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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 available electronically. You can print copies from it. If you are unable to print a copy, you may contact the Pennsylvania (PA) Department of Health at the phone number or email below to receive a hard copy via mail.

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

Pennsylvania Department of Health
Health and Welfare Building, 7th Floor, East Wing
625 Forster Street
Harrisburg, PA 17120-0701
RA-DHKEYSTONE10@pa.gov
(717)783-8143

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 (IBCLCs)** are breastfeeding specialists who have completed a minimum of 90 hours of education, 1,000 hours of clinical experience and have passed the certifying examination given by the International Board of Lactation Consultant Examiners. These specialists offer assistance with concerns 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 IBCLCs provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice IBCLCs 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 an IBCLC 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. Breastfeeding concerns 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 concerns beyond their level of skill are referred to an IBCLC.

**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 group members 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.

**Women Infants and Children (WIC) Program**
The Pennsylvania WIC 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 concerns. Breastfeeding concerns beyond their level of skill are referred to physicians 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.
Information for All Counties

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 855-427-5666; Monday through Friday from 8 a.m. to 9 p.m., Saturday and Sunday from 9 a.m. to 1 p.m.
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229; Monday through Friday from 8:30 a.m. to 5 p.m.
National Women’s Health Information Center: 800-994-9662 (peer counselors, Monday through Friday from 9 a.m. - 6 p.m.), www.womenshealth.gov/breastfeeding
National LLL Breastfeeding Hotline: 1-800-525-3243

Nurse Family Partnership
First-time moms who are pregnant 28 weeks or less, meet income requirements and live in a service area are eligible for free help from a personal nurse who will come to your home to offer advice and support through your pregnancy and until your baby is 2 years old.
Call or Text: 844-637-6667, https://www.nursefamilypartnership.org/first-time-moms/

La Leche League of Pennsylvania
For up-to-date information on La Leche League groups in Pennsylvania, including links to individual group webpages throughout the entire state: http://www.lllofeasternpa.org/Pennsylvania.html

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
Heron Medical Supplies
Hygeia: 888-786-7466, www.hygeiababy.com
Medela: 800-435-8316, www.medela.us
ADAMS

Lactation Consultants/Counselors (hospital and birth centers)
*Gettysburg Hospital: 717-337-4184

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Blue Ridge Breastfeeding (Md., Pa., W.V. Tri-State area): 301-744-9566  
www.blueridgebreastfeeding.org
Suzy Wilkinson, RN, IBCLC (home visit, Chambersburg): 717-264-2520 or 717-860-0177
Gettysburg Hospital: 717-337-4184

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

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

Breastfeeding Mothers’ Groups
Adams County Breastfeeding Peer Counselor Mother’s Lounge: 717-334-7634, ext. 189

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

Area Breast Pump Vendors*
Breast Expressions (Chambersburg): 717-264-2520
Gettysburg Hospital (Gettysburg): 717-337-4184
*Please reference page 7 for statewide breast pump resources
ALLEGHENY

Lactation Consultants/Counselors (hospital and birth centers)
*Heritage Valley Sewickley: 412-749-7494  
   http://www.heritagevalley.org/pages/events-and-classes
*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)  
   https://www.stclair.org/calendar/view_dates/event:107
*Western Pennsylvania Hospital: 412-578-7030  
   https://www.ahn.org/events

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Children’s Hospital of Pittsburgh Primary Care Center: 412-692-6000  
   www.childrenspeds.com/specialities-and-services/lactation-consulting
Healthy Start Lactation Consultant Program: 412-247-1000 (must be enrolled in Healthy Start)  
   http://www.healthystartpittsburgh.org
International Lactation Consultants Association: 919-861-5577 or 888-452-2478  
   http://www.ilca.org/why-ibclc/falc
Midwife Center: 412-321-6880 (Breastfeeding class for those between 33 to 37 weeks pregnant)  
   On-site lactation appointments available; https://midwifecenter.org/pages/class-descriptions
Nellie R. Wiancko, MS, IBCLC, RLC: 724-493-7880
   Home visits for consultation are available. Follow up consultations after discharge from the hospital are available upon request.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Main Lactation Line: 412-350-3163

La Leche League
Allegheny County Mother Groups: 412-276-5630

Breastfeeding Mothers’ Groups
   Cranberry: 724-761-2020
   Pleasant Hills: 412-466-5004
   Squirrel Hill: 412-521-6511
Pittsburgh Black Breastfeeding Circle: http://www.pghblackbreastfeedingcircle.org/
St Clair Hospital: 412-942-5875
West Penn Hospital’s Nursing Cafe: 412-578-7030

Allegheny County Breastfeeding Coalition
Allegheny County Breastfeeding Help Line: 412-687-2243; Monday through Friday from 8:30 a.m. to 4:30 p.m.
ALLEGHENY (continued)

Doula Services Providing Postpartum Lactation Services
Every Child, Inc.: 412-665-0600 (must enroll during 2nd trimester), www.everychildinc.org
Oli’s Angels: 412-616-9579
The Birth Circle: 412-441-3701 (must enroll prenatally)
   http://www.upmc.com/Services/family-medicine/treatments/womens-health/Pages/clinical-doula-service.aspx

Milk Bank
Mid-Atlantic Mothers’ Milk Bank: 412-973-3521
   https://www.midatlanticmilkbank.org/support/classes-programs/

Area Breast Pump Vendors*
Breastfeeding Center of Pittsburgh (Squirrel Hill and Pleasant Hills): 412-246-4726
Mommy Gear Pittsburgh SW (Pittsburgh): 888-624-4327
Magee Women’s Hospital of UPMC Lactation Center (Oakland): 412-641-1121
Mercy Hospital: 412-232-7135
St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875
West Penn Hospital: 412-578-7030

*Please reference page 7 for statewide breast pump resources
ARMSTRONG

Lactation Consultants/Counselors (hospital and birth centers)
* Armstrong County Memorial Hospital: 724-545-3586, woodca@acmh.org

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Children's Community Pediatrics Armstrong: 724-548-2283
   Michelle Roth, BA, IBCLC, michelle.roth2@chp.edu

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Jennifer: 866-942-2778, option 5

Area Breast Pump Vendors*
Baird Medical Equipment: 215-884-2990, Klamont@bairdrespiratory.com
Dara Medical Equipment and Supplies: 419-878-8518, https://www.darahmedical.com/

*Please reference page 7 for statewide breast pump resources
BEAVER
(Includes Butler and Lawrence)

Lactation Consultants/Counselors (hospital and birth centers)
*Butler Memorial Hospital: 724-284-4696
Heritage Valley Sewickley Lactation Office: 412-749-7494
Heritage Valley Beaver Lactation Office: 724-773-4797

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Christie, CLC or Crystal: 866-942-2778

La Leche League
Breastfeeding Warm Line: 412-256-8840
Butler County:
   Annette: 267-625-1723
   Jeannie: 724-287-8660
   Mollie: 724-256-8569
Beaver County:
   Chrissy: 412-716-6542
   Jess: 602-616-5312
   Laura: 412-716-3978
   Tiffany: 412-209-5209
   Toni: 724-630-6348

Breastfeeding Mothers’ Groups
Butler Memorial Hospital: 724-284-4696

Area Breast Pump Vendors*
Baird Medical Equipment: 215-884-2990

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*UPMC Bedford Memorial: 814-623-3516

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
UPMC Bedford Memorial: 814-623-3516

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Julie Kuhne (Broad Top): 814-623-6571

Area Breast Pump Vendors*
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)

*Please reference page 7 for statewide breast pump resources
BERKS

Lactation Consultants/Counselors (hospital and birth centers)
*Penn State Health St. Joseph’s Medical Center: 610-378-2068
*Reading Hospital: 484-628-9299
*Reading Birth & Women’s Center: 610-777-7222
*Lebanon Valley Birth Center: 717-933-9743

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Angela Quinn, IBCLC: 484-857-BABY (2922)
Amy Nansteel, IBCLC: 610-737-9851
Christy Hume, BA, IBCLC: 484-602-5420
Cindy Griffis, RN, IBCLC: 610-378-2068
Holly Michelson, IBCLC: 610-678-7998
Janet Graczyk, IBCLC: 610-804-7998
Jenny Reichenbach, RN, IBCLC: 601-451-4386
Jillian Nemeth, BA, IBCLC: 215 528-8759
Kristin Polston, BSN, RN, IBCLC: 610-202-0139
Lebanon Valley Birth Center: 717-933-9743
Phyllis Young, RN, IBCLC: 215-453-4594
Vicky Sullivan, IBCLC: 917-742-2659

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
Laureldale: 610-939-8353
Reading: 610-373-5545
Shillington: 610-775-4210

La Leche League
http://www.lllofeasternpa.org/web/BerksCountyPA.html

Breastfeeding Mothers’ Groups
Lebanon Valley Birth Center: 717-933-9743
Nursing mothers support group at Wyomissing Library: 610-451-4386
The Baby Bistro at Penn State Health St Joseph Medical Center: 610-378-2068

Berks County Breastfeeding Coalition:
https://www.facebook.com/berksbreastfeeding/

Area Breast Pump Vendors*
Berk Medical Equipment: 610-916-1871
In Home Oxygen: 610-929-2004
Lab Medical: 215-855-1885
Superior Oxygen: 610-371-0202

*Please reference page 7 for statewide breast pump resources
BLAIR
(Includes Huntingdon)

Lactation Consultants/Counselors (hospital and birth centers)
* J. C. Blair Hospital: 814-643-8534
* Nason Hospital: 814-224-6237
* UPMC Altoona: 814-889-2557

*Breastfeeding classes available

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

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

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

Breastfeeding Mothers’ Groups
Nason Hospital: 814-224-6221
UPMC Altoona: 814-889-2557

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.

