hospital provides out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
   Tracy Kelley, CLC: 814-943-0481  
   Kathy Hart, CLC: 814-943-0481  
   Amy Gorsuch, CLC: 814-943-0481  
   Rachael Bonsell, CLC: 814-943-0481
Blair:
   Susan Lamertina, CLC: 814-943-0481  
   Amy Lowe, CLC: 814-943-0481  
   Jean Pence, CLC: 814-943-0481

Huntingdon:
   Stephanie Weaver: BS, IBCLC, RLC: work: 814-643-4491  
   home: 814-342-3094  
   cell: 814-883-6090
   Vicki Davis, BS, IBCLC: 814-635-3942

Breastfeeding Mothers’ Groups
La Leche League - 2nd Monday at 10:00 am
   Blair:  
   Alison: 814-946-7061  
   Jenn: 814-515-9404  
   alisonk2299@gmail.com  
   llleaderjenn@gmail.com
   UPMC Altoona: 814-889-2557, 4th Wed at 10 am and 5:30 pm at Station Medical Center
   Nason Hospital: 814-224-6221 – call for information

Breastfeeding Help Lines
24-Hour Breastfeeding Support Line at Altoona Regional Health System: 814-889-2557 (daytime), 
   814-889-2310 (nights). If no answer, listen to the machine for other numbers.
   PA WIC Breastfeeding Warm Line: 1-855-427-5666  
   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
   PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
   National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  
   judy@mothersboutique.com
   UPMC Altoona: Lactation Services 814-889-2557

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! 
   Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. 
   NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of 
   FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because 
   there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
   Medela: 800-435-8316  
   www.medela.us  
   Limerick: 877-546-3742  
   www.limerickinc.com
   Ameda: 866-992-6332  
   www.ameda.com  
   Avent: 800-542-8368  
   www.avent.com
   Hygeia: 888-786-7466  
   www.hygeiababy.com  
   Bailey: 800-413-3216  
   www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sgustin@pa.gov  Aug 2017
BRAFORD
(Includes Tioga)

Lactation Consultants/Nurses (hospital)
* Memorial Hospital, Inc: 570-268-2252 or Jayme Covert, CLC 814-362-8240
* Robert Packer Hospital: 570-882-5034
Soldiers and Sailors Memorial Hospital: Lactation Team 570-321-2092 or Jodi Richter, RD, LDN, IBCLC 570-723-0436, jrichter@laurelhs.org
* Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Towanda Memorial Hospital: 570-268-2252 (Towanda) (one month pump rental only)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  www.mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.amedacom
Hygeia: 888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
BUCKS

Lactation Consultants (hospital)
*Doylestown Hospital: 215-345-2864
  Lyn L. McNair, RNC, IBCLC
  Jean Krauss, RN, IBCLC
  Cindy Jarrett, RN, IBCLC
  Linda Doherty, RN, IBCLC
* **Grand View Hospital (Women’s Center): 215-453-4594
  Phyllis Young, RN, BSN, IBCLC
  Amy Nansteel, IBCLC
  Laura Mullins, IBCLC
*St Mary Medical Center: 215-710-5988 (lactation counselor’s line, calls returned within 48 hours)
  Lisa Petrino, RN, BSN, IBCLC
  Liz Belloff, RN, IBCLC
  Kara Beverly, RN, IBCLC
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultant/Nurse (within Pediatric Office)
Margiotti & Kroll Pediatrics, PC: 215-968-5800
MK Plus: 215-346-6177 Amy Goldberg, RN, CCE, CIMI, IBCLC

Lactation Consultants (Private practice, fee for service)
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
  Judy Crouthamel, RNC, BSN, IBCLC: judy.crouthamelibclc@yahoo.com
Amazing Newborn: 610-584-6111
  Judy Crouthamel, RNC, BSN, IBCLC: judy.crouthamelibclc@yahoo.com
  Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Freedom to Feed: 267-225-2383 Rachel Gazda, BSW, IBCLC rkrgazda@gmail.com
  Cathy La Torre, IBCLC: 215-491-0502 (Dr. LaTorre’s office)
Breastfeeding Resource Center: 215-886-2433, Colette Acker, RN, IBCLC, Janice McPhelin, IBCLC
  Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111 info@amazingnewborn.com www.amazingnewborn.com
  Gail Dittes, RN, IBCLC: 267-879-5000 www.BreastfeedingHelper.com
  Nikki Lee, RN, BSN, MS, IBCLC www.nikkileehealth.com nleeguitar@aol.com
  www.facebook.com/nikkileehealth
  Jillian Nemeth, IBCLC 215-528-8759
  Lisa Petrino, RN, BSN, IBCLC 267-994-4513 (Morrisville)
  Geri Remy, IBCLC: 267-342-1354

WIC Breastfeeding Support (for WIC participants only)
Jacqueline Lawson, BS, CLC: 267-580-3574 (Levittown and Warminster)

Breastfeeding Resource Center
Abington: 215-886-2433
Bensalem: 215-639-6708
www.breastfeedingresourcecenter.org
BUCKS (Continued)

Breastfeeding Mothers Support Groups
Nursing Mothers’ Advisory Council Help Line: 215-572-8044
Meeting locations: www.nursingmoms.net; nursingmoms@yahoo.com
Doylestown: Marta Forney 215-766-9878 and
Warwick/Warminster: Monika Mmdbphoto@hotmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Best Beginnings: 215-915-8210 Debbie Mannella, RN, IBCLC
Doylestown Hospital: 215-345-2200, ext 4637
St. Mary’s Medical Center: 215-710-6667
A Mother’s Boutique: 724-934-8795 www.mothersboutique.com

WIC Breast Pump Rentals (For WIC participants only)
Bensalem: 215-244-2674 Levittown: 267-580-3570

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.aven.com
Bailey: 800-413-3216 www.baileymed.com
BUTLER

Lactation Consultants (hospital)
*Butler Memorial Hospital: Ann Snodgrass, BSN, IBCLC: 724-284-4696, (Breastfeeding classes available, call Lactation Services at 724-284-4843 or 724-284-4232)
Breastfeeding Center of Pittsburgh: 412-246-4726

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Jennifer, CLC: 866-942-2778
PA WIC Breastfeeding Warm Line: 1-855-4-ASK-MOM (1-855-427-5666) M-F 8 am – 8 pm, Sat and Sun 9 am – 1 pm

La Leche League
Jeannie: 724-287-8660
Mollie: 724-256-8569

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 M-F 8 am – 8 pm, Sat and Sun 9 am – 1 pm
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Levana Bratique 724-934-8795 www.levanabratique.com

Electric Breast Pump Referrals (Affordable Care Act)
Baird Medical Equipment: 215-884-2990
Dara Medical Equipment and Supplies: 419-878-8518, https://www.darahmedical.com/

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
CAMBRIA
(Includes Somerset)

**Lactation Consultants/Nurses (hospital)**
* **Somerset Hospital:** 814-443-5000  Debbie Perl, RN, IBCLC
* **Conemaugh Memorial Medical Center:** 814-534-3144  Out-patient Lactation Consults
  Robin Stoltz, RN, IBCLC
  Diane Gorka, RN, IBCLC
  Danna Bowser, RN, IBCLC
  Margaret Wasser, RN, IBCLC
  Marilyn Harrington, CRNP, IBCLC

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

**Lactation Consultations in office**
Somerset OB/GYN Associates: 814-445-3535 (Daria Parker, RN, IBCLC)
Conemaugh Memorial Medical Center: 814-534-3144

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Community Action Partnership of Cambria County WIC Program: 814-539-7141 or 800-986-1313
Breastfeeding Peer Counselor: 814-361-6335 or 814-361-6308
Conemaugh Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext. 1781

**Breastfeeding Help Lines**
PA WIC Breastfeeding Peer Counselor Hotline: 1-855-427-5666
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals**
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother’s Boutique: 724-934-8795  www.mothersboutique.com
NR Healthcare Products: 800-451-6510, press 9

**Purchasing Retail Breast Pumps**
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

**Breast pump customer service numbers and websites:**
CAMERON
(Includes Elk and Potter)

Lactation Consultants (hospital)
*Penn Highlands Elk: 814-788-8558
  Diane Young, IBCLC
  Laura Lorenzo CLC
  Sara Myers, CLC
  Sara Pistner, CLC
*Charles Cole Memorial Hospital: 814-274-9300, ext. 1243
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-776-1106
  Ask for Amanda Margeson, CLC; Becky Brickley, CLC; or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors:  Amanda Margeson, CLC  814-594-3855
  Angela Martin 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pumps
St. Marys Pharmacy Home Medical: 800-876-3442 (St. Marys, DuBois Mall, Clearfield, Kane)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely!  Pump brands vary in quality and effectiveness.  Call a local breastfeeding specialist
for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.amedacom
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
CARBON

Lactation Consultants/Nurses (hospital)
* **Sacred Heart Hospital: 610-776-4756  Michelle Bilar, RN, IBCLC
* Lehigh Valley Hospital: 610-402-7264  Beth Giovenco, RN, IBCLC, Jeanie Shevets, RN, IBCLC,
* **St. Luke’s Hospital, Allentown: 610-628-1876  Patti Hadi, RN, IBCLC
* **St. Luke’s Hospital, Bethlehem: 484-526-1355
  Charlotte Becker, RN, IBCLC, Vicky Geiger, RN, IBCLC, Toni Prevlosky, RN, IBCLC
  Catherine L. Waltemeyer RNC-NIC, IBCLC, NICU Lactation Consultant at both St Luke’s
  Bethlehem and Allentown  610-954-2248

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private Practice)
Office visit: St. Luke’s Hospital, Bethlehem: 484-526-1355
St. Luke’s Hospital, Allentown: 610-628-1876

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Lehigh Valley WIC Center: 610-432-3455
Carbon WIC Center: 610-377-6097

Breastfeeding Mothers’ Groups
La Leche League: Liz: 610-437-3096  (Allentown), Samina: 610-295-5218

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition  Sue Madeja  smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals
Hartzells Pharmacy: 484-240-6440 (Catasauqua), www.hartzells.com
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely!  Pump brands vary in quality and effectiveness.  Call a local breastfeeding specialist
for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
CENTRE

Lactation Consultants/Nurses (hospital)
Mount Nittany Medical Center: Susan Chase, MS, RNC, IBCLC  Molly Buchanan, RN, BSN

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Nature to Nurture  814-876-0217 (State College)
   www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College)  kfoardlc@comcast.net
   Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC and Elizabeth Klinke, MD, IBCLC
   Mount Nittany Physician Group – Pediatrics: 814-466-7921
   (For Mount Nittany Physician Group patients, only)
Jan Giorecki, CLC, Geisinger Pediatrics   814-272-7710

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Tracy Kelley, CLC: 814-943-0481 (Also serving Blair County)
Marjorie Mearkle, IBCLC: 814-234-8621 or 814-342-6993

La Leche League
Amy: 570-460-5542   Celeste: 814-404-7501   Sharon: 512-751-3697

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666   M-F 8-8, Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

PA Mid-State Lactation Coalition  www.facebook.com/PAMILC  pamilc.lactation@gmail.com
   Lauren Lowe: 814-933-6512   landelow@yahoo.com

Breastfeeding USA, Central PA Chapter: offering no cost online, phone and in person support and meetings.
   Christy Sharer, BC  Christy.s@breastfeedingusa.org   www.facebook.com/breastfeedingusacentralpa/

Electric Breast Pump Rentals
Karen Foard, IBCLC: 814-237-1506
   Nature to Nurture: 814-876-0217
   A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
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Breast pump customer service numbers and websites:
   Medela:  800-435-8316  www.medela.us
   Hygeia:  888-786-7466  www.hygeiababy.com
   Avent:  800-542-8368  www.avent.com
   Ameda:  866-992-6332  www.amedacom
   Limerick: 877-546-3742  www.limerickinc.com
   Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health   Send changes to sgustin@pa.gov   Aug 2017
CHESTER

Lactation Consultants (hospital)
Chester County Hospital Lactation Warm Line: 610-738-2582
Michele Quigley, RN IBCLC, Robin Frees, BA, IBCLC

**Paoli Hospital (Mainline Health System): Inpatient IBCLCs, Donna Sinnott, BBA, IBCLC
Jillian Nemeth, IBCLC, Janet Graczyk, IBCLC, Kristin Burns, BS, IBCLC
Lactation Support Warm Line  484–565–8075
Birth and Beyond Education Programs  1-866–CALL–MLH
Paoli Hospital co-sponsored Breastfeeding Mothers’ Groups
Henrietta Hankin Library, Chester Springs, 3rd Wednesday 9:45 to 10:45
2 Industrial Blvd., Paoli 10 am–11 am, 1st Monday every month 866-CALL-MLH

Phoenixville Hospital Breastfeeding Warm Line: 610-983-1266 – Cathy Kandler, RN, IBCLC

**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Kennett Square: Suzanne Barton, RN, IBCLC 610-444-4073
West Chester: Dana Ehman, BA, IBCLC  610-299-1038 dana@motherborn.com   www.MotherBorn.com
West Chester: Amy Hnetinka, BSN, RN, IBCLC  484-999-7729 www.amyhbreastfeedinghelp.com
Pottstown: Janet Graczyk, BS, IBCLC  610-808-7694
Pottstown: Jillian Nemeth, IBCLC: 215-528-8759
King of Prussia: Amy Siegrist, BS, IBCLC 484-919-1027 www.breastfeedingbond.com
Angela Leonard, IBCLC  610-299-8290   angelaibclc@comcast.net
Mother 2 Mother Matters: Mother2MotherMatters@gmail.com   www.Mother2MotherMatters.com
https://www.facebook.com/Mother2MotherMatters

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Amy Armstrong BS, CLC (Breastfeeding Coordinator/Nutritionist): 610-344-6187

Breastfeeding Mothers’ Groups
The Birth Center Breastfeeding Support Group: St. John’s Lutheran Church, Pheonixville, PA, meets every other Friday @10 am.

