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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 (PA) WIC Program provides nutrition assessment and education from trained nutrition professionals, breastfeeding promotion and support, and healthful foods to help participants reach their nutritional goals. PA WIC provides breastfeeding services through their Designated Breastfeeding Experts (DBE), Peer Counselors and Nutritionists, each with a different scope of practice and level of participant support. Complex breastfeeding challenges are handled by WIC DBEs and/or referred to physicians or IBCLCs in the community.

PA WIC also provides quality breast pumps and breast pump education to further equip women for success in a variety of situations throughout their breastfeeding journey. PA WIC is funded by the United States Department of Agriculture (USDA). These services can only be provided to WIC participants. Refer mothers to pawic.com to apply!
Information for All Counties

**Breastfeeding Help Lines**
PA WIC Breastfeeding Peer Counselor Hotline: 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](http://www.womenshealth.gov/breastfeeding)
National LLL Breastfeeding Hotline: 1-800-525-3243
Infant Risk Center Helpline: 1-806-352-2519, [www.infantrisk.org](http://www.infantrisk.org)

**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/](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:
Eastern PA: [http://www.lllofeasternpa.org/Pennsylvania.html](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**
Ameda: 866-992-6332, [www.ameda.com](http://www.ameda.com)
Avent: 800-542-8368, [www.avent.com](http://www.avent.com)
Bailey: 800-413-3216, [www.baileymed.com](http://www.baileymed.com)
Heron Medical Supplies
    Coatsville: 610-384-7500, [www.heronhomehealthcare.com](http://www.heronhomehealthcare.com)
    Drexel Hill: 610-259-9700, [www.heronhomehealthcare.com](http://www.heronhomehealthcare.com)
Hygeia: 888-786-7466, [www.hygeiababy.com](http://www.hygeiababy.com)
Limerick: 877-546-3742, [www.limerickinc.com](http://www.limerickinc.com)
Medela: 800-435-8316, [www.medela.us](http://www.medela.us)
Storkpump: 1-844-993-3740, [www.storkpump.com](http://www.storkpump.com)
Lactation Consultants/Counselors (hospital and birth centers)
*Gettysburg Hospital: 717-337-4184

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Suzy Wilkinson, RN, IBCLC (home visit, Chambersburg): 717-860-0177
Gettysburg Hospital: 717-337-4184
Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibclc.com
www.melaniemyersibclc.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Susan Davis, DTR, IBCLC, Breastfeeding Coordinator (Chambersburg): 717-263-0802, ext. 1329
sdavis@sccap.org
Adams County Breastfeeding Peer Counselor Mother's Lounge: 717-334-7634, ext. 1189

La Leche League
Lorraine (Waynesboro): 717-762-9094

Area Breast Pump Vendors*
Gettysburg Hospital (Gettysburg): 717-337-4184

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

**Lactation Consultants/Counselors (hospital and birth centers)**
*AHN Jefferson Hospital: 412-469-5475
*Heritage Valley Sewickley: 412-749-7494
*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](https://www.stclair.org/calendar/view_dates/event:107)
UPMC Children’s Hospital of Pittsburgh: 412-692-7285
*Western Pennsylvania Hospital: 412-692-7285
  [https://www.ahn.org/events](https://www.ahn.org/events)

*Breastfeeding classes available

**Lactation Consultants/Counselors in the Community**
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,
[Ashley.lauria@va.gov](mailto:Ashley.lauria@va.gov)
Breastfeeding Center of Pittsburgh: 412-246-4726, [www.breastfeedingcenterofpittsburgh.com](http://www.breastfeedingcenterofpittsburgh.com)
Children’s Hospital of Pittsburgh Primary Care Center: 412-692-6000
Healthy Start Center for Urban Breastfeeding: 412-545-2022, latch@hsipgh.org,
[https://healthystartpittsburgh.org/center-for-urban-breastfeeding/](https://healthystartpittsburgh.org/center-for-urban-breastfeeding/)
International Lactation Consultants Association: 919-861-5577 or 888-452-2478
Lactation Consultant Services, LLC: 412-212-0377, [www.breastfeedinghelps.com](http://www.breastfeedinghelps.com)
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](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)**
Madeleine Putzi, MS, CLC: 412-350-4637; [madeleine.putzi@alleghenycounty.us](mailto:madeleine.putzi@alleghenycounty.us)

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

**Allegheny County Department of Health**
Allegheny County Breastfeeding Help Line: 412-687-2243; Monday through Friday, 8:30 a.m. to 4:00 p.m.
Maternal Child Health Programs: 412-247-7950
ALLEGHENY (continued)

Breastfeeding Mothers’ Groups
AHN Jefferson Hospital’s Nursing Cafe: 412-469-5475
Breastfeeding Moms’ Network-Heritage Valley Sewickley: 412-749-7494
   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
Storkbites: to join the group, send an email to storkbitespa@gmail.com; schedule posted on Facebook
   https://www.facebook.com/groups/storkbitesmoms

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
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)
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org,
Connie Dilts, Breastfeeding Peer Counselor: 866-942-2778, or 724-954-5637

