

PENNSYLVANIA BREASTFEEDING REFERRAL GUIDE



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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>.

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 (LLL) 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 LLL Health Advisory Council.

Other Volunteer Breastfeeding Mothers' Groups

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

Women Infants and Children (WIC) Program

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

Information for All Counties

Breastfeeding Help Lines

PA WIC Breastfeeding Warm Line: 855-427-5666; Monday through Friday from 8 a.m. to 9 p.m., Saturday and Sunday from 9 a.m. to 1 p.m.

PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229; Monday through Friday from 8:30 a.m. to 5 p.m.

National Women's Health Information Center: 800-994-9662 (peer counselors, Monday through Friday from 9 a.m. - 6 p.m.), www.womenshealth.gov/breastfeeding

National LLL Breastfeeding Hotline: 1-800-525-3243

Infant Risk Center Helpline: 1-806-352-2519, 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/>

La Leche League of Pennsylvania

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

Avent: 800-542-8368, www.avent.com

Bailey: 800-413-3216, www.baileymed.com

Baird Breast Pump Catalog: 215-884-2990, <https://www.bairdmedical.com/>

Heron Medical Supplies

Coatsville: 610-384-7500, www.heronhomehealthcare.com

Drexel Hill: 610-259-9700, www.heronhomehealthcare.com

Hygeia: 888-786-7466, www.hygeiababy.com

Limerick: 877-546-3742, www.limerickinc.com

Medela: 800-435-8316, www.medela.us

Levana Bratique: 724-934-8795, <http://levanabratique.com/>

ADAMS

Lactation Consultants/Counselors (hospital and birth centers)

*Gettysburg Hospital: 717-337-4184

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Blue Ridge Breastfeeding (Md., Pa., W.V. Tri-State area): 301-744-9566

www.blueridgebreastfeeding.org

Suzy Wilkinson, RN, IBCLC (home visit, Chambersburg): 717-264-2520 or 717-860-0177

Gettysburg Hospital: 717-337-4184

Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibcl.com

www.melaniemyersibcl.com

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

Susan Davis, DTR, IBCLC (Chambersburg): 717-263-0802, ext. 329

La Leche League

Lorraine (Waynesboro): 717-762-9094

Marah Sollenberger (Shippensburg/Chambersburg/Waynesboro): 717-658-0779,

mrs.solly4@gmail.com

Breastfeeding Mothers' Groups

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

Adams County Breastfeeding Task Force

Jayne Sorber, RN, IBCLC: 717-337-4184, jsorber@wellspan.org

Chairperson: 717-337-4184

Area Breast Pump Vendors*

Breast Expressions (Chambersburg): 717-264-2520

Gettysburg Hospital (Gettysburg): 717-337-4184

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

ALLEGHENY

Lactation Consultants/Counselors (hospital and birth centers)

*Heritage Valley Sewickley: 412-749-7494

<http://www.heritagevalley.org/pages/events-and-classes>

*Magee Women's Hospital: 412-641-1121

<http://www.upmc.com/locations/hospitals/magee/patients-and-visitors/classes-and-events/Pages/default.aspx>

Mercy Hospital: 412-232-7135

St Clair Hospital: 412-942-5875 (7 days/week, 10:00 am - 4:00 pm)

https://www.stclair.org/calendar/view_dates/event:107

*Western Pennsylvania Hospital: 412-578-7030

<https://www.ahn.org/events>

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,

Ashley.lauria@va.gov

Breastfeeding Center of Pittsburgh: 412-246-4726, www.breastfeedingcenterofpittsburgh.com

Children's Hospital of Pittsburgh Primary Care Center: 412-692-6000

www.childrenspeds.com/specialities-and-services/lactation-consulting

Healthy Start Lactation Consultant Program: 412-247-1000 (must be enrolled in Healthy Start)

<http://www.healthystartpittsburgh.org>

International Lactation Consultants Association: 919-861-5577 or 888-452-2478

<http://www.ilca.org/why-ibclc/falc>

Midwife Center: 412-321-6880 (Breastfeeding class for those between 33 to 37 weeks pregnant)

On-site lactation appointments available; <https://midwifecenter.org/pages/class-descriptions>

Nellie R. Wiancko, MS, IBCLC, RLC: 724-493-7880

Home visits for consultation are available. Follow up consultations after discharge from the hospital are available upon request.