Area Breast Pump Vendors*
UPMC Altoona Lactation Services: 814-889-255

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
- Memorial Hospital, Inc: 570-268-2252
- Robert Packer Hospital: 570-882-5034
- Soldiers and Sailors Memorial Hospital: Lactation Team 570-321-2092
  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

Area Breast Pump Vendors*
- Towanda Memorial Hospital: 570-268-2252 (one-month pump rental only)

*Please reference page 7 for statewide breast pump resources
BUCKS

Lactation Consultants/Counselors (hospital and birth centers)
*Doylestown Hospital: 215-345-2864
*Grand View Hospital (Women’s Center): 215-453-4594
*St Mary Medical Center: 215-710-5988 (lactation counselor’s line, calls returned within 48 hours)

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Amazing Newborn: 610-584-6111; www.amazingnewborn.com
Blossom Baby Lactation Services: 484-602-5420
Cathy La Torre, IBCLC (Bedminster/Perkasie): 267-509-7656
Freedom to Feed: 267-225-2383
Geri Remy, IBCLC: 267-342-1354
Grand View Hospital (Women’s Center): 215-453-4594
Jillian Nemeth, IBCLC: 215-528-8759
Linda Doherty, IBCLC (Perkasie): 267-664-0759
Lisa Petrino, RN, BSN, IBCLC (Morrisville): 267-994-4513
Margiotti & Kroll Pediatrics, PC: 215-968-5800
MK Plus: 215-346-6177
Nikki Lee, RN, BSN, MS, IBCLC: nleeguitar@aol.com; www.nikkileehealth.com; www.facebook.com/nikkileehealth

WIC Breastfeeding Support (for WIC participants only)
Bensalem: 215-244-2674
Doylestown: 215-345-3494
Levittown: 267-580-3570
Quakertown: 215-529-7482

Breastfeeding Mothers’ Groups
Doylestown Hospital Breastfeeding Moms’ Group: 215-345-2864
Breastfeeding Resource Center (Abington), BRC Community Counselors: 215-886-2433

La Leche League
Greater Philadelphia Area La Leche League Helpline: 610-666-0359
    Marlene (Bucks): 215-222-6332

Area Breast Pump Vendors*
Best Beginnings: 215-915-8210
Doylestown Hospital: 215-345-2200, ext 4637

*Please reference page 7 for statewide breast pump resources
BUTLER

Lactation Consultants/Counselors (hospital and birth centers)
*Butler Memorial Hospital: 724-284-4696
  Breastfeeding Classes: 724-284-4843 or 724-284-4232

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Breastfeeding Center of Pittsburgh: 412-246-4726

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

La Leche League
Annette: 267-625-1723
Jeannie: 724-287-8660
Mollie: 724-256-8569

Area Breast Pump Vendors*
Baird Medical Equipment: 215-884-2990
Dara Medical Equipment and Supplies: 419-878-8518, https://www.darahmedical.com/

*Please reference page 7 for statewide breast pump resources
CAMBRIA
(Includes Somerset)

Lactation Consultants/Counselors (hospital and birth centers)
*Conemaugh Memorial Medical Center: 814-534-3144
*Somerset Hospital: 814-443-5000

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Conemaugh Memorial Medical Center: 814-534-3144
Somerset Hospital: 814-443-5000
Somerset OB/GYN Associates: 814-445-3535

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 814-471-9798
  Breastfeeding Coordinator: 814-361-6308
Somerset Tapestry of Health WIC Program:
  Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext. 1103
  Alissa Stanford, Breastfeeding Peer Counselor: 814-233-7898, alissa.stanford@fhcpp.org

Area Breast Pump Vendors*
Mommy Gear: 888-624-GEAR

*Please reference page 7 for statewide breast pump resources
CAMERON
(Includes Elk and Potter)

Lactation Consultants/Counselors (hospital and birth centers)
*Charles Cole Memorial Hospital: 814-274-9300 ext. 1243
*Penn Highlands Elk: 814-788-8558

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Com., Ridgway: 814-776-1106
WIC Breastfeeding Peer Counselors:
    Angela Martin: 814-594-2951
    Christina Dilts: 814-594-3855

Area Breast Pump Vendors*
St. Mary’s Pharmacy Home Medical (St. Mary’s, DuBois Mall, Clearfield, Kane): 800-876-3442

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*Lehigh Valley Hospital: 610-402-7264
*Sacred Heart Hospital: 610-776-4756
*St. Luke’s Hospital, Allentown: 610-628-1876
  NICU, 610-954-2248
*St. Luke’s Hospital, Bethlehem: 484-526-1355
  NICU, 610-954-2248

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Sacred Heart Hospital: 610-776-4756
St. Luke’s Hospital, Allentown: 610-628-1876
St. Luke’s Hospital, Bethlehem: 484-526-1355

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, Carbon WIC Center: 610-377-6097
WIC Breastfeeding Peer Counselor, Lehigh Valley WIC Center: 610-432-3455

La Leche League
Liz (Allentown): 610-437-3096
Samina: 610-295-5218

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

Area Breast Pump Vendors*

*Please reference page 7 for statewide breast pump resources
CENTRE

Lactation Consultants/Counselors (hospital and birth centers)
Mount Nittany Medical Center

Lactation Consultants/Counselors in the Community
Geisinger Pediatrics: 814-272-7710
Megan Mignot, RD, LDN, IBCLC, CLC: 814-876-0217, NaturetoNurtureIBCLC@gmail.com
Mount Nittany Physician Group: 814-466-7921

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Marjorie Mearkle, IBCLC: 814-234-8621
Megan Mignot, RD, LDN, IBCLC: 814-234-8621

La Leche League
Email: LLLStateCollege@gmail.com
Amy: 570-460-5542
Celeste: 814-404-7501
Rebecca: 814-574-4169
Sharon: 512-751-3697

PA Mid-State Lactation Coalition
Patricia Doty: Pdoty@homenursingagency.com, www.facebook.com/PAMILC, pamilc.lactation@gmail.com

Breastfeeding USA, Central PA Chapter
Christy Sharer, BC: Christy.s@breastfeedingusa.org, www.facebook.com/breastfeedingusacentralpa/

Area Breast Pump Vendors*
Karen Foard, IBCLC: 814-237-1506

*Please reference page 7 for statewide breast pump resources
CHESTER

Lactation Consultants/Counselors (hospital and birth centers)
Chester County Hospital Lactation Warm Line: 610-738-2582
Paoli Hospital (Mainline Health System) Lactation Support Warm Line: 484–565–8075
Phoenixville Hospital Breastfeeding Warm Line: 610-983-1266

Lactation Consultants/Counselors in the Community
Alison Neuhaus, MA, IBCLC (Media): 610-761-4974, asneuhaus@verizon.net
Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com
Amy Siegrist, BS, IBCLC: 484-919-1027, amyibclc@gmail.com, www.breastfeedingbond.com
Angela Leonard, IBCLC (West Chester, Wilmington): 610-299-8290, angelaibclc@comcast.net
Breastfeeding Resource Center: 484-582-6682
Dana Ehman, BA, IBCLC (West Chester): 610-299-1038, dana@motherborn.com,
www.MotherBorn.com
Janet Graczyk, BS, IBCLC: 484-808-7694, janetibclc@gmail.com, www.janetgraczyk.com

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

La Leche League
Chester County: 610-666-0359, www.beanmom.com/laleche
Downtown:
   Judy: 610-363-6206, japolley@verizon.net
Exton-Lionville:
   Judy: 610-363-6206, japolley@verizon.net
Kimberton:
   Jill: 484-999-4841, jillmowry@gmail.com
   Kristina: 610-321-0319, kristina@pasqualefamily.com
   Heather: 281-419-4747, HLSimon98@gmail.com
West Chester:
   Shelly: 484-883-0572, kierkar@alumni.psu.edu
   Kara: 484-402-6204, karaLLLWC@yahoo.com

Breastfeeding Mothers’ Groups
Chester County Hospital Breastfeeding Support Group: 610-732-2300
Nursing Mothers Alliance: 610-251-9405, www.nursingmothersalliance.org
Paoli Hospital co-sponsored Breastfeeding Mothers’ Groups: 866-CALL-MLH
Phoenixville Hospital Breastfeeding Support Group: 610-983-1288

Area Breast Pump Vendors*
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

*Please reference page 7 for statewide breast pump resources
CLARION
(Includes Forest and Venango)

Lactation Consultants/Counselors (hospital and birth centers)
*Clarion Hospital: (814)-226-3454

*Breastfeeding classes and weekly support groups available

Lactation Consultants/Counselors in the Community
Clarion Hospital: (814)-226-3454

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Peer Counselor Supervisor: 814-726-1093
Peer Counselor (Clarion): 814-226-8130 or 814-319-4590
Peer Counselor (Venango/Forest): 814-676-0099

Lactation Consultants
Cradle Breastfeeding Support (fees charged for services, breastfeeding classes offered):
info@cradlebreastfeedingsupport.com, www.cradlebreastfeedingsupport.com

Area Breast Pump Vendors*
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
UPMC Northwest Auxiliary Gift Shop: 814-676-7600

*Please reference page 7 for statewide breast pump resources
CLEARFIELD

Lactation Consultants/Counselors (hospital and birth centers)
*Penn Highlands Clearfield: 814-765-5341
*Penn Highlands Dubois: Maternity: 814-375-2229; NICU, 814-375-6428

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Cradle Breastfeeding Support (fees charged for services, breastfeeding classes offered):
  info@cradlebreastfeedingsupport.com, www.cradlebreastfeedingsupport.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106
WIC Breastfeeding Peer Counselors:
  Christina Dilts: 814-594-3855
  Angels Martin: 814-594-2951

Breastfeeding Classes

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

Breastfeeding USA, Central PA Chapter
Christy Sharer, BC: Christy.s@breastfeedingusa.org, www.facebook.com/breastfeedingusacentralpa/

Area Breast Pump Vendors*
St. Mary’s Pharmacy Home Medical: 800-876-3442 or 814-371-2780
  St. Mary’s, DuBois Mall, Clearfield, Kane

*Please reference page 7 for statewide breast pump resources
CLINTON
(Includes Lycoming)

Lactation Consultants/Counselors (hospital and birth centers)
*Williamsport Regional Medical Center, Susquehanna Health: 570-321-2095
  Breastfeeding Classes: 570-321-2069

*Breastfeeding classes available

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

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

Area Breast Pump Vendors*
Dice Surgical, Williamsport: 570-322-0656

*Please reference page 7 for statewide breast pump resources
COLUMBIA
(Includes Montour)

Lactation Consultants/Counselors (hospital and birth centers)
Berwick Hospital: 570-759-5180
Geisinger Bloomsburg Hospital: 570-387-2474

Lactation Consultants/Counselors in the Community
Geisinger Medical Center Lactation Support Team: 570-271-6560
Breastfeeding classes and outpatient hours available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Peer Counselor: 570-245-0900 ext. 0357
Betsy Hock, after hours cell phone: 570-336-9941, betsy.hock@fhcpp.org

La Leche League
http://www.lllofeasternpa.org/Pennsylvania.html
Allison: 570-317-6064, shepard.ab@gmail.com
Elyse: 941-737-9598, Elyse.gilbert@yahoo.com
Liz: e.m.shotwell@outlook.com

Breastfeeding Support

Area Breast Pump Vendors*

*Please reference page 7 for statewide breast pump resources
CRAWFORD

Lactation Consultants/Counselors (hospital and birth centers)
Meadville Medical Center: 814-333-5313

Lactation Consultants/Counselors in the Community
Meadville Medical Center: 814-333-5313