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/
Adapt Health (formerly McKesson): 844-727-6667,
  https://mpcs.mckesson.com/web/mpcs/products/breast-pumps

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

Lactation Consultants/Counselors (hospital and birth centers)
*Butler Health System: 724-284-4696
Heritage Valley Sewickley Lactation Office: 412-749-7494
Heritage Valley Beaver Lactation Office: 724-773-4797 or 724-773-5911 (for breastfeeding classes)
Heritage Valley Pediatrics: 724-774-4070

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org
Christie Gregg, CLC: 866-942-2778 or 724-601-8730

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:
   Chriissy: 412-716-6542
   Jess: 602-616-5312
   Laura: 412-716-3978
   Tiffany: 412-209-5209
   Toni: 724-630-6348

Breastfeeding Mothers’ Groups
Breastfeeding Moms’ Group
Heritage Valley Beaver: 724-773-4797
Butler Health System: 724-284-4696
Storkbites: to join the group, send an email to storkbitespa@gmail.com; schedule posted on Facebook
   https://www.facebook.com/groups/storkbitesmoms

Area Breast Pump Vendors*
Baird Medical Equipment: 215-884-2990
Adapt Health (formerly McKesson): 844-727-6667,
   https://mpcs.mckesson.com/web/mpcs/products/breast-pumps

*Please reference page 7 for statewide breast pump resources
**BEDFORD**
(Includes Fulton)

**Lactation Consultants/Counselors (hospital and birth centers)**
*UPMC Bedford Memorial: 814-623-3516

*Breastfeeding classes available

**Lactation Consultants/Counselors in the Community**
Children’s Community Pediatrics: 814-623-9039
UPMC Bedford Memorial: 814-623-3516

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Melissa Cruz, IBCLC, Breastfeeding Coordinator: 814-635-3942, mcruz@broadtopmedical.com
Tiffany Isenberg CLC: (814)643-449, tcarter@broadtopmedical.com
Stephanie Shuey IBCLC: (814) 643-4491 or (814) 542-4339, sshuey@broadtopmedical.com
Sarah Lingenfelter, CLC: (814) 635-3942, slingenfelter@broadtopmedical.com
Julie Kuhne, MEd, CLC: jkuhne@broadtopmedical.com
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org

**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 Center: 484-628-2030

*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
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: (570) 826-1777 Ext. 1014, skalish@mfhs.org

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

Breastfeeding Mothers’ Groups
The Baby Bistro at Penn State Health St Joseph Medical Center: 610-378-2068

Berks County Breastfeeding Calition:
Jeanine Dorman, Jeanine.Dorman@towerhealth.org, https://www.facebook.com/berksbreastfeeding/

Area Breast Pump Vendors*
Berks 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)
*Nason Hospital: 814-224-6237
*UPMC Altoona: 814-889-2557

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
Marjorie Mearkle, IBCLC, Breastfeeding Coordinator: 814-943-0481, mearklem@upmc.edu
Amy Gorsuch, CLC: 814-943-0481
Amy Lowe, CLC: 814-943-0481
Kathy Hart, CLC: 814-943-0481
Rachael Bonsell, peer counselor: 814-330-1610
Susan Lamertina, CLC: 814-943-0481
Tracy Kelley, CLC: 814-943-0481
Jennifer Zupon, CLC 814-943-0481

Huntingdon:
Melissa Cruz, IBCLC, Breastfeeding Coordinator: 814-643-4491, mcruz@broadtopmedical.com
Stephanie Shuey, IBCLC; Melissa Mobley, CLC: 814-643-4491

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: 814-889-2557

*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

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-825-1777 Ext. 1014,
skalish@mfhs.org

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
Karen Peterson, BSED, CPD CAPPA, CLC: (610) 809-1487, kpeterson@theppf.org
Linda Doherty, IBCLC (Perkasie): 267-664-0759
Lisa Petrino, RN, BSN, IBCLC (Morrisville): 267-994-4513
Pettaway Pursuit Foundation Onsite Certified Lactation Counselors: (610) 553-5481, www.pettawaypursuitfoundation.org/on-site-services
Margiotti & Kroll Pediatrics, PC: 215-968-5800
MK Plus: 215-346-6177
Nikki Lee, RN, BSN, MS, IBCLC: nlee@theppf.org; www.nikkileehealth.com; www.facebook.com/nikkileehealth

WIC Breastfeeding Support (for WIC participants only)
Doylestown: 215-345-3494
Levittown: 267-580-3570
Quakertown: 215-529-7482
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014

Breastfeeding Mothers’ Groups
Doylestown Hospital Breastfeeding Moms’ Group: 215-345-2679, jkrauss3@dh.org
Breastfeeding Resource Center (Abington), BRC Community Counselors: 215-886-2433
Pettaway Pursuit Foundation Onsite Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org
Tri-County Pediatrics (Chalfont): 908-938-7788, Stephanie@tricountypeds.com

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 Health System: 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
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146, Ashley.lauria@va.gov
Children’s Community Pediatrics: 724-776-4433
Next Generation Pediatrics: 724-482-2220