La Leche League
Chester County LLL:  www.beanmom.com/laleche
Downingtown - Judy:  610-363-6206  japolley@verizon.net
Exton-Lionville - Judy:  610-363-6206  japolley@verizon.net
Kimberton – Jill Mowry: 484-999-4841  jillcarius@gmail.com
Kristina: 610-321-0319   kristina@pasqualefamily.com
Heather Simon: 281-419-4747  HLSimon98@gmail.com
West Chester - Shelly: 484-883-0572  kierkar@alumni.psu.edu
Kara: 484-402-6204   karaLLWC@yahoo.com

Nursing Mothers Alliance: 610-251-9405  www.nursingmothersalliance.org
King of Prussia: 610-251-9405 every Friday at 10:00 am at Wegmans
Collegeville : Wegman’s Cafe every Tuesday at 10 :00 am
North Penn Nursing Mothers:  215-368-1573
Kennett Square Nursing Mothers:  610-551-9398
Phoenixville/Downingtown/Coatsville/Wayne/Paoli Nursing Mothers: 610-251-9405
CHESTER (continued)

Wayne/Paoli: 610-254-8300    Jennifer Neely    www.nursingmotherssupplies.com
West Chester/Exton Nursing Mothers: Judy, 610-344-7275

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 (Monday - Friday 8 am – 8 pm. Sat and Sun 9-1)
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Breastfeeding Coalition of Chester County  dana@motherborn.com or www.motherborn.com

Electric Breast Pump Rentals
Gateway Home Health: 610-933-0584 (Phoenixville)
Medical Home Care: 610-687-6585 (Wayne)
Paoli Hospital Apothecary: 484-324-6464
Phoenixville Hospital: 610-983-1266 – Cathy Kandler, RN, IBCLC
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump
   judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
   Medela:    800-435-8316        www.medela.us
   Ameda:     866-992-6332        www.amedacorp.com
   Hygeia:    888-786-7466        www.hygeiababy.com
   Limerick:  877-546-3742        www.limerickinc.com
   Avent:     800-542-8368        www.avent.com
   Bailey:    800-413-3216        www.baileymed.com
CLARION
(Includes Forest and Venango)

Lactation Consultants/nurses (hospital)
* ***Clarion Hospital: (814)-226-3454, Sherri Patterson, RN, IBCLC, Jamie Baumcratz, RN, IBCLC
*Breastfeeding classes and weekly support groups available
**Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC, 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Amber Baumcratz, 814-226-8130 or 814-227-8129
Peer Counselor Supervisor: Dawn Venman, RD, LDN, CLC: 814-726-1093

La Leche League
Sarah: 814-745-3358 or email: sakersey01@windstream.net

Lactation Consultants
Cradle Breastfeeding Support (fees charged for services): Wendy Reynolds, RN-NIC, IBCLC, ANLC
breastfeeding classes offered, info@cradlebreastfeedingsupport.com
www.cradlebreastfeedingsupport.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
UPMC Northwest Auxiliary Gift Shop: 814-676-7600
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
CLEARFIELD

Lactation Consultants/Nurses (hospital)
*Penn Highlands Clearfield: 814-765-5341
*Also provide breastfeeding classes

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-776-1106
(Ask for Amanda Margeon, CLC; Becky Brickley, CLC; or Julie Kasmierski, CLC)
WIC Breastfeeding Peer Counselors:  Amanda Margeson, CLC  814-594-3855
                               Angels Martin  814-594-2951

Breastfeeding Classes
Peritech Home Health Associates : 800-634-5670  www.peritech.com

Lactation Consultants
Cradle Breastfeeding Support (fees charged for services): Wendy Reynolds, RN-NIC, IBCLC, ANLC
breastfeeding classes offered, info@cradlebreastfeedingsupport.com
www.cradlebreastfeedingsupport.com

Breastfeeding Mothers’ Group
Penn Highlands Dubois, 814-375-2229

Breastfeeding USA, Central PA Chapter: offering no cost online, phone and in person support and
meetings. Christy Sharer, BC  Christy.s@breastfeedingusa.org
www.facebook.com/breastfeedingusacentralpa/

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys, DuBois Mall,
Clearfield, Kane)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

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  Ameda: 866-992-6332  www.ameda.com
  Hygeia: 888-786-7466  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent: 800-542-8368  www.avent.com
  Bailey: 800-413-3216  www.baileymed.com
CLINTON
(Includes Lycoming)

Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2095
  Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
* **Also provide breastfeeding classes: 570-321-2069
**Some hospitals provide out-patient lactation consults – generally fee for service.

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

Lycoming/Clinton Breastfeeding Coalition  Betsy Huff from WIC, chairperson  570-322-7656
  Pamela Klotz RN, BSN, secretary  570-327-3400  pklotz@state.pa.us
Family Health Nursing Services Consultant-Maternal Child/Health Northcentral District
PA Department of Health, 1000 Commerce Park Dr., Suite 109, Williamsport, PA 17701

Breastfeeding Help Lines
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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Dice Surgical, Williamsport: 570-322-0656
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
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Breast pump customer service numbers and websites:
  Medela:  800-435-8316   www.medela.us
  Ameda:  866-992-6332   www.ameda.com
  Hygeia: 888-786-7466   www.hygeiababy.com
  Limerick: 877-546-3742   www.limerickinc.com
  Avent:  800-542-8368   www.avent.com
  Bailey:  800-413-3216   www.baileymed.com
COLUMBIA
(Includes Montour)

Lactation Consultants (hospital)
Berwick Hospital: 570-759-5180, Marg Oberst, RN
**Geisinger Medical Center Lactation Support Team: 570-271-6560
(Breastfeeding classes and outpatient hours available.)
Geisinger Bloomsburg Hospital: 570-387-2474, Jane Lacey
**Some hospitals also provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Coordinator Beckie Williams Office phone: 570-245-0900 Ext 0353
Breastfeeding Peer Counselor: Betsy Hock - Office phone: 570-245-0900 Ext 0357
After Hours Cell Phone: 570-336-9941  Betsy.Hock@fhccp.org

Nurse Family Partnership  www.nursefamilypartnership.org
570-784-1723 or 844-637-6667 (serving Columbia, Montour and western Luzerne counties)

La Leche League of Bloomsburg  http://www.lllofeasternpa.org/web/bloomsburgpa.html
Meets 1st Tuesday of each month at St. Luke’s Lutheran Church, 1123 Lightstreet Rd, Bloomsburg
Allison: 570-317-6064  ashepard@ptd.net
Liz: 570-441-6907  mrsosnotwell@hotmail.com
Betsy: 570-784-3672  betsysletner@hotmail.com

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Breastfeeding Support
Nurse Family Partnership: 1-800-349-4702  www.nursefamilypartnership.org

Electric Breast Pump Rentals
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

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Hygeia:  888-786-7466  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
CRAWFORD

Lactation Consultants/Nurses (hospital)
Meadville Medical Center: 814-333-5313  Michelle Ault, RN, IBCLC

Lactation Consultations after hospital discharge
Meadville Medical Center: 814-333-5313  Michelle Ault, RN, IBCLC

La Leche League:  Mariah:  814-795-9246

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
WIC Breastfeeding Peer Counselors:
Lori Gallagher,CLC, BFPC:  814-333-7080
Harmony Motter, BFPC:  814-330-7080
Cortney Novosel, BFPC:  814-330-7080
Supervisor: Dawn Venman, RD, LDN, CLC:  814-726-1093

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Great Lakes Home Healthcare:  814-337-6900
UPMC (need order from physician):  800-425-7800
Vantage Home Healthcare:  814-337-0000
A Mother’s Boutique:  724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

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   Hygeia:  888-786-7466  www.hygeiababy.com
   Limerick:  877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
CUMBERLAND

Lactation Consultants (hospital)
Carlisle Regional Medical Center: 717-960-3409  Outpatient lactation consultations
Tammy Rohm, RN, IBCLC tammy.rohm@hma.com
Holy Spirit Hospital: 717-972-4500 To register for breastfeeding classes call 763-BABY
Bernadette Anderson, RN, IBCLC banderson@hsh.org Nancy McDaniel, RN, IBCLC
Harriscsburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Shannon Lilienthal, IBCLC silienthal@pinnaclehealth.org
Free breastfeeding classes for those giving birth at Harriscsburg Hospital call the PhoneLine: 717-231-8900

Lactation Consultations after discharge
Home visits: Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
Shannon Lilienthal, IBCLC: 717-712-6822 (Mechanicsburg)  www.harriscsburgbreastfeeding.com
Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) lactationleslie@gmail.com
Genevieve Whitehaus RN, BSN, RCCE, genwh3@verizon.net
Office visits: Holy Spirit Hospital: 717-972-4500 (Camp Hill)
Carlisle Regional Medical Center: 717-960-3409 (Carlisle)
Harriscsburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372 (Harriscsburg)

Blue Ridge Breastfeeding: 301-744-9566 (Tri-State area MD, PA, WV) www.blueridgebreastfeeding.com
Marah Sollenberger, 717-658-0779 mrs.solly4@gmail.com (Shippensburg/Chambersburg/Waynesboro)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathie Wagner, BS, IBCLC, RLC: 717-761-7380  Ext 4233 kathie.wagner@fhccp.org
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523
Breastfeeding Peer Counselor, Kristin Liprando, Kristin.liprando@fhccp.org 717-448-1295

Breastfeeding Mothers’ Groups
Nursing Mother’s Counselors of Harriscsburg PA: Co-coordinators: Shelly Silber, RN, IBCLC 717-422-3200 and
Beth Lewis 937-474-9783 askmcc@nursingmothers.com http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycenter.com
4th Tuesday of the month 6:30 pm
La Leche League of Carlisle: First Friday, 10:00 am, Tutto Bambino, 14 W Louther St, Carlisle, Mary Ramirez 717-385-6338
La Leche League of Harriscsburg/Mechanicsburg 4th Tuesday 6:30-8:00 at Om Baby Camp Hill
Mary Ramirez, 717-385-6338 bmtramirez@gmail.com Liz, 717-991-3408 LLLLiz@hotmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662(peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Electric Breast Pump Rentals
Clear Care Corporation 1-800-464-2273 (Clearfield) rentals and supplies; will mail items if not locally available
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkenson, RN, IBCLC: 717-264-2520 (Chambersburg)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in
effectiveness. Call a local breastfeeding support group to inquire about availability and effectiveness of pumps. ONLY FDA

Breast pump customer service numbers and websites:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sgustin@pa.gov  Aug 2017

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DAUPHIN

Lactation Consultants (hospital)
Harrisburg Hospital at Pinnacle Health: 717-782-5372
  Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
  Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
  Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Free breastfeeding classes for those giving birth at Pinnacle Health Harrisburg Hospital
call the PhoneLine: 717-231-8900
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372
Penn State Health Milton S. Hershey Medical Center: Breastfeeding Resource Line 717-531-3754
For Breastfeeding classes, call 717-531-6981 or visit
http://childrens.pennstatehealth.org/patients-families-and-visitors/classes
Out-patient consultations on a fee for service basis: 717-531-3754

Lactation Consultations once you are home
Home visit:
  Genevieve Whitehaus, RN, BSN, CCE, IBCLC, 717-533-7308 genwh3@verizon.net
  Shannon Lilenthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
  Leslie Cree, IBCLC: 717-514-7850 zippy1017@gmail.com (Mechanicsburg)
  Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visit:
  Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net
  www.BreastfeedingBabiesHarrisburg.com
  Penn State Hershey Medical Center/Penn State Pediatrics: Breastfeeding Resource Line
  and out-patient consultations on a fee for service basis 717-531-3754
  Harrisburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Dauphin County HHC/WIC Program:
  Cathy Worthington, IBCLC, 717-236-3656 Carol Mitchell, CLC 717-230-3972
  Velkis Ramirez, CLC 717-230-3976 Pyrnie Calloway, CLC 717-230-3954
  Valerie Jackson, CLC 717-230-3989 Gabrielle Kaufman, CLC 717-362-6760
  Whitney Pequignot, CLC 717-230-3985 WIC Director Trisha Emerick, CLC 717-230-3995

Breastfeeding Mothers’ Groups
La Leche League Harrisburg/Mechanicsburg: Liz G., 717-991-3408, LLLLiz@hotmail.com ,
  Liz A., 717-515-4384, ealberto8@gmail.com
  East Shore: Meetings are held on the second Wednesday of each month at 10:00 A.M. in the
  Community Center of the Giant on Linglestown Road in Harrisburg.
  West Shore: Meetings are the 4th Tuesday at 6:30 pm at Om Baby in Camp Hill
Mothers and Babies Together: Breastfeeding Group of Hershey Medical Center’s Women’s Health
  Contact: Mary Metzger, RN, IBCLC, CCE 717-531-1298
Nursing Mother’s Counselors of Harrisburg PA: Co-coordinators: Shelly Silber 717-422-3200 and
  Beth Lewis 937-474-9783
http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill: Holly Keich 717-761-4975 www.ombabycenter.com every Friday 9:30-11 am
La Leche League Carlisle: Tutto Bambin, 14 W. Louther St., 1st Fri, 10:00 am, Mary Ramirez,
  717-385-6338, bmtramirez@gmail.com
Lebanon Family Health – 2nd Wednesday 9:30-11:00 717-273-6940 Contact – Beth Keeney
La Leche League of Lebanon 1st Wed, 7:30pm Good Samaritan Hospital, Community Health
  Education Building, Mary 717-867-4103 lalechelebanonpa@gmail.com
DAUPHIN (continued)

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus  
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Dauphin County Breastfeeding Coalition: Shannon Lilienthal  717-712-6822  
For the public and healthcare professionals to assess community support.