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
WIC Breastfeeding Peer Counselors:
  Dawn Venman, RD, LDN, CLC (Supervisor): 814-726-1093
  Harmony Motter, BFPC: 814-330-7080
  Lori Gallagher, CLC, BFPC: 814-333-7080
  Marissa McIntire, BFPC: 814-333-5630

Area Breast Pump Vendors*
UPMC (need Rx order from physician): 800-425-7800
Vantage Home Healthcare: 814-333-9449

*Please reference page 7 for statewide breast pump resources
CUMBERLAND

Lactation Consultants/Counselors (hospital and birth centers)
*Holy Spirit Hospital: 717-972-4500
  Breastfeeding classes: 717-763-BABY
UPMC Pinnacle of Carlisle: 717-960-3409
* Harrisburg Hospital, UPMC Pinnacle: 717-782-5372
  Phone Line: 717-231-8900 (Free breastfeeding classes for Harrisburg Hospital births)

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Blue Ridge Breastfeeding (Tri-State area MD, PA, WV): 301-744-9566
  www.blueridgebreastfeeding.com
Genevieve Whitehaus RN, BSN, RCCE (home visit): genwh3@verizon.net
Harrisburg Hospital, UPMC Pinnacle outpatient lactation consultations (patients only): 717-782-5372
Holy Spirit Hospital (Camp Hill): 717-972-4500
Leslie Cree, IBCLC (home visit, Mechanicsburg): 717-514-7850, lactationleslie@gmail.com
Marah Sollenberger (Shippenburg/Chambersburg/Waynesboro): 717-658-0779,
Shannon Lilienthal, IBCLC (home visit, Mechanicsburg): 717-712-6822
  www.harrisburgbreastfeeding.com
South Central Pennsylvania Lactation Consultant Association
  Genny Whitehaus: 717-533-7308, genwh3@verizon.net
Suzy Wilkinson, RN, IBCLC (home visit, Chambersburg): 717-264-2520
  mrs.solly4@gmail.com
UPMC Pinnacle of Carlisle: 717-960-3409

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Amanda Rambler, Breastfeeding Peer Counselor: 717-448-1295, amanda.rambler@fhccp.org
Courtney Womack, CLC, BFPC Coordinator: 717-686-4233, courtney.womack@fhccp.org
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523

La Leche League
Carlisle: 717-385-6338
Harrisburg/Mechanicsburg:
  Mary Ramirez: 717-385-6338, bmtramirez@gmail.com
  Liz: 717-991-3408, LLLLiz@hotmail.com

Breastfeeding Mothers’ Groups
Om Baby, Camp Hill: 717-761-4975
The Women’s Center at UPMC Pinnacle Carlisle: 717-960-3409

Area Breast Pump Vendors*
Clear Care Corporation (Clearfield): 800-464-2273
GSH Home Medical Care, Inc (Palmyra): 717-838-7511
Quality Care Pharmacy (Carlisle): 717-249-5691
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520
York Health Boutique for Women at York Hospital: 717-851-2953

*Please reference page 7 for statewide breast pump resources

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health
November 2018
DAUPHIN

Lactation Consultants/Counselors (hospital and birth centers)
  Childbirth and breastfeeding tutorial classes available
*Harrisburg Hospital, UPMC Pinnacle: 717-782-5372
  Free breastfeeding classes for those giving birth at hospital: 717-231-8900
Penn State Health Milton S. Hershey Medical Center Breastfeeding Resource Line: 717-531-3754
  24-hour toll-free CareLine: 800-243-1455
  WarmLine Triage with RN referral to LC: 717-531-3754
  Out-patient consults on a fee for service basis: 717-531-3754

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
Genevieve Whitehaus, RN, BSN, CCE, IBCLC (home visit): 717-533-7308, genwh3@verizon.net
Harrisburg Hospital, UPMC Pinnacle outpatient lactation consultations (patients only): 717-782-5372
Jody Segrave-Daly, RN, MS, IBCLC: 717-371-3303, jodysd@comcast.net
  www.BreastfeedingBabiesHarrisburg.com
Leslie Cree, IBCLC (home visit): 717-514-7850, zippy1017@gmail.com
Penn State Hershey Medical Center/Penn State Pediatrics: 717-531-3754

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counselor: Beth Keeney, CLC, 717-228-7051 (cell)
Lebanon Family Health Services WIC Program: 717-273-6940

Dauphin County HHC/WIC Program:
Trisha Emerick, CLC, WIC Director: 717-230-3995
Cathy Worthington, IBCLC: 717-236-3656
Gabrielle Kaufman, CLC: 717-362-6760
Pyrmie Calloway, CLC: 717-230-3954
Rachel Turner, CLC: 717-230-3966
Velkis Ramirez, CLC: 717-230-3976
Whitney Pequignot, CLC: 717-230-3985

La Leche League
Carlisle: 717-385-6338, bmtramirez@gmail.com
Harrisburg/Mechanicsburg: http://www.lllofeasternpa.org/web/HarrisburgPA.htmlHershey
  Amanda: 717-467-1668, LLLamandaY@gmail.com
  Liz: 717-991-3408, LLLLiz@hotmail.com
Lebanon: 717-867-4103, lalechelebanonpa@gmail.com
DAUPHIN (continued)

**Breastfeeding Mothers’ Groups**
Hershey Mothers and Babies Together, Breastfeeding Group of Hershey Medical Center’s Women’s Health: 717-531-1298
Lebanon Family Health: 717-273-6940
UPMC Pinnacle New Mom Support Groups: 717-782-5372

**South Central Pennsylvania Lactation Consultant Association**
Genny Whitehaus: 717-533-7308, genwh3@verizon.net

**Dauphin County Breastfeeding Coalition**
Shannon Lilienthal: 717-712-6822

**Area Breast Pump Vendors**
Clear Care Corporation (Clearfield): 1-800-464-2273
GSH Home Med Care (Lebanon): 717-272-2057
GSH Home Medical Care, Inc (Palmyra): 717-838-7511
Hershey Medical Center (Hershey): 717-531-3754
Quality Care Pharmacy (Carlsil): 717-249-5691
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520
Harrisburg Hospital, UPMC Pinnacle: 717-782-5372
York Health Boutique for Women at York Hospital: 717-851-2953

*Please reference page 7 for statewide breast pump resources*
DELAWARE

Lactation Consultants/Counselors (hospital and birth centers)
*Lifecycle WomanCare: 610-525-6086
*Riddle Hospital: 484-227-3254

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Alison Neuhaus, MA, IBCLC (Media): 610-761-4974, asneuhaus@verizon.net
Amy Siegrist, BS, IBCLC: 484-919-1027, amyibclc@gmail.com, www.breastfeedingbond.com
Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com
Brooke Azevedo (Havertown): 805-709-1133, brookeknowsbreast@gmail.com
Christine Sweeney, RN, BSN, IBCLC: 610-996-1543, lactationaide@yahoo.com
Dana Ehman, BA, IBCLC (West Chester): 610-299-1038, dana@motherborn.com
   www.MotherBorn.com
Elizabeth Larkin, IBCLC: 610-551-9398, Elizabeth@wellbornbaby.com, www.wellbornbaby.com
LifeCycle WomenCare (Bryn Mawr): 610-525-6086
Linda Derbyshire, BS, IBCLC (Havertown): 610-316-9157, lindaderbyshire@gmail.com
Lisa Mandell, MBA, IBCLC (Villanova, Media, Philadelphia): 610-517-9552, lisa@lisamandell.com
Marlene Gawarkiewicz, IBCLC (Philadelphia): 267-226-4884, marleneglc@gmail.com
Molly Zangrilli (Paoli): 215-205-2210, mazangrilli@gmail.com

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

La Leche League
Barbara (Media): 610-892-9787
Stephanie: 610-357-5376

Other Organizations with Breastfeeding Support
Delaware County Pregnancy Center: 610-872-2229
Lifecycle WomanCare: 610-525-6106
Pettaway Pursuit Foundation: 610-553-5479
Riddle Hospital: 484-227-3254

Area Breast Pump Vendors*
Breastfeeding Resource Center (Wayne): 484-582-6682
Joanne Siciliano (Ardmore): 610-649-7769, joanne@pumplady.com
Paoli Hospital Apothecary (Paoli): 610-251-2295
Springfield Pharmacy (Springfield): 610-544-4645

*Please reference page 7 for statewide breast pump resources
ELK

Lactation Consultants/Counselors (hospital and birth centers)
*Penn Highlands Elk: 814-788-8558

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Angela Martin, Peer Counselor: 814-594-2951
Christina Dilts, Peer Counselor: 814-594-3855
North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106

Area Breast Pump Vendors*
St. Mary’s Pharmacy Home Medical (St. Mary’s, DuBois Mall, Clearfield, Kane): 800-876-3442 or 814-371-2780

*Please reference page 7 for statewide breast pump resources
ERIE

Lactation Consultants/Counselors (hospital and birth centers)
*St. Vincent Hospital: 814-452-7732
*UPMC Hamot Women’s Hospital: 814-877-6722

*Out-patient lactation consults available – fee for service

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

La Leche League
Cassandra: 814-240-9809, Cassandra.LaLecheLeague@gmail.com
Gretchen: 814-440-1502, Gretchen.LaLecheLeague@gmail.com

Breastfeeding Mothers’ Groups
St. Vincent Hospital: 814-452-7732
UPMC Hamot Women’s Hospital: 814-877-6722

Breastfeeding Help Lines
Saint Vincent Lactation Center: 814-452-7732

Lake Erie Breastfeeding Coalition
lakeeriebreastfeedingcoalition@gmail.com

Area Breast Pump Vendors*
MedCare Equipment Company: 814-877-6121
Saint Vincent Lactation Center: 814-452-7732

*Please reference page 7 for statewide breast pump resources
FAYETTE

Lactation Consultants/Counselors (hospital and birth centers)
*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

La Leche League
Tina: 724-628-8919

Breastfeeding Mothers’ Groups
Mom’s Café Support Group (Uniontown WIC office): 724-437-6050, ext. 3211

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

Area Breast Pump Vendors*
MedCare Equipment Company: 888-694-4564
Mommy Gear: 888-624-GEAR
Somerset Medical Supplies: 814-443-1496

*Please reference page 7 for statewide breast pump resources
FOREST

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
   Marci Cirell, NE/BFC/PCM-OM, Acting Supervisor: 814-676-0999
   Peer Counselor: 814-676-0099
Clarion:
   Annette Smith, CLC: 814-226-8130
   Dawn Venman, RD, LDN: 814-726-1093

La Leche League
Venango:
   Susan Carlson: 814-677-3651 or 814-758-3756, carlson.susan@hotmail.com
Clarion:
   Sarah Kersey: 814-745-3358, sakersey01@windstream.net