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org,
Marilyn Crowley, CLC, Breastfeeding Peer Counselor: 866-942-2778 or 724-841-6556

La Leche League
Annette: 267-625-1723
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
Whitney Orlandi, Community Breastfeeding Counselor: 223-800-8703

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Cambria WIC Program:
Sadie Unger, Breastfeeding Coordinator: 814-361-6370, sunger@capcc.us
Bri Bingaman, Breastfeeding Peer Counselor: 814-361-6308 or 814-322-6088 (cell), bbingaman@capcc.us

Somerset WIC Program:
Kayla Almoney 717-761-7830 Ext. 4235, kayla.almoney@fhcpp.org
Marcia Ball, Breastfeeding Peer Counselor: 570-336-9941, marcia.ball@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
Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029,
jkasmierski@ncentral.com

WIC Breastfeeding Peer Counselors:
   Angela Martin: 814-594-2951
   Kasey Hull: 814-594-1052

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

*Please reference page 7 for statewide breast pump resources
CARBON

**Lactation Consultants/Counselors (hospital and birth centers)**
*Lehigh Valley Hospital – Cedar Crest: 610-402-7264
*St. Luke’s Hospital, Allentown: 610-628-1876
   NICU, 610-954-2248

*Breastfeeding classes available

**Lactation Consultants/Counselors in the Community**
St. Luke’s Hospital, Allentown: 610-628-1876

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014,
   skalish@mfhs.org

**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: 814-231-7000

Lactation Consultants/Counselors in the Community
Geisinger Pediatrics: 814-272-7710
  Jan Giorecki, CLC
  Dr Joy Drass, MD, FAAP, IBCLC

Mount Nittany Physician Group:814-466-7921
  Kate Geier CRNP, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Marjorie Mearkle, IBCLC, Breastfeeding Coordinator: 814-234-8621; mearklem@upmc.edu
Megan Mignot, RD, LDN, IBCLC: 814-234-8621

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

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

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
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,
   Ashley.lauria@va.gov
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 IBCLC, Breastfeeding Coordinator: 610-344-6187, aarmstrong@chesco.org

La Leche League
Chester County:
   Nursing Mothers Alliance: 484-985-9560

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
Pettaway Pursuit Foundation Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org
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)

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Dawn Venman, RD, LDN, Breastfeeding Coordinator: 814-726-1093, dvenman@mmchs.org
Morgan Pence Peer Counselor (Clarion): 814-226-8130 or 814-319-4590
Sarah Irwin, Peer Counselor (Venango/Forest): 814-432-9892

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

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106
Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029, jkasmierski@ncentral.com
WIC Breastfeeding Peer Counselors:
  Christina Diltz: 814-594-3855
  Angela Martin: 814-594-2951

Breastfeeding Classes

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

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

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

Lactation Consultants/Counselors (hospital and birth centers)
*The Birthplace UPMC Susquehanna Williamsport: 570-321-2092

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Natalie McCullen RN, BSN, IBCLC: mccullennk@upmc.edu
Breastfeeding Classes available 570-321-2069

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
WIC Breastfeeding Helpline: 570-447-4928
Betsy Huff, IBCLC, Breastfeeding Coordinator: 570-322-9550

Lycoming/Clinton Breastfeeding Coalition
Lisa McCloskey, RN, BSN, IBCLC, LCCE: mccloskeylj@gmail.com
Family Health Nursing Services Consultant-Maternal Child/Health Northcentral District
PA Department of Health, 1000 Commerce Park Dr., Suite 109, Williamsport, PA 17701

Breastfeeding Mothers’ Group
Milky Way group: Contact Carrie at 570-692-2024 (First Thursday of the month)

Area Breast Pump Vendors*
Dice Surgical, Williamsport: 570-322-0656
HUBS Home Oxygen and Medical Supplies: 570-893-7550

*Please reference page 7 for statewide breast pump resources
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 WIC Program: 570-245-0090 or 877-743-1372
Kayla Almoney: (717)-761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Marcia Ball, Breastfeeding Peer Counselor: 570-336-9941, marcia.ball@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)
Dawn Venman, RD, LDN, CLC, Breastfeeding Coordinator: 814-726-1093, dvenman@mmchs.org
WIC Breastfeeding Peer Counselors:
    Harmony Motter, BFPC: 814-330-7080
    Lori Gallagher, CLC, BFPC: 814-333-7080

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 (Shippensburg/Chambersburg/Waynesboro): 717-658-0779
Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibclc.com, www.melaniemyersibclc.com
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)
Cumberland Perry WIC Program: 717-243-0523
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org
Courtney Womack, CLC, BFPC Coordinator: 717-686-4233, courtney.womack@fhccp.org
Ashley Davis, Breastfeeding Peer Counselor (Carlisle & New Bloomfield): 717-448-1295
Mouna Elmandili, Breastfeeding Peer Counselor (Camp Hill): 717-585-1227

La Leche League
Carlisle: 717-385-6338
Harrisburg Area: harrisburgareALLL@gmail.com, https://hbglll.wixsite.com/mysite
   Amanda: 717-467-1668, LLLamandaY@gmail.com
   Liz: 717-991-3408, LLLLiz@hotmail.com
   Mary: 717-385-6338, bmtramirez@gmail.com