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

Main Lactation Line: 412-350-3163

La Leche League

Allegheny County Mother Groups: 412-276-5630

Breastfeeding Mothers' Groups

Kids Plus Pediatrics: <http://kidspluspgh.com/classes/new-moms-coffee/>

Cranberry: 724-761-2020

Pleasant Hills: 412-466-5004

Squirrel Hill: 412-521-6511

Pittsburgh Black Breastfeeding Circle: <http://www.pghblackbreastfeedingcircle.org/>

St Clair Hospital: 412-942-5875

West Penn Hospital's Nursing Cafe: 412-578-7030

Allegheny County Breastfeeding Coalition

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

ALLEGHENY (continued)

Doula Services Providing Postpartum Lactation Services

Every Child, Inc.: 412-665-0600 (must enroll during 2nd trimester), www.everychildinc.org

Oli's Angels: 412-616-9579

The Birth Circle: 412-441-3701 (must enroll prenatally)

<http://www.upmc.com/Services/family-medicine/treatments/womens-health/Pages/clinical-doula-service.aspx>

Milk Bank

Mid-Atlantic Mothers' Milk Bank: 412-973-3521

<https://www.midatlanticmilkbank.org/support/classes-programs/>

Area Breast Pump Vendors*

Breastfeeding Center of Pittsburgh (Squirrel Hill and Pleasant Hills): 412-246-4726

Mommy Gear Pittsburgh SW (Pittsburgh): 888-624-4327

Magee Women's Hospital of UPMC Lactation Center (Oakland): 412-641-1121

Mercy Hospital: 412-232-7135

St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875

West Penn Hospital: 412-578-7030

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

ARMSTRONG

Lactation Consultants/Counselors (hospital and birth centers)

*Armstrong County Memorial Hospital: 724-545-3586, woodca@acmh.org

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Children's Community Pediatrics Armstrong: 724-548-2283

Michelle Roth, BA, IBCLC, michelle.roth2@chp.edu

<http://www.childrenspeds.com/specialties-and-services/lactation-consulting>

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

Jennifer: 866-942-2778, option 5

Area Breast Pump Vendors*

Baird Medical Equipment: 215-884-2990, Klamont@bairdrespiratory.com

Dara Medical Equipment and Supplies: 419-878-8518, <https://www.darahmedical.com/>

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 Memorial Hospital: 724-284-4696
Heritage Valley Sewickley Lactation Office: 412-749-7494
Heritage Valley Beaver Lactation Office: 724-773-4797

**Breastfeeding classes available*

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

Christie, CLC or Crystal: 866-942-2778

La Leche League

Breastfeeding Warm Line: 412-256-8840

Butler County:

Annette: 267-625-1723

Jeannie: 724-287-8660

Mollie: 724-256-8569

Beaver County:

Chrissy: 412-716-6542

Jess: 602-616-5312

Laura: 412-716-3978

Tiffany: 412-209-5209

Toni: 724-630-6348

Breastfeeding Mothers' Groups

Butler Memorial Hospital: 724-284-4696

Area Breast Pump Vendors*

Baird Medical Equipment: 215-884-2990

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

UPMC Bedford Memorial: 814-623-3516

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

Julie Kuhne (Broad Top): 814-623-6571

Area Breast Pump Vendors*

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

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

BERKS

Lactation Consultants/Counselors (hospital and birth centers)

*Penn State Health St. Joseph's Medical Center: 610-378-2068

*Reading Hospital: 484-628-9299

*Reading Birth & Women's Center: 610-777-7222

*Lebanon Valley Birth Center: 717-933-9743

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Angela Quinn, IBCLC: 484-857-BABY (2922)