Area Breast Pump Vendors*
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
North West UPMC Auxiliary: 814-676-7600

*Please reference page 7 for statewide breast pump resources
FRANKLIN

Lactation Consultants/Counselors (hospital and birth centers)
*Chambersburg Hospital:  717-267-7781  
*Waynesboro Hospital: 717-765-3417

*Breastfeeding classes available

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

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counselor Mother's Lounge: 717-263-0802, ext. 327 or 328  
Susan Davis, DTR, IBCLC (Chambersburg): 717-263-0802, ext. 329

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

Area Breast Pump Vendors*
Breast Expressions (Chambersburg): 717-264-2520

*Please reference page 7 for statewide breast pump resources

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

Lactation Nurses (hospital)
*UPMC Bedford Memorial: 814-623-3516

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Julie Kuhne: 717-485-9484
Melissa Cruz, BS, IBCLC: 717-485-9484

Area Breast Pump Vendors*
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520 or 717-860-0177

*Please reference page 7 for statewide breast pump resources
GREENE
(includes Washington County)

Lactation Consultants/Counselors (hospital and birth centers)
The Washington Hospital: 724-250-4476

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Peer Counselors: 877-814-0788, ext. 449

La Leche League
LaLecheLeagueofPeters.wordpress.com, lllofpeters@gmail.com
Cindy: 724-746-2188
Jackie: 412-398-5505
Heidi: 724-916-4817
Janet: 412-854-4814
Kate: 724-941-2370
Madeline: 724-941-2248

Breastfeeding Help Lines
Allegheny County Breastfeeding Hotline: 412-247-1000

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

Area Breast Pump Vendors*
MedCare Equipment Company: 888-694-4564

*Please reference page 7 for statewide breast pump resources
HUNTINGDON

Lactation Consultants/Counselors (hospital and birth centers)
* Nason Hospital: 814-224-6237
  * UPMC Altoona: 814-889-2557

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Nason Hospital: 814-224-6237
UPMC Altoona: 814-889-2557

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
  Tracy Kelley, CLC: 814-943-0481
  Susan Lamertina, CLC: 814-943-0481
  Kathy Hart, CLC: 814-943-0481
  Amy Lowe, CLC: 814-943-0481
  Amy Brumbaugh, CLC: 814-943-0481
Huntington:
  Stephanie Shuey, BS, IBCLC, RLC: 814-643-4491 (work), 814-883-6090 (cell)
  Melissa Mobley, BS, CLC: 814-643-4491
  Melissa Cruz, BS, IBCLC: 814-643-4491

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

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

Area Breast Pump Vendors*
Home Health Resource: 800-514-4474
MedCare Equipment Company: 888-694-4564

*Please reference page 7 for statewide breast pump resources
INDIANA

Lactation Consultants/Counselors (hospital and birth centers)
*Indiana Regional Medical Center
   Laura Dunne: 724-422-2709
   Amy LaBant, IBCLC: 724-357-8187

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Indiana County: 866-942-2778, option 4
Jen (Armstrong County): 866-942-2778, option 5

La Leche League
Kelly (Indiana County): 724-459-0714 (First Wednesday morning)

Area Breast Pump Vendors*
Diamond Medical Supply: 1-888-520-2500 or 724-349-2830

*Please reference page 7 for statewide breast pump resources
JEFFERSON

Lactation Consultants/Counselors (hospital and birth centers)
*Penn Highlands Clearfield: 814-765-5341
*Penn Highlands Dubois
  Maternity: 814-375-2229
  NICU: 1-814-375-6428
*Punxsutawney Area Hospital, Maternity: 814-938-1895

*Also provide breastfeeding classes

Lactation Consultants/Counselors in the Community
Cradle Breastfeeding Support (breastfeeding classes offered): [www.cradlebreastfeedingsupport.com](http://www.cradlebreastfeedingsupport.com)
  Wendy Reynolds, RN-NIC, IBCLC, ANLC, [info@cradlebreastfeedingsupport.com](mailto:info@cradlebreastfeedingsupport.com)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Angela Martin, Peer Counselor: 814-594-2951
Christina Dilts, Peer Counselor: 814-594-3855
North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106 WIC

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

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

Area Breast Pump Vendors*
St. Marys Pharmacy Home Medical (St. Marys, DuBois Mall, Clearfield, Kane): 800-876-3442
  or 814-371-2780

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
Geisinger Lewistown Hospital: 717-242-7754, GLHLactationTeam@geisinger.edu

Lactation Consultants/Counselors in the Community
Geisinger Pediatrics: 814-272-7710
Karen Foard, BA, IBCLC (State College): 814-237-1506, KAREN@KARENFOARD.COM
Mount Nittany Physician Group Pediatrics: 814-466-7921

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC: 717-248-5339
Shannon Smith, Breastfeeding Peer Counselor: 717-756-5056, shannon.smith@fhcpp.org

Breastfeeding Mothers’ Group
Juniata/Mifflin/Perry County Breastfeeding Group:
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn: 717-467-7668, LLLamandaY@gmail.com
Veronica Roberts: 717-594-8721, MrsMommyw@gmail.com

Area Breast Pump Vendors*
Acelleron: www.Acelleron.com
Baird Medical: 866-395-7028
Karen Foard, BA, IBCLC (State College): 814-237-1506, KAREN@KARENFOARD.COM
Nature to Nurture: 814-876-0217
The Breastfeeding Shop: 866-255-6779

*Please reference page 7 for statewide breast pump resources
LACKAWANNA

Lactation Consultants/Counselors (hospital and birth centers)
*Moses Taylor Hospital: 570-770-5518

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com
Moses Taylor Hospital: 570-770-5518

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

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

Support Groups
Moses Taylor Hospital: 570-770-5985

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327

*Please reference page 7 for statewide breast pump resources
LANCASTER

Lactation Consultants/Counselors (hospital and birth centers)
* Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335
* UPMC Pinnacle Lititz: 717-625-5337
* Wellspan Ephrata Community Hospital: 717-738-6308

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Bethany Landgraf, RNC, IBCLC: 717-471-2019, bethany@BabyFusion.org
https://babyfusion.wordpress.com/about/
Mother's Harvest: 610-517-6857, ellyshabaker@hotmail.com
Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335
The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579
UPMC Pinnacle Lititz: 717-625-5337
Wellspan Ephrata Community Hospital: 717-738-6308

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counseling Program: 717-509-3686
Judy Fulginiti, CLC, Breastfeeding Coordinator: 717-509-3686 ext. 3091, jfulginiti@caplanc.org
Lindsay McClure, RD, LDN, CLC: 717-509-3686, ext.3327, lmclure@caplanc.org

La Leche League
Breastfeeding group meeting schedule: http://www.lllofeasternpa.org/web/LancasterCountyPA.html
Greater Ephrata:
Kelly 717-435-3480, scanloncassidy@yahoo.com
Lancaster East:
Bobbie 717-569-5556, north5@verizon.net
Lititz:
Bobbie: 717-569-5556, north5@verizon.net
Red Rose:
Kait 717-669-1649;
Devon: 717-701-3558, devonkmiller@gmail.com;
Kelly: 717-435-3480, scanloncassidy@yahoo.com
Susquehanna:
Tania: pianosingin2@yahoo.com;
Holly: 717-826-7748, holly4jean4@yahoo.com
Vicki: 717-917-0393

Breastfeeding Help Lines
Breastfeeding USA, Susquehanna Valley Chapter:
https://breastfeedingusa.org/content/susquehanna-valley-chapter

Lancaster County Breastfeeding Coalition
Beth Russell, RN, IBCLC: 717-544-5310, brussell2@LGHealth.org
https://www.facebook.com/LancBFC
Area Breast Pump Vendors*
Eden Park Pediatrics: 717-344-0579
UPMC Pinnacle Lititz: 717-625-5337
Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335
Superior Oxygen: 717-509-0202
Wellspan Medical Equipment (Ephrata location): 717-733-0405

*Please reference page 7 for statewide breast pump resources
LAWRENCE

Lactation Consultants/Counselors (hospital and birth centers)
*Butler Memorial Hospital: 724-284-4696
Heritage Valley Hospital Beaver: 724-773-4797
UPMC Horizon Shenango: 724-981-3500

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Hope: 866-942-2778

Lawrence County Breastfeeding Coalition:
www.pabreastfeeding.org

La Leche League
Jeannie: 724-287-8660
Mollie: 724-256-8569
Annette: 267-625-1723

Area Breast Pump Vendors*
Baird Medical Equipment: 215-884-2990, Kiamont@bairdrespiratory.com
Medcare: 724-256-5110 (contact Julia for Butler area or 800-503-5554)
UPMC Jameson: 724-656-4023 (ask to speak with home medical equipment or the pharmacy)

*Please reference page 7 for statewide breast pump resources
LEBANON

Lactation Consultants/Counselors (hospital and birth centers)
*Good Samaritan Health System: 717-270-2290
  Breastfeeding classes: 270-2316
Hershey Medical Center of Penn State Breastfeeding Resource Line: 717-531-3754
  Breastfeeding classes: 717-531-6981
* Harrisburg Hospital, UPMC Pinnacle: 717-782-5372: 717-782-5372
  Breastfeeding classes: 717-221-6255
*Lebanon Valley Birth Center: 717-933-9743

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Comprehensive Birth Support (home visit): 717-533-7308, genw3@verizon.net
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
Good Samaritan Health System: 717-270-2290
Hershey Medical Center of Penn State: 717-531-3754
Jody Segrave-Daly, RN, MS, IBCLC: 717-371-3303, jodysd@comcast.net
  www.BreastfeedingBabiesHarrisburg.com
Leslie Cree, IBCLC (home visit, Mechanicsburg): 717-514-7850, lactationleslie@gmail.com
Shannon Lilenthal, IBCLC (home visit, Mechanicsburg): 717-712-6822,
  www.HarrisburgBreastfeeding.com
Harrisburg Hospital, UPMC Pinnacle: 717-782-5372

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
Beth Keeney CLC, Breastfeeding Peer Counselor: 717-228-7051

La Leche League
Lebanon: www.lllofeasternpa.org
  Audrey: 717-389-3281
  Bobbie: 717-569-5556
Harrisburg/Mechanicsburg:
  Cynthia: 717-884-3520
  Elizabeth: 717-939-2799
  Kathleen: 717-761-8165, savages@paonline.com
  Maureen: 717-540-7700, feesvam7@aol.com

Breastfeeding Mothers’ Groups
Lebanon Valley Birth Center: 717-933-9743
Meetings for Breastfeeding Moms (Harrisburg): 717-732-6485
Mothers and Babies Together Peer Counselor Program of Hershey Medical Center: 531-6981
New Mom Network (Infants 0 - 9 Months Old): 717-782-2727.
Pinnacle Health Nurse Family Partnership:
  Judy Bostdorf, BSN, RN, 717-782-2326, www.nursefamilypartnership.org
LEBANON (continued)