Breastfeeding Mothers’ Groups
Om Baby, Camp Hill: 717-761-4975
The Women’s Center at UPMC Pinnacle Carlisle: 717-960-3409 (UPMC patients only)
Pretty Mama Breastfeeding LLC Multicultural FREE Facebook Spanish Private Support
   Text: (908) 938-5320, email: Liz@prettymb.org, www.prettymb.org
Area Breast Pump Vendors*
Clear Care Corporation (Clearfield): 800-464-2273
GSH Home Medical Care, Inc (Palmyra): 717-838-7511
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
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-MILK (6455)
  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, lactationleslie@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:
Amber Ramberger, CLC: 223-231-8189
Cassandra Colwell, CLC: 717-230-3989, ccolwell@hamiltonhealthcenter.com
Rachel Turner, CLC: 223-231-5805
Velkis Ramirez-Dougherty, CLC Hamilton Health Center WIC Director: 717-230-3976
Kristen Allen, RDN, CLC: 717-230-3555
Whitney Martin, CLC: 717-230-3985

La Leche League
Carlisle: 717-385-6338, bmtramirez@gmail.com
Harrisburg Area: harrisburgareLLL@gmail.com, https://hbglll.wixsite.com/mysite
  Amanda: 717-467-1668, LLLAmandaY@gmail.com
  Liz: 717-991-3408, LLLLiz@hotmail.com
  Mary: 717-385-6338, bmtramirez@gmail.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
Quality Care Pharmacy (Carlisle): 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)
* Crozer Chester Medical Center: 610-447-2152
* Lifecycle WomanCare: 610-525-6086
* Riddle Hospital: 484-227-3254
* Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com
Brooke Azevedo (Havertown): 805-709-1113, 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
Ileana Berrios, BHS, IBCLC: 267-800-8090, ileana@BreastfeedingLatinas.com,
www.BreastfeedingLatinas.com
Kareemah Parker, RD, LDN, IBCLC: (484)-540-5157, kareemah@nursingnutritionist.com
LifeCycle WomenCare (Bryn Mawr): 610-525-6086
Linda Derbyshire, BS, IBCLC (Havertown): 610-316-9157, lindaderbyshire@gmail.com
Lisa Mandell, MBA, IBCLC (Villanova): 610-517-9552, lisa@lisamandell.com
Pettaway Pursuit Foundation Onsite Certified Lactation Counselors: (610) 553-5481,
www.pettawaypursuitfoundation.org/on-site-services
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)
Kimberly Walker, Breastfeeding Coordinator: 610-713-5850, kwalker@delcofoundation.org

Breastfeeding Mothers’ Groups
Pettaway Pursuit Foundation Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org

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: 610-525-6086
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)
Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029,
jkasmierski@ncentral.com
Angela Martin, Peer Counselor: 814-594-2951
Kasey Hull: 814-594-1052
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, and
Brookville): 800-876-3442 or 814-834-3017

*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

Lactation Consultants/Counselors in the Community
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146, Ashley.lauria@va.gov
Children’s Community Pediatrics: 814-877-7907

WIC Breastfeeding Support/Breast Pumps (for WIC participants only),
Laura Corwin, RD, CLC, Breastfeeding Coordinator (Girard): 814-774-8787 ext. 222, lcorwin@unfhcc.org
Janelle Kerr, CLC (Booker T. Washington Center): 814-453-5747 ext. 245
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
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

*Please reference page 7 for statewide breast pump resources
FAYETTE

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Roberta Anderson, CLC, Breastfeeding Coordinator: 724-437-6050, ext. 3217, rconner@fccaa.org
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/Mercer/Forest:
   Kelly Rodriques, Breastfeeding Coordinator: 724-981-6154, krodrigues@svurbanleague.org
   Sarah Irwin, Breastfeeding Peer Counselor: (office) 814-432-9892, (cell) 724-866-5785

La Leche League
Venango:
   Susan Carlson: 814-677-3651 or 814-758-3756, carlson_susan@hotmail.com

Lactation Consultants/Counselors (hospitals and birthing centers)
UPMC Northwest: 814-676-7845
Area Breast Pump Vendors*
UPMC Northwest Auxiliary: 814-676-7600

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birth centers)
*Chambersburg Hospital: 717-267-7781

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-860-0177

WIC Breastfeeding Support
Breastfeeding Peer Counselor Mother's Lounge: 717-263-0802, ext. 1327 or 1328
Susan Davis, DTR, IBCLC, Breastfeeding Coordinator (Chambersburg): 717-263-0802, ext 1329
sdavis@sccap.org
Lorraine (Greencastle): 717-762-9094, nmishler9107@comcast.net