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)  
www.womenshealth.gov/breastfeeding
Penn State Health Milton S. Hershey Medical Center: Breastfeeding Resource Line 717-531-3754

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lebanon Family Health Services WIC Program: 717-273-6940  
Breastfeeding Coordinators: Sara Wingert or Terri Smith
Breastfeeding Peer Counselor: Beth Keeney CLC cell: 717.228.7051

Electric Breast Pump Rentals
Harrisburg Hospital Pinnacle Health : 717-782-5372
Hershey Medical Center: 717-531-3754 (Hershey)
Clear Care Corporation- 1-800-464-2273 (Clearfield)
rentals and supplies; will mail out items if local suppliers are out of a particular item
GSH Home Med Care  717-272-2057 (Lebanon)
GSH Home Medical Care, Inc  717-838-7511 (Palmyra)
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
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Hygeia:  888-786-7466  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
DELAWARE

Lactation Consultants (hospital)
* Crozer-Chester Medical Center: for information on breastfeeding classes contact 1-800-254-3258
* Delaware County Memorial Hospital: 610-394-4796 Linda Ivker, RNC-OB, BSN, IBCLC
* Lifecycle Womancare: 610-525-6086 - Patty Siegrist, RN, IBCLC, www.lifecyclewomancare.org
* Riddle Hospital: Moira Cavalcante, RNC, IBCLC; Carol Kealey, RNC, IBCLC; Marie Fitzpatrick, RNC, IBCLC; Kathy MacLean, RNC, IBCLC; Kay Hoover, M Ed, IBCLC; Mary Smith, BSN, RNC, IBCLC

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Linda Derbyshire, BS, IBCLC (Havertown) cell: 610-316-9157 lindaderbyshire@gmail.com
Dana Ehman, BA, IBCLC (West Chester) 610-299-1038 dana@motherborn.com www.MotherBorn.com
Marlene Gawarkiewicz, IBCLC (Phila.) 267-226-4884 marlenegl@gmail.com
Linda Ivker, RNC-OB, BSN, IBCLC 215-512-0075
Elizabeth Larkin, IBCLC 610-551-9398 Elizabeth@wellbornbaby.com www.wellbornbaby.com
Angela Leonard, IBCLC (West Chester, Wilmington) 610-299-8290 angelaibclc@comcast.net
Lisa Mandell, MBA, IBCLC: (Villanova, Media, Phila.) 610-517-9552, lisa@lisamandell.com
Alison Neuhaus, MA, IBCLC (Media) 610-761-4974 asneuhaus@verizon.net
April Rosenblum, IBCLC 267-888-6455 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com
Amy Hnetinka, BSN, RN, IBCLC 484-999-7729 www.amyhbreastfeedinghelp.com
Christine Sweeney, RN, BSN, IBCLC 610-996-1543 lactationaide@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathleen Tyrrell, RD, LDN, CLC: 484-472-7022

La Leche League
Media: Barbara: 610-892-9787

Other Organizations with Breastfeeding Support
Delaware County Pregnancy Center 610-872-2229, Cheryl Aragona, RN, IBCLC, www.toughchoice.org
Lifecycle Womancare: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
Rosemont Plaza: Every other Thursday
West Philadelphia: Every other Wednesday
Riddle Hospital every Tuesday 12-1pm, Health Care Center #4, The Rothman Bldg, 2nd fl. conf. room

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding
DELWARE (continued)

Electric Breast Pump Rentals
Babies R Us: 610-544-9207 (Springfield)
Joanne Siciliano: 610-649-7769 (Ardmore)  joanne@pumplady.com
Medical Home Care: 610-687-6585 (Wayne)
Springfield Pharmacy: 610-544-4645 (Springfield)
Angela Leonard, IBCLC: 610-299-8290 (Wilmington, DE)
Paoli Hospital Apothecary: 610-251-2295 (Paoli)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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- Limerick: 877-546-3742   www.limerickinc.com
- Avent: 800-542-8368   www.avent.com
- Bailey: 800-413-3216   www.baileymed.com
Lactation Consultants (hospital)
*Penn Highlands Elk: 814-788-8558  Diane Young, IBCLC  Sara Myers, CLC  Sara Pistner, CLC
Laura Lorenzo, CLC
*Breastfeeding classes available
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WIC Breastfeeding Peer Counselors:  Amanda Margeson, CLC, 814-594-3855
Laura Lorenzo, CLC

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys, DuBois Mall, Clearfield, Kane))
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda: 866-992-6332  www.amedacom
  Hygeia: 888-786-7466  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
ERIE

Lactation Consultants/Nurses (hospital)
*St. Vincent Hospital: 814-452-7732  Karen McArthur, RN, IBCLC  kmcarthu@svhs.org
   Carol Cacchione, RN, IBCLC
   Christina Joint, RNC, IBCLC  cjjoint@svhs.org
*UPMC Hamot Women’s Hospital: 814-877-6722 – Jan Moryc, RN, IBCLC  morycjs@upmc.edu
   Karen Walker RNC, IBCLC  walkerkm@upmc.edu
*Out-patient lactation consults available – fee for service

Hospital Breastfeeding Classes
Hamot Health Connection, UPMC Hamot Women’s Hospital 814-877-6145
St. Vincent Health Center: 814-452-5664

Breastfeeding Mothers’ Groups
La Leache League: 814-240-9809 Cass Cassandra_LaLecheLeague@gmail.com
   814-440-1502 Gretch Gretchen_LaLecheLeague@gmail.com
St. Vincent Hospital: 814-452-7732 Karen McArthur, RN, IBCLC  kmcarthu@svhs.org
   Karen Walker RNC, IBCLC  walkerkm@upmc.edu
UPMC Hamot Women’s 814-877-6722 Karen Walker RNC, IBCLC  walkerkm@upmc.edu

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Laura Corwin, RDN, CLC Breastfeeding Coordinator: 814-459-1948 ext. 224
Lisa Scully, RD, LDN, CLC Nutrition Education Coordinator: 814-899-1734 ext. 25 (J. F. Kennedy Center)
Janelle Kerr, CLC: 814-453-5747 ext. 245 (Booker T. Washington Center)
Laura Corwin, RD, CLC: 814-774-8787 (Girard)

Breastfeeding Help Lines
Saint Vincent Lactation Center 814-452-7732
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662(peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Lake Erie Breastfeeding Coalition  lakeeriebreastfeedingcoalition@gmail.com
Christina Joint, RNC, IBCLC  cjjoint@svhs.org
Karen Walker  walkerkm@upmc.edu
Jan Moryc  morycjs@upmc.edu

Electric Breast Pump Rental
MedCare Equipment Company:   814-877-6121
Saint Vincent Lactation Center: 814-452-7732
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com

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   Ameda: 866-992-6332   www.ameda.com
   Hygeia: 888-786-7466   www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent: 800-542-8368  www.avent.com
   Bailey: 800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sgustin@pa.gov  Aug 2017
**FAYETTE**

**Lactation Consultants (hospital)**
*Uniontown Hospital: Lactation Center 724-430-5607 or 724-430-5573

*Breastfeeding parent support group available

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Roberta Conner, CLC -724-437-6050 ext. 3217
Peer Counselors (724-437-6050 use listed extensions): Rose, ext. 3275; Ashley, ext. 3303; Tairra, ext. 3272
Mom’s Cafe Support Group: every 3rd Wednesday, Uniontown WIC office (724-437-6050 ext. 3211)

**La Leche League:**
Tina: 724-628-8919

**Breastfeeding Help Lines**
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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  (peer counselors, M-F, 9 am - 6 pm)  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

**Southwestern Pennsylvania Breastfeeding Coalition**
Michelle Kasmer, IBCLC  724-244-9135
Judy Gutowski, IBCLC  724-832-2507
Alexis Heinbaugh  724-850-1642

**Electric Breast Pump Rental**
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

**Purchasing Retail Breast Pumps**
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

**Breast pump customer service numbers and websites:**
<table>
<thead>
<tr>
<th>Manufacturer</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medela</td>
<td>800-435-8316</td>
<td><a href="http://www.medela.us">www.medela.us</a></td>
</tr>
<tr>
<td>Ameda</td>
<td>866-992-6332</td>
<td><a href="http://www.ameda.com">www.ameda.com</a></td>
</tr>
<tr>
<td>Hygeia</td>
<td>888-786-7466</td>
<td><a href="http://www.hygeiababy.com">www.hygeiababy.com</a></td>
</tr>
<tr>
<td>Limerick</td>
<td>877-546-3742</td>
<td><a href="http://www.limerickinc.com">www.limerickinc.com</a></td>
</tr>
<tr>
<td>Avent</td>
<td>800-542-8368</td>
<td><a href="http://www.avent.com">www.avent.com</a></td>
</tr>
<tr>
<td>Bailey</td>
<td>800-413-3216</td>
<td><a href="http://www.baileymed.com">www.baileymed.com</a></td>
</tr>
</tbody>
</table>
FOREST

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Peer Counselor Supervisor: Doreen Scarmack, RN, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Annette Smith, CLC: 814-226-8130
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093

La Leche League
Venango:
Susan Carlson: 814-677-3651 or 814-758-3756 carlson_susan@hotmail.com
Available for telephone consultation only, no classes.
Clarion:
Sarah Kersey: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
FRANKLIN

Lactation Consultants/Nurses (hospital)
*Chambersburg Hospital: 717-267-7781  Suzy Wilkinson, RN, IBCLC
*Waynesboro Hospital: 717-765-3417  Sherry Beltz, RNC, IBCLC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private practice)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
Blue Ridge Breastfeeding: 301-744-9566 (Tri-State area MD, PA, WV) www.blueridgebreastfeeding.com
   Marah Sollenberger, 717-658-0779 mrs.solly4@gmail.com
   (Shippensburg/Chambersburg/Waynesboro)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gartside: 717-263-0802 ext 308 (Chambersburg)

La Leche League
   Greencastle: Lorraine: 717-762-9094, nmishler9107@comcast.net
   Marah: 717-658-0779

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Breast Expressions: 717-264-2520 (Chambersburg)

Breast Pumps through Insurance
East Berlin Pharmacy: 717-259-0421 (East Berlin)
Chambers Apothecary: 717-263-0747 (Chambersburg)
Dick’s Homecare: 717-264-1799 (Chambersburg), 717-987-4007 (McConnellsburg)

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   Ameda:  866-992-6332  www.ameda.com
   Hygeia:  888-786-7466  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
FULTON

Lactation Nurses (hospital)
*UPMC Bedford Memorial: 814-623-3516  Tammy Lemin, RN, Manager, Carissa Resstly, RN
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571 (Bedford)
Julie Kuhne: 717-485-9484
Melissa Cruz, BS, IBCLC: 717-485-9484

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177  (Chambersburg)

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Hygeia:  888-786-7466  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
GREENE
/includes Washington County/

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476 Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant: Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors: 877-814-0788 ext 449
Debbie (Certified Lactation Counselor, CLC), Cheryl, CLC or Kathy

La Leche League, website: LaLecheLeagueofPeters.wordpress.com e-mail: lllofpeters@gmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding
Allegheny County Breastfeeding Hotline: 412-247-1000

Southwestern Pennsylvania Breastfeeding Coalition
Michelle Kasmer, IBCLC 724-244-9135
Judy Gutowski, IBCLC 724-832-2507

Electric Breast Pump Rental
MedCare Equipment Company: 888-694-4564
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
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Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
HUNTINGDON

Lactation Consultants (hospital)
* * * Altoona Hospital: 814-889-2557 Michele Thompson, RN, IBCLC; Alison Keating, RN, IBCLC
* * * Nason Hospital: 814-224-6237 Sharon Hanlon, RN, CLC
* J. C. Blair Hospital: 814-643-8534 Misty Oser, RN

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
Tracy Kelley, CLC: 814-943-0481 Susan Lamertina, CLC: 814-943-0481
Amy Brumbaugh, CLC: 814-943-0481

Huntington:
Vicki Davis, BS, IBCLC: 814-635-3942 Melissa Mobley, BS, CLC: 814-635-3942
Melissa Cruz, BS, IBCLC: 814-643-4491

La Leche League:
Blair: Alison: 814-934-0466, alisonk2299@gmail.com  Jenn: 814-515-9404, illeaderjenn@gmail.com

Other Breastfeeding Mother Groups
Altoona Hospital: 814-889-2557
Nason Hospital: 814-224-6221

Breastfeeding Help Lines
24 Hour Breastfeeding Support Line at Altoona Hospital: 814-889-2310
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rental
Home Health Resource: 800-514-4474
MedCare Equipment Company: 888-694-4564
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
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Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
INDIANA

Lactation Consultants (hospital)
*Indiana Regional Medical Center:
  Desiree Beppler, RN, BSN, CLC: 724-357-7496, dbepler@IndianaRMC.org
  Amy LaBant, IBCLC: 724-357-8187

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
PA WIC Breastfeeding Warm Line: 1-855-427-5666, M-F 8-8, Sat and Sun 9-1
Bethany: 866-942-2778 (Indiana County)
Jen: 866-942-2778 (Armstrong County)

La Leche League
Stephanie: 724-463-4661

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666, M-F 8-8, Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Levana Bratique: 724-934-8795  http://levanabratique.com/

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  Limerick: 877-546-3742  www.limerickinc.com
  Avent: 800-542-8368  www.aven.com
  Bailey: 800-413-3216  www.baileymed.com
JEFFERSON

Lactation Consultants/Nurses (hospital)
*Punxsutawney Area Hospital, Maternity: 814-938-1895
*Penn Highlands Clearfield: 814-765-5341
*Also provide breastfeeding classes
Some hospitals provide out-patient lactation consults, generally fee for service

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-776-1106 (Ask for Amanda Margeson, CLC, Becky Brickley, CLC) or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson,CLC: 814-594-3855
Angela Martin  814-594-2951

Lactation Consultants (private)
Cradle Breastfeeding Support: Wendy Reynolds, RN-NIC, IBCLC, ANLC (breastfeeding classes offered)
info@cradlebreastfeedingsupport.com  www.cradlebreastfeedingsupport.com

Breastfeeding Classes:
Peritech Home Health Associates: 800-634-5670

Breastfeeding Mothers’ Groups
Penn Highlands DuBois: 814-375-2229

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys, DuBois Mall, Clearfield, Kane)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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Hygeia: 888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
**JUNIATA**
(Includes Mifflin)

**Lactation Consultants (hospital)**
Lewistown Hospital: 717-242-7635
  - Cindy Treweek, RN, IBCLC
  - Jill Benner, CLC
  - Misty Markley-Latuz, CLC

**Lactation Consultants (private practice)**
Megan Mignot, RD, LDN, IBCLC, CLC, Nature to Nurture
  - 814-876-0217 (State College)  www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College)  kfoardlc@comcast.net
  Also provides in-services for health professionals and breastfeeding classes for general public.