Lebanon Valley Breastfeeding Coalition
Leslie Cree, lactationleslie@gmail.com

South Central Pennsylvania Lactation Consultant Association
Genny Whitehaus: 717-533-7308, genwh3@verizon.net

Area Breast Pump Vendors*
Comprehensive Birth Support (Hummelstown): 717-533-7308
Good Samaritan Hospital Home Med Care (Lebanon): 717-272-2057
Hershey Medical Center (Hershey): 717-531-3754
Lactation Center Pinnacle Health System (Harrisburg): 717-782-5372

*Please reference page 7 for statewide breast pump resources
LEHIGH

Lactation Consultants/Counselors (hospital and birth centers)
*Lehigh Valley Hospital: 610-402-7264
*Sacred Heart Hospital: 610-776-4756
*St. Luke’s Hospital Allentown: 610-628-8698
  NICU Lactation Consultant: 610-954-2248
*St Luke’s Hospital Bethlehem: 484-526-1355
  NICU Lactation Consultant: 610-954-2248

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
ABC Family Pediatrics: Leila.Nassar@lvhn.org
Allentown Health Bureau (Allentown residents only): 610-437-7760
Leila Nassar, MA, IBCLC: 610-821-8033
Liz Chang, CLC (home visit, English and Spanish): 908-210-3608, Liz@prettymb.com
Neighborhood Health Centers of Lehigh Valley (English/Spanish): 610-841-8400
Mahala Lactation & Perinatal Services, LLC (home visit): 484-858-0483
Mother to Mother Matters (home visit): www.Mother2MotherMatters.com,
  Mother2MotherMatters@gmail.com, www.facebook.com/Mother2MotherMatters
Sacred Heart Hospital: 610-776-4756
St Luke’s Hospital, Bethlehem: 484-526-1355, victoria.geiger@sluhn.org
St. Luke’s Hospital: 610-628-8698

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

La Leche League
Christine: 484-695-6191
Samina: 610-769-0622

Breastfeeding mothers’ groups
Monday Morning Moms: 610-402-2273
Neighborhood Health Centers of Lehigh Valley, Postpartum Support (English/Spanish): 610-841-8400

Breastfeeding Help Lines
St. Luke’s Hospital Allentown, Breastfeeding Answer Line: 484-526-2229
St. Luke’s Hospital Bethlehem, Breastfeeding Answer Line: 484-526-2229

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

Area Breast Pump Vendors*
Hartzells Pharmacy (Catasauqua): 610-264-5471
Mahala Pump Rentals of the Lehigh Valley: 484-858-0483, mahalamom.com

*Please reference page 7 for statewide breast pump resources
LUZERNE

Lactation Consultants/Nurses (in-hospital)
*Geisinger Wyoming Valley Medical Center: 570-808-5534
*Lehigh Valley Hazleton Hospital: 570-501-4200
*Wilkes-Barre General: 570-552-3418

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Geisinger Wyoming Valley Medical Center: 570-808-5534
NEPA Breastfeeding Center: 570-718-6667, www.NEPAbreastfeeding.com
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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 or 570-283-3523
WIC Breastfeeding Peer Counselor, Wilkes-Barre WIC Center: 570-823-1516

La Leche League
Angel: trilliun17814@yahoo.com
Karen: 570-388-2664
Victoria: 570-836-3013

Pennsylvania Department of Health Northeast District
Maternal and Child Health Consultant: 570-826-2062

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

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327

*Please reference page 7 for statewide breast pump resources
LYCOMING

Lactation Consultants/Counselors (hospital and birth centers)
*Williamsport Regional Medical Center, Susquehanna Health: 570-321-2092
    Breastfeeding classes: 570-321-2063

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Williamsport Regional Medical Center, Susquehanna Health: 570-321-2092
Lisa McCloskey, RN, BSN, IBCLC: 570-772-2403, mccloskeylj@gmail.com

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

Lycoming/Clinton Breastfeeding Coalition
Betsy Huff, IBCLC: 570-322-7656
Pamela Klotz RN, BSN: 570-327-3400, pklotz@state.pa.us

Area Breast Pump Vendors*
Dice Surgical: 570-322-0656 (Williamsport)

*Please reference page 7 for statewide breast pump resources
McKEAN
(Includes Warren)

Lactation Consultants/Counselors (hospital and birth centers)
Bradford Regional Medical Center: 814-362-8240
Warren General Hospital: 814-723-3300, ext. 1681

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean:
   Debbie Souchik, RN, IBCLC: 814-362-4346
   Jean Stratton, Nutritionist, CLC: 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

Breastfeeding Support
Bradford Regional Medical Center: 814-362-8240 or 814-362-4346

Area Breast Pump Vendors*
Seneca Home Health: 814-723-1155

*Please reference page 7 for statewide breast pump resources
**MERCER**

**Lactation Consultants/Counselors (hospital and birth centers)**
*UPMC Horizon Shenango:*
*Sharon Regional Health System: 724-983-5560
  OB: 724-983-3868

*Breastfeeding classes available

**Lactation Consultants/Counselors in the Community**
Sharon Regional Health System: 724-983-5560
UPMC Horizon Shenango: 724-983-7962

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Marci Cirell, NE/BFP/PCM-OM, Acting Supervisor: 814-676-0099
Peer Counselors: 724-981-6154

**Area Breast Pump Vendors**
Womencare Center of UPMC: 724-347-4780 (Hermitage)

*Please reference page 7 for statewide breast pump resources*
MIFFLIN

Lactation Consultants/Counselors (hospital and birth centers)
Geisinger Lewistown Hospital: 717-242-7754, GLHLactationTeam@geisinger.edu

Lactation Consultants/Counselors in the Community
Geisinger Pediatrics: 814-272-7710
Karen Foard, BA, IBCLC (State College): 814-237-1506, KAREN@KARENFOARD.COM
Mount Nittany Physician Group Pediatrics: 814-466-7921

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC: 717-248-5339
Shannon Smith, Breastfeeding Peer Counselor: 717-756-5056, shannon.smith@fhcpp.org

Breastfeeding Mothers’ Group
Juniata/Mifflin/Perry County Breastfeeding Group:
   https://www.facebook.com/groups/CentralPABreastfeedingSupport/
   Amanda Yohn: 717-467-7668, LLLamandaY@gmail.com
   Veronica Roberts: 717-594-8721, Mrs mommyw@gmail.com

Area Breast Pump Vendors*
Acelleron: www.Acelleron.com
Baird Medical: 866-395-7028
Karen Foard, BA, IBCLC (State College): 814-237-1506, KAREN@KARENFOARD.COM
Nature to Nurture: 814-876-0217
The Breastfeeding Shop: 866-255-6779

*Please reference page 7 for statewide breast pump resources
MONROE
(Includes Pike)

Lactation Consultants/Counselors (hospital and birth centers)
*Lehigh Valley Health Pocono: 570-476-3584

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Blossom Baby Lactation Services: 484-602-5420
Melissa Yetter, RN, IBCLC: 570-871-0406
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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, Sarahg68@yahoo.com

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327

*Please reference page 7 for statewide breast pump resources
MONTGOMERY

Lactation Consultants/Counselors (hospital and birth centers)
*Abington Memorial Hospital: 215-481-6104
*Bryn Mawr Hospital: 484-337
*Einstein Medical Center Montgomery: 484-622-2226
*Holy Redeemer Hospital: 215-938-2923
*Lankenau Medical Center: 866-CALL-MLH
*Pottstown Memorial Medical Center: 610-327-7213
*The Birth Center: 610-525-6106

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com
Amy Siegrist, BS, IBCLC: 484-919-1027, amyibclc@gmail.com, www.breastfeedingbond.com
April Rosenblum, IBCLC: 267-888-6455, westphillylactation@gmail.com, www.westphillylactation.com
Breastfeeding Resource Center: 215-886-2433
Carol Tenneriello, RN, IBCLC: 215-248-0197, milkyway4@verizon.net
Carrie Kimball, RN, IBCLC: 267-456-2129, ckmidwife@gmail.com
Dana Ehman, BA, IBCLC: 610-299-1038, dana@motherborn.com, www.MotherBorn.com
Diane DiSandro, BA, IBCLC: 610-539-4476
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 or 610-613-6034 (cell)
Eliza Magland, IBCLC: 267-218-4938
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Grand View Hospital: 215-453-4594, pyoung@gvh.org, www.gvh.org
Linda Doherty, IBCLC (Perkasie): 267-664-0759
Linda Ivker, RN, BSN, IBCLC: 215-512-0075
Lisa Mandell, MBA, IBCLC: 610-517-9552, www.best4both.com
Liz Brooks, JD, IBCLC: 215-836-9088, liz.brooks@yahoo.com
Janet Graczyk, BS, IBCLC: 610-804-7998
Jillian Nemeth, IBCLC: 215-528-8759 Mother2MotherMatters@gmail.com,
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, info@amazingnewborn.com,
   www.amazingnewborn.com
Nikki Lee, RN, MS, IBCLC: 215-635-6477, nleeguitar@aol.com, www.breastfeedingalwaysbest.com

WIC Breastfeeding Support/Breast Pumps
WIC Breastfeeding Peer Counselor, Norristown WIC Center: 610-272-4042
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org
Jillian Meyer, CLC: 610-377-6097
La Leche League
Montgomery County Central:
   Eliza: 215-412-4162
   Leah: 215-380-0861
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, ginnywilkinson00@gmail.com

Breastfeeding Mothers’ Groups
Abington Area Nursing Mothers: www.nursingmoms@yahoo.com
   Kinu Nardini: 610-564-0938, Kinu.nardini@gmail.com
   Nicole Deming: 267-243-4939, Netoohey13@gmail.com
Ambler Nursing Mothers:
   Marla: 215-646-7276, mkepniss@hotmail.com
   Nikki: 215-542-1154
Breastfeeding Resource Center: www.BreastfeedingResourceCenter.org
Bryn Mawr Hospital: 1-866-CALL-MLH
Einstein Medical Center Montgomery: 484-622-2226
Family Breastfeeding:
   Annie: amp@sta2ned.com
   Heidi: familybreastfeeding@gmail.com
Harleysville Nursing Mothers:
   Marilyn: 610-584-4013, dutch@nni.com
Lankenau Medical Center: 1-866-CALL-MLH
North Penn Nursing Mothers: www.northpennnursingmothers.org
   Jeneen (Harleysville): 215-513-1969
   Holly (Lansdale): 215-997-2706
Nursing Mothers Alliance: 610-251-9405, www.nursingmothersalliance.org, nmapasub@yahoo.com
The Birth Center: 610-525-6106
MONTGOMERY (continued)