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

*Please reference page 7 for statewide breast pump resources
FULTON

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

*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Julie Kuhne, CLC: 717-485-9484
Melissa Cruz, IBCLC, Breastfeeding Coordinator: 814-635-3942, mcruz@broadtopmedical.com
Tiffany Isenberg CLC: (814)643-449, tcarper@broadtopmedical.com
Stephanie Shuey IBCLC: (814) 643-4491 or (814) 542-4339, sshuey@broadtopmedical.com
Sarah Lingenfelter, CLC: (814) 635-3942, slingenfelter@broadtopmedical.com

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)
Chandra Dyne, CLC Breastfeeding Coordinator: (724) 225-9550 Ext. 441, cdyne@myblueprints.org
Peer Counselors: 724-225-9550, ext. 449

*Breastfeeding classes available

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: 888-503-5554
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
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:
Marjorie Mearkle, IBCLC: 814-943-0481, mearklem@upmc.edu
Tracy Kelley, CLC: 814-943-0481, tkelley@homenursingagency.com
Susan Lamertina, CLC: 814-943-0481
Kathy Hart, CLC: 814-943-0481, harkd@upmc.edu
Amy Lowe, CLC: 814-943-0481
Amy Gorsuch, CLC: 814943-0481
Tiffany Isenberg CLC: (814)643-449, tcarter@broadtopmedical.com
Stephanie Shuey IBCLC: (814) 643-4491 or (814) 542-4339, sshuey@broadtopmedical.com
Sarah Lingenfelter, CLC: (814) 635-3942, slingenfelter@broadtopmedical.com

Huntington:
Melissa Cruz, BS, IBCLC: 814-635-3942, mcruz@broadtopmedical.com
Melissa Mobley, BS, CLC: 814-643-4491, mmobley@broadtopmedical.com

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

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health
November 2022
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

Lactation Consultants/Counselors
Children’s Community Pediatrics: 724-459-6560

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Indiana County: 866-942-2778
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org

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
Adapt Health (formerly McKesson): 844-727-6667,
   https://mpcs.mckesson.com/web/mpcs/products/breast-pumps

*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

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029,
  jkasmierski@ncentral.com
North Central PA Regional Planning and Development Comm. WIC Ridgway: 814-776-1106
Angela Martin, Peer Counselor: 814-594-2951
Kasey Hull: 814-594-1052

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

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

Area Breast Pump Vendors*
St. Mary’s Pharmacy Home Medical (St. Mary’s, DuBois, Clearfield, Kane, and Brookville):
  800-876-3442 or 814- 849-8278

*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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhccp.org
Lewistown WIC: 717-248-5339 or 877-743-1372
Briana Roberts, Breastfeeding Peer Counselor: 717-756-5056, briana.roberts@fhccp.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: 570-826-1777 Ext. 1014,
   skalish@mfhs.org

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 Lititz: 717-625-5337
*Wellspan Ephrata Community Hospital: 717-738-6308

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Bethany Landgraff, RNC, IBCLC: 717-471-2019, bethany@BabyFusion.org
https://babyfuzion.wordpress.com/about/
Mother's Harvest: 610-517-6857, ellyshabaker@hotmail.com
The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counseling Program: 717-509-3686
Judy Fulginiti, CLC, Breastfeeding Coordinator: 717-299-7388 Ext. 3091 jfulginiti@caplanc.org
Lindsay McClure, RD, LDN, CLC: 717-509-3686, ext.3327, lmcclure@caplanc.org

La Leche League
La Leche League of Lancaster County:
https://lalecheleagueoflancastercounty.wordpress.com/
Devon: 717-701-3558, devonkmiller@gmail.com
Holly: 717-826-7748, hollyjgalvez@gmail.com
Kelly 717-435-3480, scanlon cassidy@yahoo.com
Laura 717-330-3656, lauralonger@live.com

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

Lancaster County Breastfeeding Coalition
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 Health System: 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)
Samantha Elms, RD, LDN, CLC, Breastfeeding Coordinator: 412-253-8181, selms@adagiohealth.org
Kelly Feracioly, Breastfeeding Peer Counselor: 866-942-2778 or 724-464-9326

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, Klamont@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
Penn State Health Hershey Medical Center 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
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146, Ashley.lauria@va.gov
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
State Health Hershey Medical Center: 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 WIC Program: 717-273-6940
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Beth Keeney CLC or Luz Leibold, 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:
  717 531-6981 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
*St. Luke’s Baby & Me Support Center (for all lactation referrals): 484-526-2229

*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
Heidi Koch: 484-526-2229, Heidi.koch@sluhn.org
Leila Nassar, MA, IBCLC: 610-821-8033
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
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)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014,
   skalish@mfhs.org

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

Lehigh/Northampton/Carbon Breastfeeding Coalition
Jennifer Abdul-Rahman, consultant@latchedeternallactation.com

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
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146, Ashley.lauria@va.gov
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: 570-826-1777 Ext. 1014, skalish@mfhs.org
Breastfeeding Peer Counselor, Wilkes-Barre WIC Center: 570-823-1516 Ext. 2950

La Leche League
Angel: trillium17814@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:
Jenny Hetro, Co-chair, jennifer.hetro@gmail.com
Kristen Owens, Co-chair, kristeno@mfhs.org