**Lactation Consultants (in physician office)**
Teresa Timmerman, PA, IBCLC.  Mount Nittany Physician Group – Pediatrics: 814-466-7921
  (For Mount Nittany Physician Group patients, only).
Jan Giorecki, CLC, Geisinger Pediatrics  814-272-7710

**Breastfeeding Mothers’ Group**
Juniata/Mifflin/Perry County Breastfeeding Group  3rd Wed. in Mifflintown 10 am to noon
  https://www.facebook.com/groups/CentralPABreastfeedingSupport/
  Amanda Yohn 717-554-4152  LLLamandaY@gmail.com
  Shalee Ellis (717) 649-8441  shaleedrake@gmail.com
  Veronica Wheatley (410) 330-5598  blondegurl_23@yahoo.com

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors: Jenelle Bostwick, WIC cell: 717-756-5056  jenelled@familyplanningplus.org

**Breastfeeding Help Lines**
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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals**
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

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  - Medela:  800-435-8316  www.medela.us
  - Ameda:  866-992-6332  www.ameda.com
  - Hygeia:  888-786-7466  www.hygeiababy.com
  - Limerick:  877-546-3742  www.limerickinc.com
  - Avent:  800-542-8368  www.avent.com
  - Bailey:  800-413-3216  www.baileymed.com

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Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to  sgustin@pa.gov  Aug 2017
45
LACKAWANNA

Lactation Consultants/Nurses (hospital)
* **Moses Taylor Hospital: 570-770-5518  Out-patient lactation services
  Kathy McCormick, RN, IBCLC  kmccormick@mth.org
  Sarah Glenn, IBCLC  sglenn@mth.org
  Gina Gatto-Harris, CLC  ggettoharris@mth.org
* Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493

La Leche League
Georgeanne: 570-348-0890  Meira: 419-973-3313

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Support Groups
Moses Taylor Hospital: First Tuesday, 12:00 noon, Lamaze Room, Karen Shaw, 570-770-5985

Electric Breast Pump Rentals
Moses Taylor Hospital: 570-770-5518  (Scranton)
Babies R US: 570-822-7854 (Wilkes-Barre)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely!  Pump brands vary in quality and effectiveness.  Call a local breastfeeding specialist
for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.ameda.com
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
**LANCASTER**

**Lactation Consultants/Nurses (hospital)**

*L* Wellspan Ephrata Community Hospital: 717-738-6308
- Inez Curtis, RNC, IBCLC; Kathryn Peris, RN, IBCLC; Cindy Funk, RN, IBCLC; Meggin Santiago, RN, IBCLC

**Lancaster General Women and Babies Hospital: 717-544-3335**
- Laura Henry, RN, IBCLC; Emily Walker, RN;
- Rhonda Urban, RN, IBCLC; Charlene Wolford, RN, IBCLC;
- Tiffany Costlow, RN, IBCLC; Rita Witmeyer, RN

**Heart of Lancaster Regional Medical Center: 717-625-5337**
- Elaine Tobias, RN, IBCLC, Lisa Wenditz, RN, IBCLC

*Breastfeeding classes available*

**Some hospitals provide out-patient lactation consults, generally fee for service.**

**Lactation Consultant/Nurse (within Pediatric Office)**

The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579:
- Martha Kautz, RNC, IBCLC; Lisa Brown RN, IBCLC

**Lactation Consultants (private practice home visits)**

Bethany Landgraff, RNC, IBCLC 717-471-2019 bethany@BabyFusion.org
- [https://babyfuzion.wordpress.com/about/](https://babyfuzion.wordpress.com/about/)
- Mother's Harvest, Ellysha MacIvor Baker, RN, IBCLC 610-517-6857 ellyshabaker@hotmail.com

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**

Breastfeeding Peer Counseling Program: 717-509-6299
- Breastfeeding Coordinator: Judy Fulginiti, CLC, 717-509-3686 ext. 3091, or jfulginiti@caplanc.org
- Lindsay McClure, RD, LDN, CLC 717-509-3686 ext.3327 lmclure@caplanc.org

**La Leche League**

Red Rose: Kait 717-669-1649; Devon 717-701-3558 devonkmiller@gmail.com;
- Kelly 717-435-3480 scanloncassidy@yahoo.com

Lancaster East: Bobbie 717-569-5556 north5@verizon.net

Greater Ephrata: Andrea 717-336-3418; Kelly 717-435-3480 scanloncassidy@yahoo.com

Susquehanna: Tania 717-492-0541; Holly 717-826-7748 holly4jean4@yahoo.es

Lititz: Bobbie 717-569-5556 north5@verizon.net; Jennifer 717-723-1867 pepomntpat@gmail.com

Breastfeeding group meeting schedule: [http://www.lllofeasternpa.org/web/LancasterCountyPA.html](http://www.lllofeasternpa.org/web/LancasterCountyPA.html)

**Breastfeeding Help Lines**

PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
- [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

**Lancaster County Breastfeeding Coalition** [https://lancastercountybreastfeedingcoalition.wordpress.com/](https://lancastercountybreastfeedingcoalition.wordpress.com/)
- Beth Russell, RN, IBCLC 717-544-5310 brussell2@LGHealth.org
LANCASTER (continued)

Electric Breast Pump Rentals
Wellspan Medical Equipment: 717-733-0405 (Ephrata location)
Superior Oxygen: 717-509-0202
Women and Babies Hospital: 717-544-3335
Heart of Lancaster Regional Medical Center: 717-625-5337
Eden Park Pediatrics: 717-344-0579
A Mother's Boutique: 724-934-8795 (Wexford, PA) http://www.mothersboutique.com/breastpumps.html
Will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
Hygeia: 888-786-7466 www.hygeiababy.com
LAWRENCE

Lactation Consultants (hospital)
*Butler Memorial Hospital: 724-284-4696, Ann Snodgrass, IBCLC
*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Shannon, CLC: 866-942-2778 (Lawrence County)

Lawrence County Breastfeeding Coalition: Jessica Simons  www.lawrencecountybfcoalition.com

La Leche League
Butler County: Jeannie, 724-287-8660; Mollie, 724-256-8569

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PA WIC Breastfeeding Warm Line: 1-855-427-5666, Monday - Friday 8-8, Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9-6)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Medcare: 724-256-5110 (contact Julia for Butler area or 800-503-5554)
A Mother’s Boutique/Levana Bratique (Wexford, PA): 724-934-8795, judy@mothersboutique.com, company will mail rental pump
UPMC Jameson: 724-656-4023 (ask to speak with home medical equipment or the pharmacy)
Baird Medical Equipment: 215-884-2990, Klamont@bairdrespiratory.com
Medcare: 724-256-5110

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<table>
<thead>
<tr>
<th>Brand</th>
<th>Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medela</td>
<td>800-435-8316</td>
<td><a href="http://www.medela.us">www.medela.us</a></td>
</tr>
<tr>
<td>Hygeia</td>
<td>888-786-7466</td>
<td><a href="http://www.hygeiababy.com">www.hygeiababy.com</a></td>
</tr>
<tr>
<td>Avent</td>
<td>800-542-8368</td>
<td><a href="http://www.avent.com">www.avent.com</a></td>
</tr>
<tr>
<td>Ameda</td>
<td>866-992-6332</td>
<td><a href="http://www.amedacom">www.amedacom</a></td>
</tr>
<tr>
<td>Limerick</td>
<td>877-546-3742</td>
<td><a href="http://www.limerickinc.com">www.limerickinc.com</a></td>
</tr>
<tr>
<td>Bailey</td>
<td>800-413-3216</td>
<td><a href="http://www.baileymed.com">www.baileymed.com</a></td>
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</tbody>
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LEBANON

Lactation Consultants (hospital)
Good Samaritan Health System: 717-270-2290, Leslie Cree, IBCLC, RLC, out-patient services
Free breastfeeding classes, call 270-2316 or register on line.

Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, RN, IBCLC rsoloman@pinnaclehealth.org
Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
For breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Hershey Medical Center of Penn State: Breastfeeding Resource Line: 717-531-3754
Karen Campbell RN, IBCLC, for Breastfeeding classes, call: 717-531-6981
Mothers’ Group--Every Tuesday of each month 10 am to 12 pm; at the Women’s Health Center, Lois High Berstler Community Health Library, Room 206, 35 Hope Drive, Hershey
This class is designed for after the birth of your baby. It provides nutritional information for your new baby and open discussion on breastfeeding and mothers who are returning to work.
Out-patient consults on a fee for service basis: 717-531-3754

Lactation Consultants (private practice)
Home visits: Comprehensive Birth Support: 717-533-7308 Genevieve Whitehaus, RN, CCE, IBCLC genw3@verizon.net
Shannon Lilienthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) lactationleslie@gmail.com (Mechanicsburg)
Visiting Nurses: Diane Hertzog, RN, CLC 570-648-8989 (accepts Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net www.BreastfeedingBabiesHarrisburg.com
Good Samaritan Health System: 717-270-2290 out-patient lactation consultations
Harrisburg Hospital at Pinnacle Health: 717-782-5372 out-patient lactation consultations
Hershey Medical Center of Penn State: 717-531-3754 out-patient lactation consultations

Doula Breastfeeding Helpers:
Pat Anderson, CLC, PCD (DONA) 717-682-4516

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lebanon Family Health Services WIC Program: 717-273-6940
Breastfeeding Coordinators: Sara Wingert or Terri Smith
Breastfeeding Peer Counselor: Beth Keeney CLC – cell: 717.228.7051

Breastfeeding Mothers’ Groups
La Leche League
Lebanon: Audrey, 717-389-3281 Bobbie, 717-569-5556 www.lllofeasternpa.org
Harrisburg/Mechanicsburg:
Kathleen: 717-761-8165 savages@paonline.com
Maureen: 717-540-7700 feesvam7@aol.com
Elizabeth: 717-939-2799
Cynthia: 717-884-3520
Pinnacle Health Nurse Family Partnership
Judy Bostderf, BSN, RN, 717-782-2326 (available to qualifying first time pregnant women prior to 28 weeks of pregnancy) www.nursefamilypartnership.org
LEBANON (continued)

Breastfeeding Mothers’ Groups (continued)
Meetings for breastfeeding moms: For information call 717-732-6485.
First Wednesday/month from 7-8:30 p.m., Pinnacle (old Osteopathic Hospital) on Londonderry Rd in Lower Paxton
Second Tuesday/month 10-11:30 a.m., Pinnacle Seidle Campus
New Mom Network (Infants 0 - 9 Months Old): For information call 717-782-2727.
Every Tuesday 1-2:30 p.m. GIANT Super Food Store, Camp Hill, The Community Center
Mothers and Babies Together: Peer Counselor Program of Hershey Medical Center:
Contact: Mary Metzger, RN, IBCLC, CCE 531-533-3754 (Hummelstown)
Lebanon Family Health – 1st and 3rd Tuesday, 9:30-11:00 – 717.273.6940 Contact – Beth Keeney and Sara Wingert

Lebanon Valley Breastfeeding Coalition  Leslie Cree lactationleslie@gmail.com

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Comprehensive Birth Support: 717-533-7308 (Hummelstown)
Lactation Center Pinnacle Health System: 717-782-5372 (Harrisburg)
Hershey Medical Center: 717-531-3754 (Hershey)
Good Samaritan Hospital Home Med Care: 717-272-2057 (Lebanon) (Palmira)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela:  800-435-8316 www.medela.us
Ameda:  866-992-6332 www.amedacom
Hygeia:  888-786-746) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent:  800-542-8368 www.avent.com
Bailey:  800-413-3216 www.baileymed.com
LEHIGH

Lactation Consultants/Nurses (hospital)
* **Sacred Heart Hospital: 610-776-4756, Michelle Bleiler, RN, IBCLC
Lehigh Valley Hospital: 610-402-7264 Beth Kushner-Giovenco, RN, BSN, IBCLC,
Jeanne Schevets, RN, BSN, IBCLC, Jolie Maehrer, RN, BSN, IBCLC
* **St. Luke’s Hospital, Allentown: 610-628-6898 Patti Hari, RN, IBCLC HariP@sluhn.org
* **St. Luke’s Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org
  Vicky Geiger, RN, BSN, IBCLC; Toni Pitolovsky, RN, MSN, IBCLC
  Catherine L. Waltemyer, BSN, RNC-NIC, IBCLC, Cathy.Waltemyer@sluhn.org
  NICU Lactation Consultant at both St. Luke’s Bethlehem and Allentown 610-954-2248

*Breastfeeding classes available **Out-patient lactation consultations, generally free for service

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor - Lehigh Valley WIC Center: 610-432-3455

Lactation consultations after hospital discharge or during pregnancy
Home visits: Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483 mahalamom.com
Mother2MotherMatters@gmail.com  www.Mother2MotherMatters.com  www.facebook.com/Mother2MotherMatters
Liz Chang, CLC 908-210-3608 Liz@prettymb.com (English and Spanish)
Office visits: St Luke’s Hospital, Bethlehem Out-patient appointments: 484-526-1355 victoria.geiger@sluhn.org
Sacred Heart Hospital Out-patient appointments: 610-776-4756
St. Luke’s Hospital, Allentown Out-patient appointments: 610-628-8698
Leila Nassar, MA, IBCLC  610-821-8033 ABC Family Pediatrics 401 North 17th Street Suite 203 Allentown
Leila.Nassar@lvhn.org
Allentown Health Bureau (Allentown residents only): Kim Stengele, RN, LC 610-437-7760

Breastfeeding mothers’ groups
La Leche League: Lehigh County: Samina: 610-769-0622 Christine: 484-695-6191
Monday Morning Moms: 610-402-CARE (2273)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday – Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding
St. Luke’s Hospital, Bethlehem: 484-526-1355 Breastfeeding Answer Line
St. Luke’s Hospital, Allentown: 610-628-8698 Breastfeeding Answer Line

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov 610-865-7083

Electric Breast Pump Rentals
Hartzells Pharmacy: 610-264-5471 (Catasauqua)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483 mahalamom.com
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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Breast pump customer service numbers and websites:
LUZERNE

Lactation Consultants/Nurses (in-hospital)
* Geisinger Wyoming Valley Medical Center: 570-808-5534, Jill Martin, RN, IBCLC
   Nicole C. Williams RN, IBCLC
Lehigh Valley Hazleton Hospital: 570-501-4200
* Wilkes-Barre General: 570-552-3418 Lynn Dougherty, BSN, RN, CLC
   ldougherty@commonwealthhealth.net

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultations after hospital discharge (office visits):
NEPA Breastfeeding Center: 570-718-6667, Darnetta Yusko, CRNP, IBCLC
   www.NEPAbreastfeeding.com, (accepts all insurance)

Pennsylvania Department of Health Northeast District
655 Carey Ave., Suite 5, Wilkes-Barre (M-F 8am-5pm)
Maternal and Child Health Consultant 570-826-2062, fax 570-826-2238

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Hazleton WIC Center: 570-459-1805
WIC Breastfeeding Peer Counselor- Kingston WIC Center: 570-283-3523
WIC Breastfeeding Peer Counselor- Wilkes-Barre WIC Center: 570-823-1516

La Leche League
Victoria: 570-836-3013 Angel: trilliun17814@yahoo.com

Luzerne County Breastfeeding Coalition: Jill Martin, BSN, RN, IBCLC, 570-808-5534
   jmartin@geisinger.edu

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 M-F 8 am – 8 pm., Sat and Sun 9 am-1 pm
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pumps Rentals
Special Woman Boutique: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

LYCOMING
Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2092
  Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
* Also provide breastfeeding classes: 570-321-2069
** Some hospitals provide out-patient lactation consults – generally fee for service.