Amy Nansteel, IBCLC: 610-737-9851

Christy Hume, BA, IBCLC: 484-602-5420

Cindy Griffis, RN, IBCLC: 610-378-2068

Holly Michelson, IBCLC: 610-678-7998

Janet Graczyk, IBCLC: 610-804-7998

Jenny Reichenbach, RN, IBCLC: 601-451-4386

Jillian Nemeth, BA, IBCLC: 215 528-8759

Kristin Polston, BSN, RN, IBCLC: 610-202-0139

Lebanon Valley Birth Center: 717-933-9743

Phyllis Young, RN, IBCLC: 215-453-4594

Vicky Sullivan, IBCLC: 917-742-2659

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

Laureldale: 610-939-8353

Reading: 610-373-5545

Shillington: 610-775-4210

La Leche League

<http://www.llofeasternpa.org/web/BerksCountyPA.html>

Breastfeeding Mothers' Groups

Lebanon Valley Birth Center: 717-933-9743

Nursing mothers support group at Wyomissing Library: 610-451-4386

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

Berks County Breastfeeding Coalition:

<https://www.facebook.com/berksbreastfeeding/>

Area Breast Pump Vendors*

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)

*J. C. Blair Hospital: 814-643-8534

*Nason Hospital: 814-224-6237

*UPMC Altoona: 814-889-2557

**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

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

Blair:

Amy Gorsuch, CLC: 814-943-0481

Amy Lowe, CLC: 814-943-0481

Jean Pence, CLC: 814-943-0481

Kathy Hart, CLC: 814-943-0481

Rachael Bonsell, CLC: 814-943-0481

Susan Lamertina, CLC: 814-943-0481

Tracy Kelley, CLC: 814-943-0481

Huntingdon:

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

Vicki Davis, BS, IBCLC: 814-635-3942

La Leche League

Alison: 814-934-0466, alisonk2299@gmail.com

Jenn: 814-515-9404, lleaderjenn@gmail.com

Breastfeeding Mothers' Groups

Nason Hospital: 814-224-6221

UPMC Altoona: 814-889-2557

Breastfeeding Help Lines

24-Hour Breastfeeding Support Line at Altoona Regional Health System: 814-889-2557 (daytime),
814-889-2310 (nights). If no answer, listen to the machine for other numbers.

Area Breast Pump Vendors*

UPMC Altoona Lactation Services: 814-889-255

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

BRADFORD
(Includes Tioga)

Lactation Consultants/Counselors (hospital and birth centers)

*Memorial Hospital, Inc: 570-268-2252

*Robert Packer Hospital: 570-882-5034

Soldiers and Sailors Memorial Hospital: Lactation Team 570-321-2092

Jodi Richter, RD, LDN, IBCLC: 570-723-0436, jrichter@laurelhs.org

**Breastfeeding classes available*

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

WIC Breastfeeding Peer Counselor, Towanda WIC Center: 570-265-7001

Area Breast Pump Vendors*

Towanda Memorial Hospital: 570-268-2252 (one-month pump rental only)

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

BUCKS

Lactation Consultants/Counselors (hospital and birth centers)

*Doylestown Hospital: 215-345-2864

*Grand View Hospital (Women's Center): 215-453-4594

*St Mary Medical Center: 215-710-5988 (lactation counselor's line, calls returned within 48 hours)

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Amazing Newborn: 610-584-6111; www.amazingnewborn.com

Blossom Baby Lactation Services: 484-602-5420

Breastfeeding Helper: 267-879-5000, www.BreastfeedingHelper.com

Breastfeeding Resource Center: 215-886-2433, www.breastfeedingresourcecenter.org

Cathy La Torre, IBCLC (Bedminster/Perkasie): 267-509-7656

Freedom to Feed: 267-225-2383

Geri Remy, IBCLC: 267-342-1354

Grand View Hospital (Women's Center): 215-453-4594

Jillian Nemeth, IBCLC: 215-528-8759

Linda Doherty, IBCLC (Perkasie): 267-664-0759

Lisa Petrino, RN, BSN, IBCLC (Morrisville): 267-994-4513

Margiotti & Kroll Pediatrics, PC: 215-968-5800

MK Plus: 215-346-6177

Nikki Lee, RN, BSN, MS, IBCLC: nleequitar@aol.com; www.nikkileehealth.com;
www.facebook.com/nikkileehealth

WIC Breastfeeding Support (for WIC participants only)