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, 570-321-2069 (Breastfeeding classes)
*The Birthplace UPMC Susquehanna Williamsport: 570-321-2092, 570-321-2069 (Breastfeeding classes)

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Lisa McCloskey, RN, BSN, IBCLC: 570-772-2403, mccloskeylj@gmail.com
Lycoming Lactation, LLC - Stephanie Bower, RN, IBCLC: 570-360-9217, Stephanie@lycomingbf.com, www.lycomingbf.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
Lisa McCloskey, RN, BSN, IBCLC, LCCE, mccloskeylj@gmail.com

Breastfeeding Mothers’ Groups
Greater Hope Care Center: Support, Supplies, Classes, and Peer Counseling: 570-865-6205 or 570-772-0337 (24/7); www.greaterhopecarecenter.org

Area Breast Pump Vendors*
Dice Surgical: 570-322-0656 (Williamsport)
HUBS Home and Oxygen: 570-326-6521 (Williamsport)
Genesis Birth Services LLC: 717-970-3009

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

Lactation Consultants/Counselors (hospital and birth centers)
Warren General Hospital: 814-723-3300, ext.1681

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean:
Debbie Souchik, IBCLC, Breastfeeding Coordinator: 814-362-4346, dsouchik@brmc.com

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

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

*Please reference page 7 for statewide breast pump resources
Lactation Consultants/Counselors (hospital and birthing centers)
*UPMC Horizon Shenango: 724-983-7962
*Sharon Regional Health System: 724-983-5560

*Breastfeeding classes available

Lactation Consultants/Counselors in the Community
Children’s Community Pediatrics: 724-589-0290
Sharon Regional Health System: 724-983-5560
UPMC Horizon Shenango: 724-983-7962

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kelly Rodrigues, Breastfeeding Coordinator: 724-981-6154, krodrigues@svurbanleague.org
Lori Kocholek, Breastfeeding Peer Counselor: (office) 724-981-6154, (cell) 724-866-5785

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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Lewistown WIC: 717-248-5339 or 877-743-1372
Briana Roberts, Breastfeeding Peer Counselor: 717-756-5056, briana.roberts@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
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: 570-826-1777 Ext. 1014, skalish@mfhs.org

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
Lactation Consultants/Counselors (hospital and birth centers)
*Abington – Jefferson Health: 215-481-6104 (warm line and pump rentals)
  Outpatient lactation office: 215-481-6106
*Bryn Mawr Hospital: 484-337-3000
*Einstein Medical Center Montgomery: 484-622-2226
*Holy Redeemer Hospital: 215-938-2923
*Lankenau Medical Center: 866-CALL-MLH
*Lifecycle WomanCare: 610-525-6086

*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 Tennerielo, 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
Karen Peterson, BSED, CPD CAPPF, CLC: (610) 809-1487, kpeterson@theppf.org
Linda Doherty, IBCLC (Perkasie): 267-664-0759
Linda Ivker, RN, 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
Pettaway Pursuit Foundation Onsite Certified Lactation Counselors: (610) 553-5481, www.pettawaypursuitfoundation.org/on-site-services
Janet Graczyk, BS, IBCLC: 610-804-7998
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, info@amazingnewborn.com, www.amazingnewborn.com

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014, skalish@mfhs.org

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

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health

November 2022
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:  
Marilynn: 610-584-4013, dutch@nni.com

Lankenau Medical Center: 1-866-CALL-MLH  
Pettaway Pursuit Foundation Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org

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  
Lifecycle WomanCare: 610-525-6086, www.lifecyclewomancare.org

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)  
Joanne Siciliano (Ardmore): 610-649-7769, joanne@pumplady.com  
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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Columbia Montour WIC Program: 570-245-0090 or 877-743-1372
Marcia Ball, Breastfeeding Peer Counselor: 570-336-9941, marcia.ball@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)
*St. Luke’s Baby & Me Support Center (for all lactation referrals): 484-526-2229

*Breastfeeding classes/support groups available

Lactation Consultants/Counselors in the Community
ABC Family Pediatrics: 610-821-8033, Leila.Nassar@lvhn.org
Heidi Koch: 484-526-2229, Heidi.koch@sluhn.org
Mahala Lactation & Perinatal Services, LLC: 484-858-0483,
mahalamom.com, https://www.facebook.com/Mother2MotherMatters
St. Luke’s Hospital Allentown: 610-628-8698

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014,
skalish@mfhs.org

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
Jennifer Abdul-Rahman: consultant@latchedeternallactation.com

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

Breastfeeding Help Lines:

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
NORTHUMBERLAND
(Includes Snyder and 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.)