Lactation Consultant in Private Practice
Lisa McCloskey, RN, BSN, IBCLC  570-772-2403  mccloskeylj@gmail.com

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

Lycoming/Clinton Breastfeeding Coalition
Betsy Huff from WIC chairperson  570-322-7656
Pamela Klotz RN, BSN, secretary  570-327-3400  pklotz@state.pa.us
Family Health Nursing Services Consultant-Maternal Child/Health Northcentral District
PA Department of Health, 1000 Commerce Park Dr., Suite 109, Williamsport, PA 17701

La Leche League
Annette: 570-323-9861

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Dice Surgical  570-322-0656  (Williamsport)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

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  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
McKEAN
(Includes Warren)

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240  Jayme Covert, RNC, CLC
Nicholle Aiello, RN, CLC
Warren General Hospital: 814-723-3300 Ext. 1681  Pam Campion, RN, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean: Debbie Souchik, RN, IBCLC 814-362-4346
Warren:  Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337
        Kim Hazen: 814-726-1093 or 814-730-7819

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National Women’s Health Information Center: 800-994-9662  (peer counselors, M-F, 9 am - 6 pm)
        www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Apria Healthcare 814-726-7000
Great Lakes Home Health Care Services – Warren County: 716-664-5092
Great Lakes Home Health Care Services – McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Cole Care: 814-274-7250
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

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Choose wisely!  Pump brands vary in quality and effectiveness.  Call a local breastfeeding specialist
for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
    Medela:  800-435-8316    www.medela.us
    Ameda:  866-992-6332    www.ameda.com
    Hygeia: 888-786-7466    www.hygeiababy.com
    Limerick: 877-546-3742  www.limerickinc.com
    Avent:  800-542-8368     www.avent.com
    Bailey:  800-413-3216    www.baileymed.com
MERCER

Lactation Consultants (hospital)
* **Sharon Regional Health System: 724-983-5560, Yvonne Ceslak, BSN, IBCLC
   OB: (724)-983-3868
*Breastfeeding classes available
**Some hospitals provide out-patient consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Peer Counselor Supervisor: Doreen Scarmack, RN, CPA/BFC-PCM-CLC: (724)-981-6154
   Hours: Monday, Tuesday, Thursday, & Friday 8 AM-4 PM  Wednesday 11 AM-7 PM
Peer Counselors: 724-981-6154 (Mercer County)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Womenscare Center of UPMC: 724-347-4780 (Hermitage)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Purchasing Retail Breast Pumps
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   Hygeia: 888-786-7466        www.hygeiababy.com
   Limerick: 877-546-3742       www.limerickinc.com
   Avent:  800-542-8368       www.avent.com
   Bailey:  800-413-3216       www.baileymed.com
Lactation Consultants (hospital)
Lewistown Hospital: 717-242-7635  Cindy Treweek, RN, IBCLC; Jill Benner, CLC;
Misty Markley-Latuz, CLC

Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture
814-876-0217 (State College)  www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College)  kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC.  Mount Nittany Physician Group – Pediatrics: 814-466-7921
(For Mount Nittany Physician Group patients, only).
Jan Giorecki, CLC, Geisinger Pediatrics  814-272-7710

Breastfeeding Mothers’ Group
Juniata/Mifflin/Perry County Breastfeeding Group  3rd Wed. in Mifflintown 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152  LLLamandaY@gmail.com
Shalee Ellis (717) 649-8441  shaleedrake@gmail.com
Veronica Wheatley (410) 330-5598  blondegurl_23@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors:
Jenelle Bostwick, WIC cell: 717-756-2628  janelled@familyplanningplus.org

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Walnut Medical Services: 717-248-9938 (Burnham)
Dick’s Homecare  717-247-0445
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

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Hygeia:  888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health   Send changes to  sgustin@pa.gov  Aug 2017 57
MONROE
( Includes Pike)

Lactation Consultants (hospital)
*Lehigh Valley Health - Pocono: 570-476-3584, Melissa Yetter, RN, IBCLC, Melissa.yetter@lvhn.org
   Melissa Smith, IBCLC, Melissa.smith@lvhn.org
*Breastfeeding classes available

Lactation Consultants (private practice)
Sarah Glenn, CCE, CD, IBCLC  570-350-7327 Sarah68@yahoo.com
Blossom Baby Lactation Services: 484-602-5420 Christy Hume, BA, IBCLC
Melissa Yetter, RN, IBCLC 570-871-0406

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- East Stroudsburg WIC Center: 570-424-8784

La Leche League
Sarah: 570-350-7327, Sarah68@yahoo.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Lactation Station & More:  570-350-7327
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

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   Hygeia:  888-786-7466   www.hygeiababy.com
   Limerick:  877-546-3742  www.limerickinc.com
   Avent:  800-542-8368   www.avent.com
   Bailey:  800-413-3216   www.baileymed.com
MONTGOMERY

Lactation Consultants/Nurses (hospital)
*Abington Memorial Hospital: 215-481-6104, Leslie McDonald, IBCLC
  Mara Brand, RN, IBCLC, mbrand@amh.org  Fran Ferraguti MSN, RNC, IBCLC
  Beverly Desimone, RN, BSN, IBCLC, bdesimone@amh.org
  Kathy Szkromiuk, LPN, IBCLC, kszkromiuk@amh.org
*The Birth Center:  610-525-6106  Patty Siegrist, RN, IBCLC
  2 Breastfeeding Mother Groups:
  Rosemont Plaza: Every other Thursday  West Philadelphia: Every other Wednesday
*Bryn Mawr Hospital  484-337-8241  Terry Sanborn, RN, IBCLC SanbornT@MLHS.ORG
  Jill Hatch RNC IBCLC, Lynda Srubar RNC IBCLC
*Holy Redeemer Hospital  215-938-2923
*Lankenau Medical Center  1-866-CALL-MLH
  Sue Bechhold, RN, MSN, IBCLC; Amy Hnetinka, RN, BSN, IBCLC
  Mommy and Me Breastfeeding Group Every Monday, 2 – 3pm  866 – CALL – MLH
*Einstein Medical Center Montgomery: 484-622-2226
  Karen Meade, RN, IBCLC meadekar@einstein.edu
  Eliza Magland, IBCLC maglande@einstein.edu
  Michelle Poole, RN, IBCLC poolemic@einstein.edu
  Alison Neuhaus, IBCLC neuhausa@einstein.edu
  Mickey Kent, RN, IBCLC
* **Pottstown Memorial Medical Center:  610-327-7213 - Debra Werner, RN, CLC
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Breastfeeding Resource Center: 215-886-2433
Liz Brooks, JD, IBCLC  215-836-9088 liz.brooks@yahoo.com
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC:  610-584-6111 info@amazingnewborn.com
  www.amazingnewborn.com
Diane DiSandro, BA, IBCLC: 610-539-4476
Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Dana Ehman, BA, IBCLC  610-299-1038 dana@motherborn.com  www.MotherBorn.com
Janet Graczyk, BS, IBCLC  610-804-7998
Grand View Hospital, Phyllis Young RN, IBCLC  215-453-4594  pyoung@gvh.org  www.gvh.org
Linda Ivker, RN, BSN, IBCLC:  215-512-0075
Carrie Kimball, RN, IBCLC  267-456-2129 ckmidwife@gmail.com
Nikki Lee, RN, MS, IBCLC:  215-635-6477 nleequitar@aol.com  www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC: 610-517-9552  www.best4both.com
Jillian Nemeth, IBCLC;  215-528-8759  Mother2MotherMatters@gmail.com
  www.Mother2MotherMatters.com  https://www.facebook.com/Mother2MotherMatters
April Rosenblum, IBCLC  267-888-6455  westphillylactation@gmail.com  www.westphillylactation.com
Amy Siegrist, BS, IBCLC  484-919-1027 amyibclc@gmail.com  www.breastfeedingbond.com
Carol Tenneriello, RN, IBCLC:  215-248-0197  milkyway4@verizon.net
Eliza Magland, IBCLC:  267-218-4938
Amy Hnetinka, BSN, RN, IBCLC  484-999-7729  www.amyhbreastfeedinghelp.com
MONTGOMERY (continued)

Other lactation Helpers
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 Ph 610-613-6034 Cell

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Norristown WIC Center: 610-272-4042

Breastfeeding Mothers’ Groups
The Birth Center: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
   Rosemont Plaza: Every other Thursday
   West Philadelphia: Every other Wednesday
Breastfeeding Resource Center, 1355 Old York Road, Suite 101, Abington - 215-886-2433
   Weekly meetings www.BreastfeedingResourceCenter.org
Bryn Mawr Hospital 1-866-CALL- MLH Terry Sanborn, RN, IBCLC SanbornT@MLHS.ORG
   Every Thursday 2 pm and every other Saturday 11 am Call 1-866-call MLH for locations
Einstein Medical Center Montgomery: 484-622-2226
   Tuesdays 11AM in the cafeteria conference room
Family Breastfeeding Annie amp@sta2ned.com Heidi familybreastfeeding@gmail.com
La Leche League
   Montgomery County East: Mary Ann 215-886-1693; Andrea 215-822-3964;
      Ellen 215-828-6483; Marjorie 215-287-5819; Cathy 267-977-3599
      Theresa 617-650-4436
   Montgomery County: Ginny Wilkinson 610-287-8190, ginnwilkinson00@gmail.com
Nursing Mothers Alliance: 610-251-9405 www.nursingmothersalliance.org nmapasub@yahoo.com
   Tuesday mornings from 10-11 at Wegman's Collegeville
   Friday mornings from 10-11 at Wegman's King of Prussia
Nursing Mother’s Advisory Council www.nursingmoms.net Helpline: 215-572-8044
   Abington Area Nursing Mothers: Kinu Nardini: 610-564-0938 Kinu.nardini@gmail.com
      www.nursingmoms@yahoo.com Nicole Deming 267-243-4939 Netoohey13@gmail.com
   North Penn Nursing Mothers: www.northpennnursingmothers.org
   Ambler Nursing Mothers: Marla: 215-646-7276 mkepniss@hotmail.com, Nikki: 215-542-1154
   Harleysville Nursing Mothers: Marilynn: 610-584-4013 dutch@nni.com Also covers Lansdale

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sgustin@pa.gov Aug 2017
MONTGOMERY (continued)

**Electric Breast Pump Rentals**
Abington Memorial Hospital  215-481-6106
Baird Respiratory   215-884-2990 ext 135 (Glenside)
Breastfeeding Resource Center: 215-886-2433 (Abington)
Bridget Welsh:  215-855-3944  bridgetwelsh@gmail.com
Carolyn for Diane’s Pumps  484-949-9121 (Pottstown)
Diane Di Sandro:  610-539-4476 (Audubon)
Donna Eirich, ALC,CLC, CD(DONA), PCD(DONA)  610-409-5634 Ph 610-613-6034 Cell
Joanne Siciliano:  610-649-7769 (Ardmore)  joanne@pumplady.com.
Judy Crouthamel:  610-584-6111
Omga Medical  610-327-2829 (Pottstown)
Phoenixville Hospital 610-983-1250
Professional Pharmacy:  610-327-4900 (Pottstown)
Wayne Home Care  610-687-6585 or 888-687-0687
A Mother's Boutique:  724-934-8795 (Wexford, PA) will mail rental pump
judy@mothersboutique.com
Lab Medical, 105 Montgomery Ave. Suite 1052, Montgomeryville, PA 18936
(855) 34PUMPS or 855-347-8677  Fax prescriptions to: 215-855-1822
Baird Respiratory 267-975-8289

**Purchasing Retail Breast Pumps**
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

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- Ameda:  866-992-6332  [www.ameda.com](http://www.ameda.com)
- Hygeia:  888-786-7466  [www.hygeiababy.com](http://www.hygeiababy.com)
- Limerick:  877-546-3742  [www.limerickinc.com](http://www.limerickinc.com)
- Avent:  800-542-8368  [www.avent.com](http://www.avent.com)
- Bailey:  800-413-3216  [www.baileymed.com](http://www.baileymed.com)
MONTOUR

Lactation Consultants (hospital)
Geisinger Medical Center Lactation Support Team: 570-271-6560

After discharge lactation care:
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989
   (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Hospital out-patient services: Knapper Clinic at Geisinger Medical Center 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Coordinator Beckie Williams Office phone: 570-245-0900 Ext 1204
Breastfeeding Peer Counselor: Denisse Dianese CLC .-- office phone: 570-245-0900 Ext 1207
   After Hours Cell Phone: 570-336-9941

La Leche League http://www.lllofeasternpa.org/web/danvillepa.html
Danville: Lisa: 570-784-2580
   Becky: 570-284-4209
LLL of Danville meets 2nd Monday of the month at 7:00 pm, Shiloh United Church of Christ, 500 Bloom Street, Danville

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
A Mother's Boutique: 724-934-8795 (Wexford, PA), will mail rental pump judy@mothersboutique.com
Baird Respiratory 267-975-8289, will mail rental pump, klamont@bairdrespiratory.com

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   Hygeia: 888-786-7466  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent: 800-542-8368  www.avent.com
   Bailey: 800-413-3216  www.baileymed.com
Lactation Consultants/Nurses (hospital)
*Easton Hospital: 610-250-4332 or 610-250-4329  Estelle Leopold, RN, IBCLC
* **St. Luke’s Hospital, Allentown: 610-628-8698  Patti Hari, RN, IBCLC HariP@sluhn.org
* **St Luke’s Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org
  Vicky Geiger, RN, BSN, IBCLC; Toni Prelovsky, RN, MSN, IBCLC
  Catherine L. Walemeyer RNC-NIC, IBCLC, NICU Lactation Consultant at both St Luke’s
  Bethlehem and Allentown  610-954-2248
*Breastfeeding classes/support groups available
**Some hospitals provide out-patient lactation consultants, generally fee for service.