Area Breast Pump Vendors*
Abington Memorial Hospital: 215-481-6106
Baird Respiratory: 267-975-8289
Baird Respiratory (Glenside): 215-884-2990, ext. 135
Breastfeeding Resource Center: 215-886-2433 (Abington)
Bridget Welsh: 215-855-3944, bridgetwelsh@gmail.com
Carolyn for Diane’s Pumps (Pottstown): 484-949-9121
Diane Di Sandro (Audubon): 610-539-4476
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 or 610-613-6034 (cell)
Judy Crouthamel: 610-584-6111
Lab Medical: 855-347-8677
Omega Medical (Pottstown): 610-327-2829
Phoenixville Hospital 610-983-1250
Professional Pharmacy (Pottstown): 610-327-4900
Wayne Home Care: 610-687-6585 or 888-687-0687

*Please reference page 7 for statewide breast pump resources
MONTOUR

Lactation Consultants/Counselors (hospital and birth centers)
Geisinger Medical Center Lactation Support Team: 570-271-6560

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
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
Betsy Hock, Breastfeeding Peer Counselor: 570-336-9941, betsyl.hock@fhcpp.org

La Leche League
http://www.lllofeasternpa.org/web/DanvillePA.html
Becky (Danville): fraur.anderson@gmail.com
Lisa (Danville): lemaelpumphouse@gmail.com
Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*
Baird Respiratory: 267-975-8289, klamont@bairdrespiratory.com

*Please reference page 7 for statewide breast pump resources
NORTHAMPTON

Lactation Consultants/Counselors (hospital and birth centers)
*Easton Hospital: 610-250-4332 or 610-250-4329
*St. Luke’s Hospital Allentown: 610-628-8698
   NICU Lactation Consultant: 610-954-2248
*St Luke’s Hospital Bethlehem: 484-526-1355
   NICU Lactation Consultant: 610-954-2248

*Breastfeeding classes/support groups available

Lactation Consultants/Counselors in the Community
ABC Family Pediatrics: 610-821-8033, Leila.Nassar@lvhn.org
Liz Chang, CLC (English and Spanish): 908-210-3608, Liz@prettymb.com
Mahala Lactation & Perinatal Services, LLC: 484-858-0483
   mahalamom.com, https://www.facebook.com/Mother2MotherMatters
St. Luke’s Hospital Allentown: 610-628-8698
St Luke’s Hospital Bethlehem: 484-526-1355

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
Bethlehem Group: http://www.llusa.org/web/BethlehemPA.html
   Christy: 610-974-9095, christyhume@zoho.com
   Jessica: 484-894-7961
   Kathy: 908-675-3215

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

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

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

Area Breast Pump Vendors*
Homestar Medical (Bethlehem): 610-882-2300
Mahala Pump Rentals of the Lehigh Valley: 484-858-0483, mahalamom.com

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
Evangelical Community Hospital: 570-522-2612
*Geisinger Medical Center Lactation Support Team: 570-271-6560
(Breastfeeding classes and outpatient hours available.)

*Breastfeeding classes/support groups available

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhccp.org

La Leche League
http://www.lllofeasternpa.org/web/DanvillePA.html
Becky: fraur.anderson@gmail.com
Lisa: lemaelpumphouse@gmail.com
Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*
Evangelical Community Hospital: 570-522-2612
Hub Surgical: 570-326-6521
McWilliams Pharmacy: 570-275-1140

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*Chambersburg Hospital: 717-267-7781
*Holy Spirit Hospital: 717-972-4500
*UPMC Pinnacle of Carlisle: 717-960-3409
* Harrisburg Hospital, UPMC Pinnacle: 717-782-5372: 717-782-5372
  Free breastfeeding classes: 717-221-6255
  Outpatient lactation consultations (patients only): 717-782-5372

*Breastfeeding classes/support groups available

Lactation Consultants/Counselors in the Community
Leslie Cree, IBCLC (Mechanicsburg): 717-795-1712, lactationleslie@gmail.com
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Amanda Rambler, Breastfeeding Peer Counselor: 717-243-0523 or 800-882-8812, ext. 0507, 717-448-1295 (cell), amanda.rambler@fhccp.org
Courtney Womack, CLC, BFPC Coordinator: 717-686-4233, courtney.womack@fhccp.org
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523 or 800-882-8812

La Leche League
Carlisle:
  Molli: 717-258-9608, mviora11@earthlink.net
Chambersburg:
  Marah Sollenberger: 717-658-0779, mrs.solly4@gmail.com
Harrisburg/Mechanicsburg:
  Kathleen: 717-761-8165, savages@paonline.com
  Maureen: 717-540-7700
  Elizabeth: 717-939-2799
  Ruth: 717-238-0223

Breastfeeding Mothers’ Groups
Juniata/Mifflin/Perry County Breastfeeding Group: 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

Nursing Mother’s Counselors of Harrisburg PA:
  Shelly Silber: 717-422-3200
  Beth Lewis: 937-474-9783

PERRY (continued)

Area Breast Pump Vendors*
Clear Care Corporation (Clearfield): 800-464-2273
Comprehensive Birth Support (Hummelstown): 717-533-7308
GSH Home Med Care (Lebanon): 717-272-2057
GSH Home Medical Care, Inc. (Palmyra): 717-838-7511
Hershey Medical Center (Hershey): 717-531-3754
Quality Care Pharmacy (Carlisle): 717-249-5691
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

*Please reference page 7 for statewide breast pump resources
PHILADELPHIA

Lactation Consultants/Counselors (hospital and birth centers)
Albert Einstein Medical Center (Einstein Lactation Line): 215-456-5751
Children’s Hospital of Philadelphia: 215-590-1089
Hahnemann University Hospital Warm Line: 215-762-3908
Hospital of the University of Pennsylvania Warm Line: 215-662-2361
Pennsylvania Hospital Warm Line: 215-829-3644
Thomas Jefferson University Hospital: 215-955-6665

Lactation Consultants/Counselors in the Community
Amy Siegrist, BS, IBCLC: 484-919-1027, amy@breastfeedingbond.com, www.breastfeedingbond.com
April Rosenblum, IBCLC: 267-888-6455, westphillylactation@gmail.com, www.westphillylactation.com
Colette M. Acker, IBCLC, Executive Director: 215-886-2422 www.BRC4Babies.com
Carol Tenneriello, RN, IBCLC: 215-248-0197, milkyway4@verizon.net
Linda Derbyshire, BS, IBCLC: 610-316-9157, lindaderby@verizon.net
Children’s Hospital of Philadelphia: 215-590-4442, lessenr@email.chop.edu
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, www.amazingnewborn.com
Linda Ivker, RN, BSN, IBCLC: 215-512-0075
Lisa Mandell, MBA, IBCLC (Villanova): 610-517-9552, milkyway4@verizon.net, www.lisamandell.com
Liz Brooks, JD, IBCLC: 215-836-9088, liz.brooks@yahoo.com
Nikki Lee, RN, MS, IBCLC: 215-635-6477, nleeguitar@aol.com, www.nikkileehealth.com
Rachel Gazda, BSW, IBCLC: 267-225-2382, rkrgazda@gmail.com or freedom2feed@gmail.com
Rosalie Kmiec RN, IBCLC, CBE: 610-322-4932, rosaliek2@gmail.com
Thomas Jefferson University Hospital: 215-955-6665

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Denise Sobolewski, Breastfeeding Coordinator: 215-978-6100, ext. 11
Breastfeeding counseling available to WIC participants at every Philadelphia WIC office
Lisa Volpe: 215-978-6100, ext. 22 (For pump rental information, call cell phone 215-913-9199)

La Leche League
Lisa: 856-727-5042, Thebreastfeedinglady@gmail.com
Marlene: 215-226-4884, MJGawark@gmail.com
PHILADELPHIA (continued)

Breastfeeding Mothers’ Groups:
Children's Hospital of Philadelphia, Karabots Pediatric Center: 267-425-9800
Congreso: 215-763-8870
Hahneman Hospital (patients only): 215-762-3908
Hospital of the University of Pennsylvania: 215-662-2361
Maternity Care Coalition North Philadelphia Breastfeeding & Community Doula Program:
    Naima Black, Program Manager: 215-386-3804, nblack@maternitycarecoalition.org
    Jenn Calix, Bi-Lingual Breastfeeding Coordinator: 215-495-8929,
        calix@maternitycarecoalition.org
    Iris Kimbrough, Program Assistant: 610-382-5739, ikimbrough@maternitycarecoalition.org
Northeast MOMobile Classic (free home-based support):
    Arnetta Stewart, CLC: 215-713-3714, AStewart@maternitycarecoalition.org
Philadelphia Health Center: 215-685-0602
Pennsylvania Hospital: 215-829-3644
The Birth Center (Individual lactation visits by appointment): 610-525-6106
Thomas Jefferson University Hospital, Mothers' Breastfeeding and Pumping Group: 215-955-6665

Breastfeeding Help Lines
Albert Einstein Medical Center Warm Line: 215-456-5751
Hospital of the University of Pennsylvania Warm Line: 215-662-2361
Mt. Airy/Chestnut Hill Nursing Mothers Advisory Council Breastfeeding Helpline: 215-572-8044
Pennsylvania Hospital Warm Line: 215-829-3644

Area Breast Pump Vendors*
Children's Hospital: 267-426-5325
Breastfeeding Resource Center: 215-886-2433
Bridget Welsh: 215-855-3944, bridgetwelsh@gmail.com
Joanne Siciliano (Ardmore): 610-649-7769, thepumplady@gmail.com
Judy Crouthamel (Skippack): 610-584-6111
Pennsylvania Hospital: 215-829-5046

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*Lehigh Valley Health - Pocono: 570-476-3584
*Wayne Memorial Hospital: 570-253-3005

*Breastfeeding classes available

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

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327

*Please reference page 7 for statewide breast pump resources
POTTER

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Angela Martin Breastfeeding Peer Counselor: 814-594-2951
Christina Dilts, Breastfeeding Peer Counselor: 814-594-3855
North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106

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

Area Breast Pump Vendors* and Purchase* (general public)
Cole Care: 814-274-9301, ext. 1243
St. Mary’s Pharmacy Home Medical (St. Mary’s, Clearfield, Kane and DuBois Mall): 800-876-3442

*Please reference page 7 for statewide breast pump resources
SCHUYLKILL

Lactation Consultants/Counselors (hospital and birth centers)
*Schuylkill Health Medical Center: 570-621-5234
   Breastfeeding classes: 570-621-5239

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

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

Area Breast Pump Vendors*
Apria Healthcare: 570-622-6320
Keystone medical Equipment: 570-688-2568