*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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Shamokin WIC, 570-648-1521 or 877-743-1372

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

Area Breast Pump Vendors*
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)
Cumberland Perry WIC Program: 717-243-0523 or 877-743-1372
Courtney Womack, CLC, BFPC Coordinator: 717-686-4233 or 717-612-0861, courtney.womack@fhccp.org
Ashley Davis, Breastfeeding Peer Counselor, 717-448-1295, ashley.davis@fhccp.org

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
Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  November 2022

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
Hospital of the University of Pennsylvania Warm Line: 215-662-2361
Lifecycle WomanCare: 610-525-6086, www.lifecyclemomencare.org
Pennsylvania Hospital Warm Line: 215-829-3644
Solutions for Women at Pennsylvania Hospital: 215-829-5046
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
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
Karen Peterson, BSED, CPD CAPPA, CLC: (610) 809-1487, kpeterison@theppf.org
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
Pettaway Pursuit Foundation Onsite Certified Lactation Counselors: (610) 553-5481, www.pettawaypursuitfoundation.org/on-site-services
Rachel Gazda, BSW, IBCLC: 267-225-2382, rkgazda@gmail.com or freedom2feed@gmail.com
Rosalie Kmiec RN, IBCLC, CBE: 610-322-4932, rosaliek2@gmail.com
Solutions for Women at Pennsylvania Hospital: 215-829-5046
Thomas Jefferson University Hospital: 215-955-6665

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding counseling available to WIC participants at every Philadelphia WIC office
Denise Sobolewski, Breastfeeding Coordinator: 215-978-6100, ext. 11, dsobolewski@northwic.org

La Leche League
Lisa: 856-727-5042, Thebreastfeedinglady@gmail.com
Marlene: 215-226-4884, MJGawark@gmail.com
Breastfeeding Mothers’ Groups:
Children's Hospital of Philadelphia, Karabots Pediatric Center: 267-425-9800
Congreso: 215-763-8870
Hospital of the University of Pennsylvania: 215-662-2361
Lifecycle WomanCare: 610-525-6086, www.lifecyclewomancare.org
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
Pettaway Pursuit Foundation Lactation Station: (610) 553-5481, www.pettawaypursuitfoundation.org
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
PIKE

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: 570-826-1777 Ext. 1014,
  skalish@mfhs.org

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
Lactation Consultants/Counselors (hospital and birth centers)
UPMC Cole Memorial Hospital: 814-274-9300

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm. WIC Ridgway: 814-776-1106
Julie Kasmierski, RN, BSN, CLC, Breastfeeding Coordinator: 814-773-3162 ext. 3029,
jkasmierski@ncentral.com
Angela Martin Breastfeeding Peer Counselor: 814-594-2951
Kasey Hull: 814-594-1052

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, Brookville, and DuBois): 800-876-3442

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

**Lactation Consultants/Counselors (hospital and birth centers)**
*L* ehigh Valley Hospital - Schuylkill: 570-621-5234
Breastfeeding classes: 570-621-5239

*B* reastfeeding 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: 570-826-1777 Ext. 1014, skalish@mfhs.org

**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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Shamokin Dam WIC Program, 570-374-8261 or 877-743-1372

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*
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
Whitney Orlandi, Community Breastfeeding Counselor: 223-800-8703

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Somerset WIC Program: 814-443-1901 or 877-743-1372
Marcia Ball, Breastfeeding Peer Counselor: 570-336-9941, marcia.ball@fhcpp.org
Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext.1103

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)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 570-826-1777 Ext. 1014, skalish@mfhs.org

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

Area Breast Pump Vendors*
Moses Taylor Hospital (Scranton): 570-770-5518

*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: 570-826-1777 Ext. 1014, skalish@mfhs.org

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

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

*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: 570-826 1777 Ext. 1014, skalish@mfhs.org

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

*Please reference page 7 for statewide breast pump resources
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)
Kayla Almoney, Breastfeeding Coordinator (717) 761-7380 Ext. 4235, kayla.almoney@fhcpp.org
Shamokin Dam WIC Program, 570-374-8261 or 877-743-1372

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*
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:
   Kelly Rodrigues, Breastfeeding Coordinator: 724-981-6154, krodrigues@svurbanleague.org
   Sarah Irwin, Breastfeeding Peer Counselor: (office) 814-432-9892, (cell) 724-866-5785

La Leche League
Venango:
   Susan Carlson: 814-677-3651 or 814-758-3756, carlson_susan@hotmail.com

Lactation Consultants/Counselors (hospitals and birthing centers)
UPMC Northwest: Cheryl Siverling, Department Director: 814-676-7845
Prenatal Breastfeeding Class: Christine Henry, CLC

Area Breast Pump Vendors*
UPMC Northwest Auxiliary: 814-676-7600

*Please reference page 7 for statewide breast pump resources
WARREN

Lactation Consultants/Counselors (hospital and birth centers)
Warren General Hospital: 814-723-3300, ext. 1681

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Dawn Venman, RD, LDN, CLC; Breastfeeding Coordinator: 814-726-1093, dvenman@mmchs.org
Nicole Johnson, BFPC: 814-726-1093 or 814-547-6279

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

Lactation Consultants/Counselors
Children’s Community Pediatrics: 724-483-2040

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Chandra Dyne, CLC, Breastfeeding Coordinator: 724-225-9550 ext. 441, cdyne@myblueprints.org
*WIC Peer Counselors: 724-225-9550, ext. 449

*Breastfeeding classes available

La Leche League
Illofwashco@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
Storkbites – to join the group, send an email to storkbitespa@gmail.com; schedule posted on Facebook
https://www.facebook.com/groups/storkbitesmoms