Lactation Consultants (Private Practice)
Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483
  mahalamom.com  https://www.facebook.com/Mother2MotherMatters
Leila Nassar, MA IBCLC  610-821-8033  ABC Family Peds 17th Street Leila.Nassar@lvhn.org
Liz Chang, CLC 908-210-3608  Liz@prettymb.com  (English and Spanish)

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Easton WIC Center: 610-258-6938

Breastfeeding Mothers’ Groups
La Leche League Bethlehem group:  http://www.llusa.org/web/BethlehemPA.html
  Kathy: 908-675-3215  Jessica: 484-894-7961  Christy: 610-974-9095 christyhume@zoho.com

Lehigh Valley Breastfeeding Mothers’ Group (English and Spanish): 610-366-7676
  www.lvbreastfeeding.com/

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov

Bethlehem Health Bureau: FREE breastfeeding support/home visits for mothers living in Bethlehem, 610-865-7087, Sue Madeja smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals
Homestar Medical: 610-882-2300 (Bethlehem)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483  mahalamom.com
A Mother’s Boutique: 724-934-8795 (Wexford, PA), will mail rental pump judy@mothersboutique.com

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Breast pump customer service numbers and websites:
NORTHUMBERLAND
(Includes Snyder and Union)

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
  April Clemens RN, IBCLC, Amy Lessin-Diehl RN, IBCLC
  Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
  (Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counselor:
  Lita Maguire, PC: 570-238-4627 lita.maguire@fhccp.org
  Bethany Freeman, CLC: 570-648-1521 (Shamokin on Tuesdays) or 570-988-1945 (Sunbury on Mondays) cell: 570-238-4627

Lactation Consultation after hospital discharge
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560
La Leche League
Ginny: 570-275-1742 Mac1742@ptd.net

Breastfeeding Mothers’ Groups
Breastfeeding USA, Ruth: 570-884-4398 (voice or text) ruth.tincoff@breastfeedingusa.org
Free monthly Mother-to-Mother classes at the Public Library for Union County

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)

Electric Breast Pump Rentals
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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  Hygeia: 888-786-7466 www.hygeiababy.com
  Limerick: 877-546-3742 www.limerickinc.com
  Avent: 800-542-8368 www.avent.com
  Bailey: 800-413-3216 www.baileymed.com
Lactation Consultants (hospital)
Carlisle Regional Medical Center: 717-960-3409 Outpatient lactation consultations
Tammy Rohn, RN, IBCLC tammy.rohn@hma.com Joyce Moser, RN, IBCLC joyce.moser@hma.com
Chambersburg Hospital: 717-267-7781 Suzy Wilkinson, RN, IBCLC
Holy Spirit Hospital 717-972-4500 Outpatient lactation consultations
Bernadette Anderson RN, IBCLC, Holly Stine, RN, IBCLC;
Jennifer Wasiaik, RN, IBCLC Nancy McDaniel, RN, IBCLC
Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, RN, IBCLC rsoloman@pinnaclehealth.org; Shannon Lilienthal, IBCLC slilienthal@pinnaclehealth.org
Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
Free breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Lactation Consultants (Private Practice)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
Shannon Lilienthal, IBCLC: 717-712-6822 (Mechanicsburg) www.harrisburgbreastfeeding.com
Leslie Cree, IBCLC: 717-795.1712 (Mechanicsburg) lactationleslie@gmail.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathie Wagner, BS, IBCLC, RLC: 717-761-7380 Ext: 4233
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523 or 800-882-8812
Breastfeeding Peer Counselor: ext 0507, Kritin Liprando Cell – 717-448-1295, Kristin.liprando@fhcpp.org

Breastfeeding Mothers’ Groups
Juniata/Mifflin/Perry County Breastfeeding Group 3rd Wednesday, in Mifflintown, 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152 LLamandaY@gmail.com
Shalee Ellis (717) 649-8441 shaleedrake@gmail.com
Veronica Wheatley (410) 330-5598 blondegurl_23@yahoo.com
Nursing Mother’s Counselors of Harrisburg PA: Shelly Silber 717-422-3200; Beth Lewis 937.474.9783
OM Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycactory.com
La Leche League
Carlisle: Molli 717-258-9608 mviora11@earthlink.net
Chambersburg: Marah Sollenberger, 717-658-0779 mrs.solly4@gmail.com (Shippensburg/Chambersburg/Waynesboro)
Harrisburg/Mechanicsburg: Kathleen 717-761-8165 savages@paonline.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
Clear Care Corporation- 1-800-464-2273 (Clearfield) rentals and supplies; will mail out items
Comprehensive Birth Support: 717-533-7308 (Hummelstown)
GSH Home Med Care 717-272-2057 (Lebanon)
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Hershey Medical Center: 717-531-3754 (Hershey)
Quality Care Pharmacy 717-249-5691 (Carlisle)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfedaing specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
PHILADELPHIA

Lactation Consultants (hospital)
*Children’s Hospital of Philadelphia: 215-590-4442, Diane Spatz, PhD, RNC spatz@nursing.upenn.edu
   Rachelle Lessen, MS, RD, IBCLC lessen@email.chop.edu
   Georgette Bartell, RN, IBCLC bartell@email.chop.edu
   Margaret D’Andrea RNC, IBCLC dandrea@email.chop.edu
   Meghan Devine, RN, BSN, IBCLC devinem@email.chop.edu
**Pennsylvania Hospital:  215-829-3844 (Warm Line)
   Debi Page Ferrarello, RN, IBCLC  215-829-5085 Debi.Ferrarello@uphs.upenn.edu
Hahnemann Univ. Hospital
   Christine Ilk RN, BSN, IBCLC
   Sabrina Raheem, CLC 215-762-3908 or 215-688-8061 sabrina.raheem@tenethealth.com
Hospital of the University of Pennsylvania: 215-662-2361
   Bonnie Higgins-Esplund, RN, IBCLC Bonnie.Higgins-Esplund@uphs.upenn.edu
   Jen Peterman, RN, IBCLC, Jennifer.Peterman@uphs.upenn.edu
   Lori Carpenter, RN, IBCLC Laura.Carpenter@uphs.upenn.edu
   Tricia Snyder, RN, IBCLC Tricia.Snyder@uphs.upenn.edu
   Jennifer Connolly, RN, IBCLC Jennifer.Connolly@uphs.upenn.edu
   Maria D'Andrea RNC, IBCLC dandrea@email.chop.edu
   Meghan Devine, RN, BSN, IBCLC devinem@email.chop.edu
** ***Thomas Jefferson University Hospital: 215-955-6665
   Fern Bernstein, BSN, IBCLC Joanne Walko, BSN, RN, IBCLC
   Helen Costa, RN, IBCLC Betty Anne Hedges, BSN, IBCLC
Albert Einstein Medical Center: 215-456-6640
   Madeline Frith, LPN, IBCLC
   Jane Dougherty, RN, IBCLC
   Pamela Mariotti, RNC, IBCLC
* Also provide out-patient office appointments, ** Also have a breastfeeding mothers’ group
***Provide free breastfeeding classes

Lactation Consultants (private practice)
Lisa Broderick-Cohen, BA 215-407-1422 thebreastfeedinglady@gmail.com www.blessedourmommas.com
Liz Brooks, JD, IBCLC 215-836-9088 liz.brooks@yahoo.com
Center City Pediatrics 215-735-5600 www.centercitypediatrics.com
Gordana Chelsvig, RD, IBCLC 610-667-1588
Children’s Hospital of Philadelphia: 215-590-4442 Rachelle Lessen RD, IBCLC lessenr@email.chop.edu
Judy Crouthamel, RNC, BSN, IBCLC 610-584-6111
Linda Derbyshire, BS, IBCLC 610-316-9157 lindaderby@verizon.net
Marlene Gawarkiewicz, IBCLC 267-226-4884 marlenegl@gmail.com
Rachel Gazda, BSW, IBCLC 267-225-2382 rkgazda@gmail.com or freedom2feed@gmail.com
Healthy Children’s Center for Breastfeeding 610-329-6311 beautiful_beginnings@yahoo.com
Linda Ivker, RN, BSN, IBCLC 215-512-0075
Carrie Kimball, RN, IBCLC 267-456-2129 ckmidwife@gmail.com
Rosalie Kmiec RN, IBCLC, CBE 610-322-4932 rosalie2@gmail.com
Elizabeth Larkin, IBCLC 610-551-9398
Nikki Lee, RN, MS, IBCLC: 215-635-6477 pleeuguitar@aol.com www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC: 610-517-9552 www.best4both.com
April Rosenblum, IBCLC 267-888-6454 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyiblc@gmail.com www.breastfeedingbond.com
Carol Tenneriello, RN, IBCLC 215-248-0197 milkyway4@verizon.net
Thomas Jefferson University Hospital: 215-955-6665

Other lactation helpers:
Fairmount Pediatrics 215-774-1166 Diane Lawley, RN, CLC, CD, PCD
Debra Werner, RN, CLC: 610-327-7213
PHILADELPHIA (continued)

Breastfeeding Mothers’ Groups:
info@aliswagon.com
Center City Pediatrics 1740 South Street 215-735-5600 Thursdays 10-11:30am, $15 fee
Chestnut Hill/Mt. Airy Chapter: Vicky: 484-924-9205 vfsullivan@gmail.com
La Leche League: www.lilfofeasternpa.org illofphilly@gmail.com
Helpline: 610-666-0359 (for updated information on volunteer groups in area)
Marlene: 215-222-6332 MJGawark@aol.com Joanne: 215-729-0222 joanne.lauba@gmail.com
Lisa: 856-727-5042
Maternity Care Coalition West Philadelphia, 3933 Lancaster Ave. Thursdays 1-4 pm Sara Kietzman
Maternity Care Coalition North Philadelphia Naima Black 215-386-3804 nb@maternitycarecoalition.org
North Philadelphia Breastfeeding Project
Episcopal Hospital Naima Black nb@maternitycarecoalition.org
Pennsylvania Hospital: 215-829-3644 every Monday 12:30-2:00 (except for holidays)
Hall Mercer Building, Parent Child Center, 245 S. 8th Street, between Locust & Spruce
Philadelphia Health Center #4, 4400 Haverford Avenue: 215-685-7600 (Mondays 9 to 1 pm)
Philadelphia Health Center #5, 1900 N. 20th Street: 215-685-2973 (Mondays 8:30-12 noon)
Philadelphia Health Center #6, 321 W. Girard Ave: 215-685-3808 (Tuesdays 8 am to 11:30 am)
Philadelphia Health Center #9, 131 E. Chelten Ave: 215-685-5747 (Thursdays 10:00 am to 1:30 pm)
Marlene Gawarkiewicz 267-226-4884
Philadelphia Health Center #10, 2230 Cottman Ave: 215-685-0602 (Thursdays 8 am to 11:30)
The Birth Center: Studio 34, 4522 Baltimore Ave - Patty Siegrist 610-525-6106 (every other Wed 10am-12pm)
Rosemont Plaza, 1062 E. Lancaster Ave, Rm 20, Rosemont, PA (every other Thursday 9:30 am-12pm)
T. Jefferson University Hospital: 215-955-6665 833 Chestnut St. Family Medicine Conference Room,
3rd Flr, Tuesday’s Noon. Deb Carl, RN, IBCLC Deborah.carl@Jefferson.edu, 215-955-7190 (Pager)

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
http://www.womenshealth.gov/breastfeeding/
Mt. Airy/Chestnut Hill Nursing Mothers Advisory Council Breastfeeding Helpline: 215-572-8044

Electric Breast Pump Rentals
Pennsylvania Hospital: 215-829-5046
Children’s Hospital: 267 426 5325
Breastfeeding Resource Center: 215-886-2433
Diane DiSandro: 610-539-4476 (Audubon)
Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com.
Bridget Welsh: 215-855-3944 bridgetwelsh@gmail.com
Judy Crouthamel 610-584-6111 (Skippack)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lisa Volpe: 215-978-6100 ext. 22 (For pump rental, call cell phone 215-913-9199)

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast Pump customer service numbers and websites:

<table>
<thead>
<tr>
<th>Brand</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medela</td>
<td>800-435-8316</td>
<td><a href="http://www.medela.us">www.medela.us</a></td>
</tr>
<tr>
<td>Ameda</td>
<td>866-992-6332</td>
<td><a href="http://www.amedacom">www.amedacom</a></td>
</tr>
<tr>
<td>Hygeia</td>
<td>888-786-7466</td>
<td><a href="http://www.hygieiababy.com">www.hygieiababy.com</a></td>
</tr>
<tr>
<td>Limerick</td>
<td>877-546-3742</td>
<td><a href="http://www.limerickinc.com">www.limerickinc.com</a></td>
</tr>
<tr>
<td>Avent</td>
<td>800-542-8368</td>
<td><a href="http://www.avent.com">www.avent.com</a></td>
</tr>
<tr>
<td>Bailey</td>
<td>800-413-3216</td>
<td><a href="http://www.baileymed.com">www.baileymed.com</a></td>
</tr>
</tbody>
</table>

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sgustin@pa.gov Aug 2017 67
Lactation Consultants (hospital)
*Lehigh Valley Health - Pocono: 570-476-3584, Melissa Yetter, RN, IBCLC, Melissa.yetter@lvhn.org
Melissa Smith, IBCLC, Melissa.smith@lvhn.org
*Wayne Memorial Hospital: 570-253-3005, Mary Lou Eimers, RN, LC, Barbara Yelekli, LC, Christina McDowell, IBCLC, Kara Poremba

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097

La Leche League
Sarah: 570-350-7327
Theresa: 570-688-0858

Electric Breast Pump Rentals* (general public)
Lactation Station & More: 570-350-7327
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
POTTER

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-776-1106
Ask for Amanda Margeson, CLC; Becky Brickley, CLC; or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC: 814-594-3855 or
Angela Martin: 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Potter County Breastfeeding Coalition
Dr. Mary Ann Rigas: 814-274-9198

Electric Breast Pump Rentals and Purchase* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 (St. Marys, Clearfield, Kane and DuBois Mall)
Cole Care 814-274-9301, ext. 1243
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
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Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
SCHUYLKILL

Lactation Consultants (hospital)
Schuylkill Health Medical Center: 570-621-5234. For breastfeeding classes: 570-621-5239.
   Kathy Hochgertel, RN IBCLC, Holly Michealson IBCLC
Some hospitals also provide out-patient lactation consults, generally fee for service.

Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Pottsville WIC Center: 570-622-1244

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
Apria Healthcare: 570-622-6320 (provides rental pumps under some insurance policies – call for info)
Keystone medical Equipment: 570-688-2568

Purchasing Retail Breast Pumps
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Breast pump customer service numbers and websites:
   Medela: 800-435-8316       www.medela.us
   Ameda: 866-992-6332        www.ameda.com
   Hygeia: 888-786-7466       www.hygeiababy.com
   Limerick: 877-546-3742     www.limerickinc.com
   Avent: 800-542-8368        www.avent.com
   Bailey: 800-413-3216       www.baileymed.com
SNYDER

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Acker RN, CLC
(Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counselor:
Bethany Freeman CLC: 570-648-1521 (Sunbury) or 570-988-1945 (Shamokin)
cell: 570-238-4627 (in Selingsgrove on Thursday)

Lactation Consultations after Hospital Discharge
Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross,
Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560
La Leche League Ginny: 570-275-1742 Mac1742@ptd.net

Breastfeeding Mothers’ Groups
Breastfeeding USA Ruth: 570-884-4398 (voice or text) ruth.tincoff@breastfeedingusa.org
Free monthly Mother-to-Mother classes at the Public Library for Union County

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC, keveritt@evanhospital.com
Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585 purchase only
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

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Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
**SOMERSET**

**Lactation Consultants/Nurses (hospital)**
*Somerset Hospital: 814-443-5000  Deborah Perl, RN, IBCLC  debiperl@comcast.net
*Conemaugh Memorial Medical Center: 814-534-3144  Out-patient Lactation Consults
  Robin Stoltz, RN, IBCLC  Robin Stoltz-rForosi@conemaugh.org
  Diane Gorka, RN, IBCLC  dgorka@conemaugh.org
  Danna Bowser, RN, IBCLC  dbowser@conemaugh.org
  Margaret Wasser, RN, IBCLC  mwasser@conemaugh.org
  Marilyn Harrington, RN, CRNP, IBCLC  mharrin@conemaugh.org

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

**Lactation Consultants (Private practice, fee for service)**
Somerset OB/GYN Associates: Dara Parker  814-445-3535
Conemaugh Memorial Medical Center: 814-534-3144  Out-patient Lactation Consults

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
  Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext.1103
  Breastfeeding Peer Counselor: Breanna Harmon, 814-233-7898, Breanna.harmon@fhccp.org

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public)**
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

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  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to  sguetin@pa.gov  Aug 2017
SULLIVAN

Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Kathy McCormick, RN, IBCLC kmccormick@mth.org
Sarah Glenn, IBCLC sglenn@mth.org Gina Gatto-Harris, CLC ggattoharris@mth.org

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493 (Lackawanna)

La Leche League
Georgeanne: 570-348-0890 (Scranton) Meira: 419-973-3313

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National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
SUSQUEHANNA

Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Kathy McCormick, RN, IBCLC kmccormick@mth.org
Sarah Glenn, IBCLC sglenn@mth.org Gina Gatto-Harris, CLC ggattoharris@mth.org

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC: WIC Breastfeeding Coordinator 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097

La Leche League
Holly: 717-826-7748 Tania: 570-492-0541

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
**TIOGA**

**Lactation Consultants/Nurses (hospital)**
*Memorial Hospital, Inc: 570-268-2252*
*Robert Packer Hospital: 570-882-5034*
Soldiers and Sailors Memorial Hospital: 570-723-7764
   Jodi Richter, RD, LDN, IBCLC  570-723-0436  jrichter@laurelhs.org

*Breastfeeding classes available

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Sandy Kalish CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001 (Bradford)

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
   www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals (general public)**
Towanda Memorial Hospital: 570-268-2252 (Towanda) (one month pump rental only)
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

**Purchasing Retail Breast Pumps**
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information.  **NOTE:** The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

**Breast pump customer service numbers and websites:**
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com

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Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to  sgustin@pa.gov  Aug 2017  75
Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612
  Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
  April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
  Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
  (Breastfeeding classes and outpatient hours available.)

Lactation Consultations after Hospital Discharge
Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross,
  Health America, TriCare, GHP, Medicaid access card)
Office visit: Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counselor:
  Bethany Freeman CLC: 570-648-1521 (Shamokin) or 570-988-1945 (Sunbury)
  cell: 570-238-4627

Breastfeeding Mothers’ Groups
  La Leche League   Ginny: 570-275-1742  Mac1742@ptd.net
  Breastfeeding USA Ruth: 570-884-4398 (voice or text) ruth.lincoff@breastfeedingusa.org
  Free monthly Mother-to-Mother classes at the Public Library for Union County

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612   Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585 purchase only
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose
wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more
information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices,
with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be
used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected
between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.ameda.com
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
VENANGO

Lactation Consultants/nurses (hospital)
*UPMC Northwest: 814-676-7845 Heather Schilk, RN, CLC; Charity Hansford, RN, CLC
*Breastfeeding classes and weekly support groups available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Peer Counselor Supervisor, Doreen Scarmack, RN, CPA/BFC-PCM-CLC: 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093
Peer Counselor: Annette Smith, CLC: 814-226-8130

La Leche League
Clarion: Sarah Kersey, 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.ameda.com
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
WARREN

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240 Jamie Covert, RN
Warren General Hospital: 814-723-3300 Ext. 1681

Some hospitals provide out-patient consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Warren: Dawn Venman, RD, LDN, CLC, 814-726-1093 or 814-706-2337; Kim Hazen, 814-706-1093

Breastfeeding Mothers’ Group
Bradford Regional Medical Center: 814-362-8240 Jamie Covert, RN, CLC jcovert@brmc.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)

www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals/Purchase* (general public)
Apria Healthcare: 814-726-7000
Great Lakes Home Health Care Services Warren County: 716-664-5092
Great Lakes Home Health Care Services McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Gaughn’s Drug Store: 814-723-2840
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:

Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
WASHINGTON
(Includes Greene)

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476 Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant: Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors: 877-814-0788 ext 449
Debbie (Certified Lactation Counselor, CLC), Cheryl or Kathy

Breastfeeding Groups

La Leche League website: LaLecheLeagueofPeters.wordpress.com
Peters Township Kate: 724-941-2370 Madeline: 724-941-2248 Heidi: 724-916-4817

Parents night out with the baby The Washington Hospital, Linda Kelley 724-250-4476

Breastfeeding Help Lines:
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
Pennsylvania Healthy Baby Line: 800-986-BABY (2229)
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition Michelle Kasmer IBCLC 724-244-9135
Judy Gutowski IBCLC 724-832-2507 Alexis Heinbaugh 724-850-1642
Cindy Garrison, ibclc 724-746-2188

Electric Breast Pump Rentals* (general public)
Magee Womens Hospital 412-641-1121 (Pittsburgh)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
WAYNE

Lactation Consultants (hospital)
*Wayne Memorial Hospital: 570-253-3005, Mary Lou Eimers, RN, LC; Barbara Yelekli, LC;
Christine MacDowell, IBCLC; Kara Poremba
*Breastfeeding classes available
Some hospitals also provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
Circle of Care Hawley WIC Center: 570-390-5000

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Wayne Health Services: 570-253-6770 (Honesdale)
Northeast Medical Equipment: 570-253-7700
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.
Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist
for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps
should only be used by one woman, because there is no way to guarantee the pump can be cleaned
and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
Lactation Consultants (hospital)
Excela Westmoreland Hospital: 724-832-4166, Ann Kremer, RN, IBCLC; Tracey Downs, RN, IBCLC
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants with office practice
Latrobe Prenatal Clinic: 724-537-1597 - Roseann Rudy, RN, IBCLC
Childrens Community Pediatrics (A CCP physician must be the infant’s healthcare provider):
Blairsville: Judy Gutowski, IBCLC 724-459-6560
Murraysville: Diana Jordan, IBCLC 724-327-5210
Mt. Pleasant: Judy Gutowski, IBCLC 724-547-5103
Mt. View (Greenburg): Judy Gutowski, IBCLC 724-832-0850
Pediatric Associates of Westmoreland: 724-832-7045, Amy Dillon, Brooke Allen and Brittany Kohl (all IBCLCs)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Michelle Kasmer, IBCLC: 724-244-9135  mkasmer@sphs.org

La Leche League
Kim: 724-575-0642 (Greensburg)
Dawn: 724-238-5796 (Ligonier)
Sara: 724-953-4848 (Ligonier)

Breastfeeding Classes
Excela Health, Call Center: 877-771-1234, calendar of free breastfeeding classes at www.excelahealth.org.

Southwestern Pennsylvania Breastfeeding Coalition:
Judy Gutowski, IBCLC: 724-832-2507
Michelle Kasmer, IBCLC: 724-244-9135

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Mommy Gear: 888-624-4327, 724-238-9633  107 St. Clair Street, Ligonier, PA 15658
www.mommygear.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of some pharmacies or department stores carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
WYOMING

Lactation Consultants/Nurses (in-hospital)
*Moses-Taylor Hospital: 570-340-3011 - Kathy McCormick, RN, IBCLC kmccormick@mth.org
  Sarah Glenn, IBCLC sglenn@mth.org    Gina Gatto-Harris, CLC gghattoharris@mth.org
*Geisinger Wyoming Valley Medical Center: 570-808-5534  Jill Martin, RN, IBCLC
  Nicole Williams, RN IBCLC
*Also provide breastfeeding classes
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
WIC Breastfeeding Coordinator: Sandy Kalish, CLC, 800-367-6347
Jillian Meyer, CLC: 610-377-6097
WIC Breastfeeding Peer Counselor: Towanda WIC Center: 570-265-7001 (Bradford)

Breastfeeding Support
NEPA Breastfeeding Center: 570-288-6543, www.NEPAbreastfeeding.com (accepts all insurance)

La Leche League
Victoria:  570-836-3013
Karen: 570-388-2664

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-984-BABY or 800-984-2229
National Women's Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Babies R Us: 570-822-7854 (Wilkes-Barre)
That Special Woman: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps.  Choose wisely!  Pump brands vary in quality and effectiveness.  Call a local breastfeeding specialist for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

    Medela: 800-435-8316        www.medela.us
    Ameda: 866-992-6332        www.amedacom
    Hygeia: 888-786-7466       www.hygeiababy.com
    Limerick: 877-546-3742     www.limerickinc.com
    Avent:  800-542-8368       www.avent.com
    Bailey: 800-413-3216       www.baileymed.com
YORK

Lactation Consultants/Nurses (hospital)
**York Hospital: 717-851-2953. Provide breastfeeding classes – fee charged. Contact Wellspan Parent Education office at 717-851-2241 or register online at www.wellspan.org/parenteducation**
Hanover General Hospital: 717-633-2262
**Some hospitals provide out-patient lactation consults, generally fee for service.**

Lactation Consultations after hospital discharge
Debbie Busch, DNP, CPNP, CLC: 717-851-2942, ext. 115, home and office visits (for WIC participants only)
Wellspan Breastfeeding Services: Michele Chronister, CRNP, IBCLC, 717-851-7560 (some insurances accepted)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kim Campbell, IBCLC: 717-843-7942 ext. 115  KCampbell2@yorkcpc.org

York County Breastfeeding Mothers’ Group
Ruthann Lanosz-Harris, CLC : 717-600-6552, harrissRMLH@aol.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 (peer counselors, M-F, 9 am - 6 pm)
www.womenshealth.gov/breastfeeding

Susquehanna Valley Breastfeeding Coalition
harrissrmlh@aol.com

Breastfeeding Groups
La Leche League: Andrea, 717-814-8221, Illofyrorkco@gmail.com; Meetings 1st Wednesday of the month, 9:30am, York Area United Fire Rescue, 50 Commons Dr., York (back entrance).
Hanover Hospital Maternity Support Group: 1st Tuesday of month, 12:30 pm – 2 pm, St. Mark Lutheran Church, 129 Charles St., Hanover, 717-316-2262, Kay Slothour, RN, CLC
Susquehanna Valley Breastfeeding Coalition Mothers Support Group: 717-600-6552, Ruthann Lanosz-Harris, CLC, harrissrmlh@aol.com

Electric Breast Pump Rentals* (general public)
York Hospital: 717-851-2953 (and other lactation supplies)
*Some rental stations also carry pumps for purchase.

Purchasing Retail Breast Pumps
The baby section of local department stores and pharmacies may carry various brands of pumps. Choose wisely! Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single use devices, with the exception of FDA cleared, hospital-grade pumps, and recommends that pumps should only be used by one woman, because there is no way to guarantee the pump can be cleaned and disinfected between uses by different women.

WEBSITES AND REFERENCES

Breastfeeding Information for Parents

Medications while breastfeeding:
• Infant Risk Center: 806-352-2519  9 am to 6 pm EST  http://www.InfantRisk.org
  Breastfeeding pharmacology (Thomas Hale, R.Ph. Ph.D.)