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
Evangelical Community Hospital: 570-522-2612
Geisinger Medical Center Lactation Support Team: 570-271-6560

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhcpp.org

La Leche League
http://www.lllofeasternpa.org/web/DanvillePA.html
Becky: fraur.anderson@gmail.com
Lisa: lemaelpumphouse@gmail.com
Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*
Evangelical Community Hospital: 570-522-2612
Evangelical Community Hospital Home Care Products (purchase only): 570-522-2585
Hub Surgical: 570-326-6521
McWilliams Pharmacy: 570-275-1140

*Please reference page 7 for statewide breast pump resources
SOMERSET

Lactation Consultants/Counselors (hospital and birth centers)
*Conemaugh Memorial Medical Center: 814-534-3144

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Somerset OB/GYN Associates: 814-445-3535

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Alissa Stanford, Breastfeeding Peer Counselor: 814-233-7898, alissa.stanford@fhccp.org
Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext.1103
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532

Area Breast Pump Vendors*
MedCare Equipment Company: 888-694-4564
Mommy Gear: 888-624-GEAR
Somerset Medical Supplies: 814-443-1496

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*Moses-Taylor Hospital: 570-340-3011

*Breastfeeding classes available

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

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

Area Breast Pump Vendors*
Moses Taylor Hospital (Scranton): 570-770-5518
Wayne Health Services (Honesdale): 800-346-8676

*Please reference page 7 for statewide breast pump resources
SUSQUEHANNA

Lactation Consultants/Counselors (hospital and birth centers)
*Moses-Taylor Hospital: 570-340-3011

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327
Wayne Health Services (Honesdale): 800-346-8676

*Please reference page 7 for statewide breast pump resources
TIOGA

Lactation Consultants/Counselors (hospital and birth centers)
*Memorial Hospital: 570-268-2252
*Robert Packer Hospital: 570-882-5034
Soldiers and Sailors Memorial Hospital: 570-723-7764

*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

Area Breast Pump Vendors*
Towanda Memorial Hospital (Towanda): 570-268-2252

*Please reference page 7 for statewide breast pump resources
UNION

Lactation Consultants/Counselors (hospital and birth centers)
Evangelical Community Hospital: 570-522-2612
Geisinger Medical Center Lactation Support Team: 570-271-6560
Breastfeeding classes and outpatient hours available

Lactation Consultants/Counselors in the Community
Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989
Geisinger Medical Center Lactation Support Team: 570-271-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhcpp.org

La Leche League
http://www.lllofeasternpa.org/web/DanvillePA.html
Becky: fraur.anderson@gmail.com
Lisa: lemaelpumphouse@gmail.com
Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*
Evangelical Community Hospital: 570-522-2612
Evangelical Community Hospital Home Care Products, Lewisburg (purchase only): 570-522-2585
Hub Surgical: 570-326-6521

*Please reference page 7 for statewide breast pump resources
VENANGO

Lactation Consultants/Counselors (hospital and birth centers)
*UPMC Northwest: 814-676-7845

*Breastfeeding classes and weekly support groups available

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
   Marci Cirell, NE/BFC/PCM-OM, Supervisor: 814-676-0999
   Peer Counselor: 814-676-0099
Clarion:
   Dawn Venman, RD, LDN, Peer Counselor Supervisor: 814-726-1093
   Annette Smith, CLC, Peer Counselor: 814-226-8130

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

Area Breast Pump Vendors*
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600

*Please reference page 7 for statewide breast pump resources
WARREN

Lactation Consultants/Counselors (hospital and birth centers)
Bradford Regional Medical Center: 814-362-8240
Warren General Hospital: 814-723-3300, ext. 1681

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337
Kim Hazen: 814-706-1093
Nicole Johnson, BFPC: 814-726-1093 or 814-547-6279

Breastfeeding Mothers’ Group
Bradford Regional Medical Center: 814-362-8240

Area Breast Pump Vendors* /Purchase*
Apria Healthcare: 814-726-7000
Gaughn’s Drug Store: 814-723-2840
Med Care Equipment Co. Warren County/Jamestown, NY: 716-664-5092 or 800-503-5554
Seneca Home Health: 814-723-1155

*Please reference page 7 for statewide breast pump resources
WASHINGTON
(Includes Greene)

Lactation Consultants/Counselors (hospital and birth centers)
*The Washington Hospital: 724-250-4476

*Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
WIC Peer Counselors: 877-814-0788, ext. 449

La Leche League
lllofwashco@gmail.com, https://lalecheleagueofpeters.wordpress.com/
Cindy: 724-746-2188
Jackie: 412-398-5505
Janet (Peters Township): 412-854-4814
Kate: 724-941-2370
Madeline: 724-941-2248
Heidi: 724-916-4817

Breastfeeding Mothers’ Group
The Washington Hospital, Breastfeeding Support Group: 724-250-4476

Southwestern Pennsylvania Breastfeeding Coalition
Cindy Garrison, IBCLC: 724-746-2188
Judy Gutowski, IBCLC: 724-832-2507
Michelle Kasmer, IBCLC: 724-244-9135

Area Breast Pump Vendors*
Magee Womens Hospital: 412-641-1121
St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875

*Please reference page 7 for statewide breast pump resources
WAYNE

Lactation Consultants/Counselors (hospital and birth centers)
*Wayne Memorial Hospital: 570-253-3005

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327
Northeast Medical Equipment: 570-253-7700
Wayne Health Services (Honesdale): 570-253-6770

*Please reference page 7 for statewide breast pump resources
WESTMORELAND

Lactation Consultants/Counselors (hospital and birth centers)
Excela Westmoreland Hospital: 724-832-4166

Lactation Consultants/Counselors in the Community
Children’s Community Pediatrics:
  Judy Gutowski, IBCLC (Blairsville patients seen at the Mt. View office): 724-459-6560
  Diana Jordan, IBCLC (Murrysville): 724-327-5210
  Judy Gutowski, IBCLC (Mt. Pleasant patients seen at the Mt. View office): 724-547-5103
  Judy Gutowski, IBCLC (Mt. View): 724-832-0850
Latrobe Prenatal Clinic: 724-537-1597

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

La Leche League
Dawn (Ligonier): 724-238-5796
Sara (Ligonier): 724-953-4848

Breastfeeding Classes
Excela Health, Call Center: 877-771-1234, www.excelahealth.org

Area Breast Pump Vendors*
Mommy Gear: 888-624-4327 or 724-238-9633, www.mommygear.com

*Please reference page 7 for statewide breast pump resources
WYOMING

Lactation Consultants/Nurses (in-hospital)
*Geisinger Wyoming Valley Medical Center: 570-808-5534
*Moses-Taylor Hospital: 570-340-3011

*Also provide breastfeeding classes

Lactation Consultants/Counselors in the Community
Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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

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

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
Hanover General Hospital: 717-633-2262
Memorial Hospital: 717-849-5594
York Hospital: 717-851-2953

Lactation Consultants/Counselors in the Community
Hanover Pediatric Associates Patients: 717-632-8944
Lorna Dibert, RN, IBCLC: 717-849-5594
Wellspan Breastfeeding Services: 717-851-7560
York Hospital: 717-851-2953

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Karen Gartside: 717-843-7942, ext. 113, kgartside@yorkcpc.org

La Leche League
York: 717-814-8221, llloyorkco@gmail.com

Susquehanna Valley Breastfeeding Coalition
Ruthann Lanosz-Harris, CLC: 717-600-6552, harrissrmlh@aol.com

Breastfeeding Mothers’ Group
Hanover Hospital Maternity Support Group: 717-316-2262
Mason Dixon Library in Stewartstown: 443-388-4229
Memorial Hospital Breastfeeding Mothers’ Group: 717-849-5594
Susquehanna Valley Breastfeeding Mothers' Group
   Ruthann Lanosz-Harriss, CLC: 717-600-6552, harrissrmlh@aol.com
York Hospital: 717-851-2241, www.wellspan.org/parenteducation (breastfeeding classes)

Area Breast Pump Vendors*
York Hospital: 717-851-2953 (and other lactation supplies)

*Please reference page 7 for statewide breast pump resources
BREASTFEEDING INFORMATION FOR PARENTS

Breastfeeding Organizations and Advocacy Groups

- Pennsylvania Organizations
  - Pennsylvania Breastfeeding Coalition: www.pabreastfeeding.org
  - Pennsylvania Resource Organization for Lactation Consultants: www.prolc.org
  - Pennsylvania Mid-State Lactation Coalition: https://www.facebook.com/PAMILC
  - Western Pennsylvania Lactation Consultant Association: http://wplca.net
  - Healthy Baby Helpline: 800-986-BABY (2229)
  - Pennsylvania WIC (Women’s, Infants and Children) Program: www.pawic.com

- National Organizations
  - Baby-Friendly Hospital Initiative, USA: www.babyfriendlyusa.org
  - Centers for Disease Control and Prevention (CDC): www.cdc.gov/breastfeeding
  - U.S. Department of Health and Human Services: www.womenshealth.gov/breastfeeding
  - March of Dimes (information about preterm babies): www.marchofdimes.com
  - United States Breastfeeding Committee: www.usbreastfeeding.org
  - National Breastfeeding Center: www.usbreastfeeding.org
  - United States Lactation Consultant Association: www.uslca.org

- International Organizations
  - UNICEF: www.unicef.org
  - World Health Organization (WHO): www.who.int/topics/breastfeeding/en
  - Healthy Children: www.healthychildren.org
  - International Lactation Consultant Association: www.ilca.org
  - World Alliance for Breastfeeding Action: www.waba.org.my
  - Bright Future Lactation Resource Center: https://bflrc.org/
  - Best for Babes: www.bestforbabes.org
  - World Alliance for Breastfeeding Action: www.waba.org.my

Workplace Breastfeeding Information

- Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA)
  http://www.dol.gov/whd/regs/compliance/whdfs73.pdf
  How to file a complaint when an employer does not provide accommodations for nursing employees.

- Workplace Flexibility 2010: www.workplaceflexibility2010.org

- Work and Pump: www.workandpump.com
  Internet home for information about breastfeeding for working moms.

- Parenting in the Workplace Institute: 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: https://www.pregnantatwork.org/
  Provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276.

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.)
  This page provides numerous resources in support of breastfeeding-friendly worksites.
• Pregnant at Work: https://www.pregnantatwork.org/
  Provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276.

Finding a Lactation Consultant
• International Lactation Consultant Association: 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
• Le Leche League: www.llli.org
  Use search feature to find articles about nursing twins and higher order multiples.
• Jumelle Breastfeeding Resources: www.multiplebirthsfamilies.com/breastfeeding.html
  Canadian website for parents of multiples with some helpful tips for breastfeeding twins and triplets.