Bensalem: 215-244-2674

Doylestown: 215-345-3494

Levittown: 267-580-3570

Quakertown: 215-529-7482

Breastfeeding Mothers' Groups

Doylestown Hospital Breastfeeding Moms' Group: 215-345-2864

Breastfeeding Resource Center (Abington), BRC Community Counselors: 215-886-2433

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 Memorial Hospital: 724-284-4696

Breastfeeding Classes: 724-284-4843 or 724-284-4232

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Breastfeeding Center of Pittsburgh: 412-246-4726

Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,

Ashley.lauria@va.gov

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

Jennifer, CLC: 866-942-2778

La Leche League

Annette: 267-625-1723

Jeannie: 724-287-8660

Mollie: 724-256-8569

Area Breast Pump Vendors*

Baird Medical Equipment: 215-884-2990

Dara Medical Equipment and Supplies: 419-878-8518, <https://www.darahmedical.com/>

McKesson: 844-727-6667, <https://mpcs.mckesson.com/web/mpcs/products/breast-pumps>

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

CAMBRIA
(Includes Somerset)

Lactation Consultants/Counselors (hospital and birth centers)

*Conemaugh Memorial Medical Center: 814-534-3144

*Somerset Hospital: 814-443-5000

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Conemaugh Memorial Medical Center: 814-534-3144

Somerset Hospital: 814-443-5000

Somerset OB/GYN Associates: 814-445-3535

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

Community Action Partnership of Cambria County WIC Program: 814-539-7141 or 800-986-1313

Breastfeeding Peer Counselor: 814-361-6335 or 814-471-9798

Breastfeeding Coordinator: 814-361-6308

Somerset Tapestry of Health WIC Program:

Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext. 1103

Alissa Stanford, Breastfeeding Peer Counselor: 814-233-7898, alissa.stanford@fhccp.org

Area Breast Pump Vendors*

Mommy Gear: 888-624-GEAR

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

CAMERON
(Includes Elk and Potter)

Lactation Consultants/Counselors (hospital and birth centers)

*Charles Cole Memorial Hospital: 814-274-9300 ext. 1243

*Penn Highlands Elk: 814-788-8558

**Breastfeeding classes available*

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

North Central PA Regional Planning and Development Com., Ridgway: 814-776-1106

WIC Breastfeeding Peer Counselors:

Angela Martin: 814-594-2951

Christina Dilts: 814-594-3855

Area Breast Pump Vendors*

St. Mary's Pharmacy Home Medical (St. Mary's, DuBois Mall, Clearfield, Kane): 800-876-3442

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

CARBON

Lactation Consultants/Counselors (hospital and birth centers)

*Lehigh Valley Hospital: 610-402-7264

*Sacred Heart Hospital: 610-776-4756

*St. Luke's Hospital, Allentown: 610-628-1876
NICU, 610-954-2248

*St. Luke's Hospital, Bethlehem: 484-526-1355
NICU, 610-954-2248

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sacred Heart Hospital: 610-776-4756

St. Luke's Hospital, Allentown: 610-628-1876

St. Luke's Hospital, Bethlehem: 484-526-1355

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

WIC Breastfeeding Peer Counselor, Carbon WIC Center: 610-377-6097

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

La Leche League

Liz (Allentown): 610-437-3096

Samina: 610-295-5218

Lehigh/Northampton/Carbon Breastfeeding Coalition:

Sue Madeja: smadeja@bethlehem-pa.gov

Area Breast Pump Vendors*

Hartzells Pharmacy (Catasauqua): 484-240-6440, www.hartzells.com

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

CENTRE

Lactation Consultants/Counselors (hospital and birth centers)

Mount Nittany Medical Center

Lactation Consultants/Counselors in the Community

Geisinger Pediatrics: 814-272-7710

Karen Foard, BA, IBCLC (State College): 814-237-1506, www.karenfoard.com

Megan Mignot, RD, LDN, IBCLC, CLC: 814-876-0217, NaturetoNurtureIBCLC@gmail.com

Mount Nittany Physician Group: 814-466-7921

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

Marjorie Mearkle, IBCLC: 814-234-8621

Megan Mignot, RD, LDN, IBCLC: 814-234-8621

La Leche League

Email: LLLStateCollege@gmail.com

Amy: 570-460-5542

Celeste: 814-404-7501

Rebecca: 814-574-4169

Sharon: 512-751-3697

PA Mid-State Lactation Coalition

Patricia Doty: Pdoty@homenursingagency.com, www.facebook.com/PAMILC,
pamilc.lactation@gmail.com