• Mother To Baby: 866-626-6847 or Text 855-999-3525. Medications and more during pregnancy and breastfeeding. Download and print fact sheets or talk directly to an expert. Email or live chat by visiting  www.MotherToBaby.org

Reference texts and clinical resources:
• Spangler, Amy, Breastfeeding – A Parent’s Guide, 2010 by Amy Spangler


Workplace breastfeeding support legislation:
• Patient Protection and Affordable Care Act:  www.dol.gov/whd/regs/compliance/whdfs73.htm
  (Department of Labor fact sheet that explains the accommodations businesses are required by law to provide to breastfeeding employees.)

• Health Resources and Services Administration Business Case for Breastfeeding webpage. This page provides numerous resources in support of breastfeeding-friendly worksites:  http://mchb.hrsa.gov/pregnancyandbeyond/breastfeeding/

• Pregnant at Work: provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276. They also feature a variety of resources on their site:  https://www.pregnantatwork.org/

Education materials:
Free downloads
• PA Department of Health:  www.health.state.pa.us/breastfeeding  (Handouts for parents addressing breastfeeding issue)
• Wisconsin Department of Health  www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/bfpromosupp.htm
• Thomas Hale website:  www.ibreastfeeding.com/free-pamphlets
• Academy of Breastfeeding Medicine  www.bfmed.org  (also offers free educational podcast on itunes)
General breastfeeding information:

- **www.breastfeedingmadesimple.com**: Lactation consultant and author of *Breastfeeding Made Simple*, Nancy Mohrbacher maintains this website full of helpful information on such as topics as nipple pain, depression, dealing with difficult birth, and common breastfeeding challenges. There are links to a five-minute video of latch (soundtrack in English and Spanish) and a video produced by UNICEF India showing a baby crawling to the breast.
• **www.kellymom.com**  
Evidence-based and user-friendly, this website is full of information from breastfeeding humor and little known facts to breastfeeding hand-outs in many languages and such “hot topics” as West Nile virus and breastfeeding. Page of links for Dads, too!

• **www.breastfeeding.com**  
This website packs in a variety of breastfeeding and parenting articles, funny stories from moms, and comics on the subject of breastfeeding. The site also contains the Breastfeeding Answer Center, a national directory of Lactation Consultants, and online shopping for breastfeeding and baby products.

• Finding a Lactation Consultant  
  - [www.ilca.org/i4a/pages/index.cfm?pageid=3337](http://www.ilca.org/i4a/pages/index.cfm?pageid=3337)  
The website for the International Lactation Consultant Association has a **Find a Lactation Consultant** feature to help you find a Lactation Consultant near you.

• Breastfeeding Multiples  
  - [www.lli.org](http://www.lli.org) Use search feature to find articles about nursing twins and higher order multiples.
  
  - [www.breastfeeding.com](http://www.breastfeeding.com) Use search feature to find articles about nursing twins and higher order multiples.
  

• Preterm Babies  
  - [www.lli.org](http://www.lli.org) Use search feature to find articles about nursing and pumping for preterm babies.
  

• Low Milk Supply  
  - [www.lowmilksupply.org](http://www.lowmilksupply.org) Information as well as mother-to-mother support for women struggling with milk supply issues.

• Breastfeeding after Breast Reduction Surgery  
  - [www.bfar.org](http://www.bfar.org) Information and support for mothers who wish to breastfeeding after breast or nipple surgery.

• Inducing Lactation  
• **Milk Banking**
  - [www.hmbana.org](http://www.hmbana.org)  Human Milk Banking Association of North America
    Information about guidelines for storing breast milk and, more specifically, information about donating and requesting donor milk.

• **Workplace Breastfeeding Information:**
  - Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA)
  - [www.dol.gov/wecanhelp/howtfilecomplaint.htm](http://www.dol.gov/wecanhelp/howtfilecomplaint.htm)
    How to file a complaint when an employer does not provide accommodations for nursing employees.
  - Workplace Flexibility 2010 [www.workplaceflexibility2010.org](http://www.workplaceflexibility2010.org)
  - Health Resources and Services Administration Business Case for Breastfeeding webpage.
    This page provides numerous resources in support of breastfeeding-friendly worksites:
  - [www.workandpump.com](http://www.workandpump.com) Internet home for information about breastfeeding for working moms.
  - [www.babiesatwork.org](http://www.babiesatwork.org)  Offers “resources and assistance for the successful, sustainable implementation of business programs in which parents can bring their children to work and care for them while doing their jobs.”
  - Pregnant at Work: provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276. They also feature a variety of resources on their site: [https://www.pregnantatwork.org/](https://www.pregnantatwork.org/)

• **Research Publications and Sites:**
  - Childbirth Connection (formerly Maternity Center Association)
    [www.childbirthconnection.org](http://www.childbirthconnection.org)  Free downloads, including the Milbank Report and the Listening to Mothers survey
  - The Cochrane Collaboration  [www.cochrane.org](http://www.cochrane.org)  (website search: breastfeeding)

• **Streaming Videos for Teaching**
  - Initiation of Breastfeeding and Skin to Skin [http://www.breastcrawl.org/](http://www.breastcrawl.org/)  (newborn doing “breast crawl” from UNICEF India) and  [http://mystfx.ca/InfantSkinToSkinContact/](http://mystfx.ca/InfantSkinToSkinContact/)
  - Video clips by Jack Newman, MD [www.drjacknewman.com](http://www.drjacknewman.com); Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release and latching
Seven natural laws for breastfeeding, the case for breastfeeding, common breastfeeding challenges, books and videos

A gift to the breastfeeding community from Stanford University Hospital. This site features pediatrician Jane Morton, MD. Videos online including Maximizing Milk Production (excellent for mothers of ICN babies!), ABCs of Breastfeeding, Hand Expression, a screening tool for 5-7 day-old babies called "Is Breastfeeding Going Well," and more.

C-birth with baby going skin-to-skin with mother at birth

Teaching paced bottle-feeding

Streaming Videos for Parents

http://www.health.state.pa.us/breastfeeding

Pennsylvania Breastfeeding Awareness and Support Program:

Pennsylvania Breastfeeding Coalition:

Pennsylvania Resource Organization for Lactation Consultants:

Pennsylvania Mid-State Lactation Coalition:

Western Pennsylvania Lactation Consultant Association:

Healthy Baby Helpline: 800-986-BABY (2229)

Pennsylvania WIC (Women’s, Infants and Children) Program:

Baby-Friendly Hospital Initiative, USA:

Centers for Disease Control and Prevention:

U.S. Department of Health and Human Services:

Healthy People 2020:
o March of Dimes (information about preterm babies): www.marchofdimes.com
o United States Breastfeeding Committee: www.usbreastfeeding.org
o WIC/Food & Nutrition Services: www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html
o National Breastfeeding Center: www.nbfcenter.com

- International Organizations
  o UNICEF: www.unicef.org
  o World Health Organization (WHO): www.who.int/topics/breastfeeding/en

- A wealth of information including videos about promoting, protecting and supporting breastfeeding: www.Breastfeeding.com
- Healthy Children: www.healthychildren.org
- International Lactation Consultant Association: www.ilca.org
- United States Lactation Consultant Association: www.uslca.org
- World Alliance for Breastfeeding Action: www.waba.org
- Bright Future Lactation Resource Center: www.bflrc.com/ (Lists many other links.)
- Best for Babes: www.bestforbabes.org
- National Alliance for Breastfeeding Advocacy: www.naba-breastfeeding.org
- World Alliance for Breastfeeding Action: www.waba.org.my

Breastfeeding Information for Healthcare Providers

Clinical protocols:
- Academy of Breastfeeding Medicine: www.bfmed.org (Website contains 24 protocols to serve as guidelines for the care of breastfeeding mothers and infants).

Medications while breastfeeding:
- Lactation Study Center/University of Rochester  rlaw@neonate/pediatrics.rochester.edu  585-275-0088 (For physicians only). Information on lactation or medications in lactation, usually answer questions immediately. Comprehensive breastfeeding database.


- Palm and iPhone software for physicians http://massbfc.org/providers

Reference texts and clinical resources:


Billing for lactation services:
• [www.aap.org/breastfeeding/files/pdf/CODING.pdf](http://www.aap.org/breastfeeding/files/pdf/CODING.pdf) (provides guidance on billing codes and requirements)

Medical Organizations and Billing
  o Academy of Breastfeeding Medicine (ABM): [www.bfmed.org](http://www.bfmed.org)
  o American Academy of Pediatrics (AAP): [www.aap.org/breastfeeding](http://www.aap.org/breastfeeding)

On-line continuing education credits:
• CMEs: [www.breastfeedingtraining.org/](http://www.breastfeedingtraining.org/)
• CEUs and CERPs: [www.LERon-line.com/](http://www.LERon-line.com/)
• [http://www.hriainstitute.org/breastfeedingcme/](http://www.hriainstitute.org/breastfeedingcme/)

Tutorials/general information:
• [www.aap.org/breastfeeding/curriculum/references_resources.html](http://www.aap.org/breastfeeding/curriculum/references_resources.html) (AAP’s Breastfeeding Residency curriculum)

• [www.wellstart.org/Self-Study-Module.pdf](http://www.wellstart.org/Self-Study-Module.pdf) (Lactation Management curriculum prepared by Audrey J. Naylor, MD, DrPH and Ruth A. Wester, BA, RN, PNP)

• [www.breastfeedingonline.com](http://www.breastfeedingonline.com) (Articles by Jack Newman, MD, FRCPC)

• [www.breastfeedingBasics.org/](http://www.breastfeedingBasics.org/) (Breastfeeding tutorial without CE credits)

• National Breastfeeding Center : 855-777-6232, [www.nbfccenter.com](http://www.nbfccenter.com)
  o For corporations: Assistance to implement an employee breastfeeding program
  o For physician offices: Information to support breastfeeding mothers in your practice

• International Board of Lactation Consultant Examiners (IBCLE):[www.iblce.org/](http://www.iblce.org/)
  o Provides information on how to become a board certified lactation consultant (IBCLC)

• On-Line College Education in Lactation
  o Maternal-Child Health: Union Institute and University, Lactation Consulting, BS: [https://www.myunion.edu/academics/bachelors-programs/maternal-child-health-lactation-consulting/](https://www.myunion.edu/academics/bachelors-programs/maternal-child-health-lactation-consulting/)

  o Lactation Consulting, MA: [https://www.myunion.edu/academics/masters-programs/master-of-arts/concentrations/health-culture/](https://www.myunion.edu/academics/masters-programs/master-of-arts/concentrations/health-culture/)

HUMAN MILK BANKS (sources of donor human milk)

www.hmbana.org  Human Milk Banking Association of North America
Information about guidelines for storing breast milk and donating and requesting donor milk.

CALIFORNIA
Mothers’ Milk Bank
751 South Bascom Ave
San Jose, CA 95128
Phone (408) 998-4550
FAX (408) 297-9208
mothersmilkbank@hhs.co.santa-clara.ca.us

COLORADO
Mothers’ Milk Bank at Presbyterian St. Luke’s Medical Center
1719 E. 19th Ave
Denver, CO 80218
Phone (303) 869-1888
FAX (303) 869-2490
Laraine.Lockhart-Borman@healthonecares.com

INDIANA
Indiana Mothers’ Milk Bank, Inc.
4755 Kingsway Drive, Suite 120
Indianapolis, IN 46205
Phone (317) 536-1670
Toll-free 1 (877) 829-7470
FAX (317) 536-1676
jorourke@immb.org

IOWA
Mother’s Milk Bank of Iowa
Department of Food and Nutrition Services
University of Iowa Hospitals and Clinics
University of Iowa at Liberty Square
119 2nd Street, Suite 400
Coralville, IA 52241
Phone: (319)356-2652
FAX (319)384-9933
jean-drulis@uiowa.edu

MICHIGAN
Bronson Mothers’ Milk Bank
601 John Street
Suite N1300
Kalamazoo, MI 49007
Phone (269) 341-8849
FAX (269) 341-8918
Duffc@bronsonhg.org

MISSOURI
Heart of America Mothers’ Milk Bank
At Saint Luke’s Hospital
4401 Wornail Rd.
Kansas City, MO 64111
Phone: (816)932-4888
kcmmilkbank@saint-lukes.org
HUMAN MILK BANKS (continued)

NEW ENGLAND
Mothers' Milk Bank of New England
225 Nevada Street Room 201
Newtonville, MA 02460
Phone: 617-527-6263
Fax: 617-527-1055
info@milkbankne.org

NORTH CAROLINA
WakeMed Mothers’ Milk Bank and Lactation Center
3000 New Bern Ave
Raleigh, NC 27610
Phone (919) 350-8599
FAX (919) 350-8923
suevans@wakemed.org
MBradshaw@wakemed.org

OHIO
Mothers’ Milk Bank of Ohio
Grant Medical Center at Victorian Village Health Center
1087 Dennison Avenue
Columbus, OH 43201
Phone (614) 544-0810
Phone (408) 998-4550
FAX (408) 297-9208
gmorrow@ohiohealth.com

OKLAHOMA
Oklahoma Mother's Milk Bank Inc.
901 N Lincoln Blvd, Suite #330
Oklahoma City, OK 73104
www.okmilkbank.org
405-297-LOVE

OREGON
Northwest Mothers Milk Bank
417 SW 117th Avenue
Portland, OR 97232
503-469-0955
info@nwmmmb.org

PENNSYLVANIA
Children’s Hospital of Philadelphia
Human Milk Management Center (only for infants hospitalized at CHOP)
34th Street and Civic Center Boulevard
Philadelphia, PA 19104-4399
215-590-1000

Three Rivers Mother’s Milk Bank
3127 Penn Avenue
Pittsburgh, PA 15201
412-281-4400
info@threeriversmilkbank.com
HUMAN MILK BANKS (continued)

TEXAS
Mothers' Milk Bank at Austin
2911 Medical Arts St. Suite 12
Austin, TX 78705
Phone (512) 494-0800
Toll-free (877) 813-MILK (6455)
FAX (512) 494-0880
info@milkbank.org

Mothers' Milk Bank of North Texas
1300 W. Lancaster Suite 108
Ft. Worth, TX 76102
Phone (817) 810-0071
Toll-free 1 (866) 810-0071 FAX (817) 810-0087
info@TexasMilkBank.org