Preterm Babies
• Le Leche League: www.llli.org
  Use search feature to find articles about nursing and pumping for preterm babies.
  Breastfeeding at the Premature Baby by the non-profit International Breastfeeding Center (with Dr. Jack Newman, a renowned breastfeeding expert).

Low Milk Supply
• Low Milk Supply: www.lowmilksupply.org
  Information, as well as mother-to-mother support, for women struggling with milk supply issues.

Breastfeeding after Breast Reduction Surgery
• Breastfeeding after Breast and Nipple Surgery: www.bfar.org
  Information and support for mothers who wish to breastfeed after breast or nipple surgery.
• Inducing Lactation: http://www.asklenore.info/breastfeeding/abindex.shtml:
  A resource for those who are expanding their families by adoption, surrogacy or pregnancy, with articles on breastfeeding your “intended, premature or adopted baby.” “Lenore” is Lenore Goldfarb, B. Comm, B. Sc., Dip.C., IBCLC, who is a Lactation Educator, International Board Certified Lactation Consultant, and co-author of the Newman-Goldfarb protocols for Induced Lactation: The Guide for Maximizing Milk Supply (with Dr. Jack Newman, a renowned breastfeeding expert).

Medications While Breastfeeding
• Infant Risk Center: 806-352-2519, 9 a.m. to 6 p.m., 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
Education Materials for Parents

- **Free downloads**
  - PA Department of Health: [https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx](https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx)
  - Academy of Breastfeeding Medicine: [www.bfmed.org](http://www.bfmed.org) (also offers free educational podcast on itunes)
  - CDC: [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding) (crib cards, AHRQ report)
  - Speak-Up: What you need to know about breastfeeding from The Joint Commission [http://www.jointcommission.org/topics/speak_up_infant_and_childrens_health.aspx](http://www.jointcommission.org/topics/speak_up_infant_and_childrens_health.aspx)
  - Breastfeeding Made Simple: [www.breastfeedingmadesimple.com](http://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.
  - Kelly Mom: [www.kellymom.com](http://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!

- **For purchase (Books, AV materials, videos, brochures, etc.)**
  - [www.noodlesoup.com](http://www.noodlesoup.com)
  - [www.childbirthgraphics.com](http://www.childbirthgraphics.com)
  - [www.healthed.com](http://www.healthed.com)
  - [www.babygooroo.com](http://www.babygooroo.com)
  - [www.breastfeedingmaterials.com](http://www.breastfeedingmaterials.com)
  - [www.ibreastfeeding.com](http://www.ibreastfeeding.com)
  - [www.dshs.state.tx.us/wichd/bf/videos.shtm](http://www.dshs.state.tx.us/wichd/bf/videos.shtm) (Low-cost videos in English and Spanish)

- **Materials in Other Languages**
    - (Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)
  - Massachusetts Breastfeeding Coalition: [http://massbfc.org](http://massbfc.org)

- **Streaming Videos for Parents**
  - Postpartum Depression: Dr. Katherine-Kendall Tackett, [www.UppityScienceChick.com](http://www.UppityScienceChick.com)

- **Reference Texts and Clinical Resources**
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.
- Palm and iPhone software for physicians: http://massbfc.org/providers

Reference Texts and Clinical Resources

Billing for Lactation Services
- Medical Organizations and Billing
  - Academy of Breastfeeding Medicine (ABM): www.bfmed.org

On-line Continuing Education Credits
- CMEs: www.breastfeedingtraining.org/
- http://www.hriainstitute.org/breastfeedingcme/

Tutorials
- Breastfeeding Online: www.breastfeedingonline.com
  - For corporations: Assistance to implement an employee breastfeeding program
  - For physician offices: Information to support breastfeeding mothers in your practice
- International Board of Lactation Consultant Examiners (IBCLE): www.iblce.org/
  - Provides information on how to become a board-certified lactation consultant
- Training in the use of the growth charts (recommended for use by the AAP): http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm?s_cid=govD_dnpao_153

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

• Streaming Videos for Teaching
  o Initiation of Breastfeeding and Skin to Skin: http://www.breastcrawl.org/ (newborn doing “breast crawl” from UNICEF India)
  o Video clips by Jack Newman, MD https://ibconline.ca/
    Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release and latching
  o Hand Expression of Human Milk:
    http://newborns.stanford.edu/Breastfeeding/HandExpression.html
  o Latch Trick: www.drmomma.org/2010/08/breastfeeding-latch-trick.html
  o Breastfeeding Made Simple: www.breastfeedingmadesimple.com
    Seven natural laws for breastfeeding, the case for breastfeeding, common breastfeeding challenges, books and videos.
    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 five to seven-day-old babies called “Is Breastfeeding Going Well,” and more.
  o Hand Expression, Stanford Medicine:
    http://newborns.stanford.edu/Breastfeeding/HandExpression.html
  o Teaching paced bottle-feeding: http://www.youtube.com/watch?v=UH4T70OSzGs
**HUMAN MILK BANKS** (sources of donor human milk)

Human Milk Banking Association of North America, [www.hmbana.org](http://www.hmbana.org)
Information about guidelines for storing breast milk and donating and requesting donor milk.

### ALABAMA
**Mother's Milk Bank of Alabama**
107 Walter Davis Drive  
Birmingham, AL 35209  
Phone: 205-942-8911  
Email: [khabchi@mmbal.org](mailto:khabchi@mmbal.org)

### CALIFORNIA
**Mothers’ Milk Bank**
1887 Monterey Road, Suite 110  
San Jose, CA 95112  
Phone: 408-998-4550  
Email: [donate@mothersmilk.org](mailto:donate@mothersmilk.org)

### COLORADO
**Mothers’ Milk Bank**
A program of Rocky Mountain Children's Health Foundation  
5394 Marshall Street, Suite 400  
Arvada, CO 80002  
Phone: 303-869-1888  
Email: [mothersmilkbank@rmchildren.org](mailto:mothersmilkbank@rmchildren.org)

### FLORIDA
**Mothers’ Milk Bank of Florida**
8669 Commodity Circle  
Suite 490  
Orlando, FL 32819  
Phone: 407-248-5050  
Email: [info@milkbankofflorida.org](mailto:info@milkbankofflorida.org)

### ILLINOIS
**Mothers' Milk Bank of the Western Great Lakes**
1691 Elmhurst Road  
Elk Grove Village, IL 60007  
Phone: 847-262-5134  
Email: [info@milkbankwgl.org](mailto:info@milkbankwgl.org)

### INDIANA
**The Milk Bank**
5060 E. 62nd Street, Suite 128  
Indianapolis, IN 46220  
Phone: 317-536-1670  
Email: [info@themilkbank.org](mailto:info@themilkbank.org)

### IOWA
**Mother's Milk Bank of Iowa**
UI Hospitals and Clinics, Department of Food and Nutrition Services  
119 2nd Street, Suite 400  
Coralville, IA 52241  
Phone: 319-384-9929  
Email: [jean-drulis@uiowa.edu](mailto:jean-drulis@uiowa.edu)

### LOUISIANA
**Mothers’ Milk Bank of Louisiana**
2700 Napoleon Ave.  
New Orleans, LA 70115  
Phone: 504-703-6455  
Email: [mothersmilkbank@ochsner.org](mailto:mothersmilkbank@ochsner.org)

### MASSACHUSETTS
**Mothers' Milk Bank Northeast**
377 Elliot Street  
Newton Upper Falls, MA 02464  
Phone: 617-527-6263  
Email: [info@milkbankne.org](mailto:info@milkbankne.org)

### MICHIGAN
**Bronson Mothers’ Milk Bank**
601 John Street  
Suite N1300  
Kalamazoo, MI 49007  
Phone: 269-341-6146  
Email: [Duffc@bronsonhg.org](mailto:Duffc@bronsonhg.org)

### MISSISSIPPI
**Mothers' Milk Bank of Mississippi**
2001 Airport Road, Suite 204  
Flowood, MS 39232  
Phone: 601-939-5504  
Email: [director@msmilkbank.org](mailto:director@msmilkbank.org)

### MISSOURI
**Heart of America Mothers' Milk Bank**
At Saint Luke’s Hospital  
4401 Wornall Road  
Kansas City, MO 64111  
Phone: 816-932-4888  
Email: [kcmilkbank@sa](mailto:kcmilkbank@sa)lent-lukes.org

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Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  
November 2018
MONTANA
Mothers' Milk Bank of Montana
734 Kensington Ave.
Missoula, MT 59801
Phone: 406-531-6789
Email: mothersmilkbankofmt@yahoo.com

NEW YORK
The New York Milk Bank
401 Columbus Ave.
Valhalla, New York 10595
Office: 212-956-6455
Email: info@nymilkbank.org

NORTH CAROLINA
WakeMed Mothers' Milk Bank
1900 Kildaire Farm Road
Cary, NC 27518
Phone: 919-350-8599
Email: mothersmilkbank@wakemed.org

OHIO
OhioHealth Mothers' Milk Bank
4850 E. Main Street, Suite #140
Columbus, OH 43213
Phone: 614-566-0630
Email: milkbank@ohiohealth.com

OKLAHOMA
Oklahoma Mother's Milk Bank
901 N Lincoln Blvd., Suite #330
Oklahoma City, OK 73104
Phone: 405-297-5683
Email: info@okmilkbank.org

OREGON
Northwest Mothers Milk Bank
417 SW 117th Ave., Suite #105
Portland, OR 97225
Phone: 503-469-0955
Email: info@nwmmmb.org

PENNSYLVANIA
CHOP Mothers’ Milk Bank
34th and Civic Center Blvd.
Philadelphia, PA 19104
Phone: 267-425-1662
Email: CHOPMMB@email.chop.edu

Mid-Atlantic Mother’s Milk Bank
3127 Penn Ave.
Pittsburgh, PA 15201
Phone: 412-281-4400
Email: info@midatlanticmilkbank.org

SOUTH CAROLINA
Mothers' Milk Bank of South Carolina
Medical University of South Carolina
2575 Elms Center Rd, Suite 201
Charleston, South Carolina 29406
Phone: 843-792-5415
Email: scmilkbank@musc.edu

TEXAS
Mothers’ Milk Bank at Austin
5925 Dillard Circle
Austin, TX 78752
Phone: 512-494-0800
Email: info@milkbank.org

Mothers’ Milk Bank of North Texas
600 West Magnolia Ave.
Ft. Worth, TX 76104
Phone: 817-810-0071
Email: info@texasmilkbank.org

VIRGINIA
The King's Daughters Milk Bank
The Children's Hospital of The King's Daughters
400 Gresham Drive, Suite 410
Norfolk VA 23507
Phone: 757-668-6455