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

Area Breast Pump Vendors*
MedCare Equipment Company: 800-503-5554
Magee Women’s 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: 570-829-1777 Ext. 1014, skalish@mfhs.org

Area Breast Pump Vendors*
Lactation Station & More: 570-350-7327
Northeast Medical Equipment: 570-253-7700

*Please reference page 7 for statewide breast pump resources
WESTMORELAND

Lactation Consultants/Counselors (hospital and birth centers)
Excela Westmoreland Hospital: 724-832-4166, 878-645-0519

Lactation Consultants/Counselors in the Community
Children’s Community Pediatrics: 724-832-0850 (Greensburg), 724-547-5103 (Mount Pleasant),

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Michelle Kasmer, IBCLC, Breastfeeding Coordinator: 724-244-9135, mkasmer@sphs.org
Shaina Huff, CLC, Breastfeeding Peer Counselor: 724-244-8952 (cell)

La Leche League
Dawn (Ligonier): 724-238-5796
Sara (Ligonier): 724-953-4848
Stephanie (Greensburg): 724-610-9784, greensburgpall@gmail.com

Breastfeeding Classes
Excela Health, Call Center: 877-771-1234, www.excelahealth.org
Family Child Health: 412-247-7950

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
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: 570-826-1777 Ext. 1014,
skalish@mfhs.org

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)
UPMC Hanover Hospital: 717-316-2262
UPMC Memorial Hospital: 717-849-5594
York Hospital: 717-851-2953
NICU: 717-851-4490

Lactation Consultants/Counselors in the Community
Hanover Pediatric Associates Patients: 717-632-8944
Lorna Deibert, RN, IBCLC: 717-849-5594
Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibclc.com
www.melaniemyersibclc.com
Wellspan Breastfeeding Services: 717-851-7560
York Hospital: 717-851-2953

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Charlotte Dorsey, CLC, Breastfeeding Coordinator: 717-843-7942, ext. 113, cdorsey@yorkcpc.org
Hazel Fuentes, CLC Breastfeeding Nutritionist: 717-843-7942, Ext 115, hfuentes@yorkcpc.org (Spanish)
24/7 WIC Breastfeeding Hotline: 717-818-9848

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

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

Breastfeeding Mothers' Group
UPMC Hanover Maternity Support Groups: 717-316-2262
Mason Dixon Library in Stewartstown: 443-388-4229
UPMC 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 Awareness and Support Program:
    https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx
  - 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://wpmlca.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: https://www.nbfcenter.com/
  - 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.lli.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.lli.org
  Use search feature to find articles about nursing and pumping for preterm babies.
• International Breastfeeding Centre:
  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

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  November 2022
Education Materials for Parents

- Free downloads
  - PA Department of Health: https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx
  - Academy of Breastfeeding Medicine: www.bfmed.org (also offers free educational podcast on itunes)
  - CDC: www.cdc.gov/breastfeeding (crib cards, AHRQ report)
  - Growth Charts: http://www.cdc.gov/growthcharts/
  - 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
  - Breastfeeding Made Simple: www.breastfeedingmadesimple.com
    Lactation consultant and author of Breastfeeding Made Simple, Nancy Mohrbacher maintains this website full of helpful information on such 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
    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
  - www.childbirthgraphics.com
  - www.healthed.com
  - www.babygooroo.com
  - www.breastfeedingmaterials.com
  - www.ibreastfeeding.com
  - www.dshs.state.tx.us/wichd/bf/videos.shtm (Low-cost videos in English and Spanish)

- Materials in Other Languages
  - Philadelphia Department of Public Health: www.phila.gov/health/MCFH/BreastfeedingPromotion.html
  - Baby-Friendly UK: www.babyfriendly.org.uk/parents/bby.asp
    (Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)
  - Breastfeeding Taskforce of Greater Los Angeles (Spanish): http://breastfeedingla.org/for-parents/
  - Massachusetts Breastfeeding Coalition: http://massbfc.org

- Streaming Videos for Parents
  - Postpartum Depression: Dr. Katherine-Kendall Tackett, 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/
- Keystone 10 https://cme.hs.pitt.edu/ISER/app/home/displayMainPage?site=paaap

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

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  November 2022
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
  - Initiation of Breastfeeding and Skin to Skin: http://www.breastcrawl.org/ (newborn doing “breast crawl” from UNICEF India)
  - 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
  - Breastfeeding Made Simple: www.breastfeedingmadesimple.com
    Seven natural laws for breastfeeding, the case for breastfeeding, common breastfeeding challenges, books, and videos.
  - Stanford Medicine: http://newborns.stanford.edu/Breastfeeding/
    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.
  - Teaching paced bottle-feeding: http://www.youtube.com/watch?v=UH4T70OSzGs

Pennsylvania Chapter, American Academy Pediatrics Breastfeeding Programs

- Keystone 10
- First Food
- EPIC BEST
- BEST Plus

For more information, email Dottie Schell, Program Director dschell@paaap.org or Devon Gilinger, Program Manager, dgilinger@paaap.org.