Breastfeeding USA, Central PA Chapter

Christy Sharer, BC: Christy.s@breastfeedingusa.org, www.facebook.com/breastfeedingusacentralpa/

Area Breast Pump Vendors*

Karen Foard, IBCLC: 814-237-1506

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

CHESTER

Lactation Consultants/Counselors (hospital and birth centers)

Chester County Hospital Lactation Warm Line: 610-738-2582

Paoli Hospital (Mainline Health System) Lactation Support Warm Line: 484-565-8075

Phoenixville Hospital Breastfeeding Warm Line: 610-983-1266

Lactation Consultants/Counselors in the Community

Alison Neuhaus, MA, IBCLC (Media): 610-761-4974, asneuhaus@verizon.net

Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com

Amy Siegrist, BS, IBCLC: 484-919-1027, amyibcl@gmail.com, www.breastfeedingbond.com

Angela Leonard, IBCLC (West Chester, Wilmington): 610-299-8290, angelaibcl@gmail.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, janetibcl@gmail.com, www.janetgraczyk.com

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

Amy Armstrong BS, CLC, Breastfeeding Coordinator/Nutritionist: 610-344-6187

La Leche League

Chester County: 610-666-0359, www.beanmom.com/laleche

Downingtown:

Judy: 610-363-6206, japolley@verizon.net

Exton-Lionville:

Judy: 610-363-6206, japolley@verizon.net

Kimberton:

Jill: 484-999-4841, jillmowry@gmail.com

Kristina: 610-321-0319, kristina@pasqualefamily.com

Heather: 281-419-4747, HLSimon98@gmail.com

West Chester:

Shelly: 484-883-0572, kierkar@alumni.psu.edu

Kara: 484-402-6204, karaLLLWC@yahoo.com

Breastfeeding Mothers' Groups

Breastfeeding Resource Center Group: 484-582-6682, www.BRC4babies.com

Chester County Hospital Breastfeeding Support Group: 610-732-2300

Nursing Mothers Alliance: 610-251-9405, www.nursingmothersalliance.org

Paoli Hospital co-sponsored Breastfeeding Mothers' Groups: 866-CALL-MLH

Phoenixville Hospital Breastfeeding Support Group: 610-983-1288

Area Breast Pump Vendors*

Gateway Home Health: 610-933-0584 (Phoenixville)

Medical Home Care: 610-687-6585 (Wayne)

Paoli Hospital Apothecary: 484-324-6464

Phoenixville Hospital: 610-983-1266

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

CLARION
(Includes Forest and Venango)

Lactation Consultants/Counselors (hospital and birth centers)

*Clarion Hospital: (814)-226-3454

**Breastfeeding classes and weekly support groups available*

Lactation Consultants/Counselors in the Community

Clarion Hospital: (814)-226-3454

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

Peer Counselor Supervisor: 814-726-1093

Peer Counselor (Clarion): 814-226-8130 or 814-319-4590

Peer Counselor (Venango/Forest): 814-676-0099

Lactation Consultants

Cradle Breastfeeding Support (fees charged for services, breastfeeding classes offered):

info@cradlebreastfeedingsupport.com, www.cradlebreastfeedingsupport.com

Area Breast Pump Vendors*

Health Complex Pharmacy, Clarion Hospital: 814-226-7970

UPMC Northwest Auxiliary Gift Shop: 814-676-7600

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

CLEARFIELD

Lactation Consultants/Counselors (hospital and birth centers)

*Penn Highlands Clearfield: 814-765-5341

*Penn Highlands Dubois: Maternity: 814-375-2229; NICU, 814-375-6428

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Cradle Breastfeeding Support (fees charged for services, breastfeeding classes offered):

info@cradlebreastfeedingsupport.com, www.cradlebreastfeedingsupport.com

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

North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106

WIC Breastfeeding Peer Counselors:

Christina Dilts: 814-594-3855

Angels Martin: 814-594-2951

Breastfeeding Classes

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

Breastfeeding Mothers' Group

Penn Highlands Dubois: 814-375-2229

Breastfeeding USA, Central PA Chapter

Christy Sharer, BC: Christy.s@breastfeedingusa.org, www.facebook.com/breastfeedingusacentralpa/

Area Breast Pump Vendors*

St. Mary's Pharmacy Home Medical: 800-876-3442 or 814-371-2780

St. Mary's, DuBois Mall, Clearfield, Kane

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

CLINTON
(Includes Lycoming)

Lactation Consultants/Counselors (hospital and birth centers)

*Williamsport Regional Medical Center, Susquehanna Health: 570-321-2095
Breastfeeding Classes: 570-321-2069

**Breastfeeding classes available*

WIC Lactation Consultants/Breast Pumps (for WIC participants only)

WIC Breastfeeding Helpline: 570-447-4928
Betsy Huff, IBCLC: 570-322-7656

Lycoming/Clinton Breastfeeding Coalition

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

Area Breast Pump Vendors*

Dice Surgical, Williamsport: 570-322-0656

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

COLUMBIA
(Includes Montour)

Lactation Consultants/Counselors (hospital and birth centers)

Berwick Hospital: 570-759-5180

Geisinger Bloomsburg Hospital: 570-387-2474

Lactation Consultants/Counselors in the Community

Geisinger Medical Center Lactation Support Team: 570-271-6560

Breastfeeding classes and outpatient hours available

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

Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835

Breastfeeding Peer Counselor: 570-245-0900 ext. 0357

Betsy Hock, after hours cell phone: 570-336-9941, betsy.hock@fhccp.org

La Leche League

<http://www.llofeasternpa.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

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

Area Breast Pump Vendors*

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

CRAWFORD

Lactation Consultants/Counselors (hospital and birth centers)

Meadville Medical Center: 814-333-5313

Lactation Consultants/Counselors in the Community

Meadville Medical Center: 814-333-5313

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

WIC Breastfeeding Peer Counselors:

Dawn Venman, RD, LDN, CLC (Supervisor): 814-726-1093

Harmony Motter, BFPC: 814-330-7080

Lori Gallagher, CLC, BFPC: 814-333-7080

Marissa McIntire, BFPC: 814-333-5630

Area Breast Pump Vendors*

UPMC (need Rx order from physician): 800-425-7800

Vantage Home Healthcare: 814-333-9449

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

CUMBERLAND

Lactation Consultants/Counselors (hospital and birth centers)

*Holy Spirit Hospital: 717-972-4500

Breastfeeding classes: 717-763-BABY

UPMC Pinnacle of Carlisle: 717-960-3409

* Harrisburg Hospital, UPMC Pinnacle: 717-782-5372

Phone Line: 717-231-8900 (Free breastfeeding classes for Harrisburg Hospital births)

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Blue Ridge Breastfeeding (Tri-State area MD, PA, WV): 301-744-9566

www.blueridgebreastfeeding.com

Genevieve Whitehaus RN, BSN, RCCE (home visit): genwh3@verizon.net

Harrisburg Hospital, UPMC Pinnacle outpatient lactation consultations (patients only): 717-782-5372

Holy Spirit Hospital (Camp Hill): 717-972-4500

Leslie Cree, IBCLC (home visit, Mechanicsburg): 717-514-7850, lactationleslie@gmail.com

Marah Sollenberger (Shippensburg/Chambersburg/Waynesboro): 717-658-0779

Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibcl.com

www.melaniemyersibcl.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)

Amanda Rambler, Breastfeeding Peer Counselor: 717-448-1295, amanda.rambler@fhccp.org

Courtney Womack, CLC, BFPC Coordinator: 717-686-4233, courtney.womack@fhccp.org

Cumberland Perry Tapestry of Health WIC Program: 717-243-0523

La Leche League

Carlisle: 717-385-6338

Harrisburg 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

Area Breast Pump Vendors*

Clear Care Corporation (Clearfield): 800-464-2273

GSH Home Medical Care, Inc (Palmyra): 717-838-7511

Quality Care Pharmacy (Carlisle): 717-249-5691

Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

York Health Boutique for Women at York Hospital: 717-851-2953

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

DAUPHIN

Lactation Consultants/Counselors (hospital and birth centers)

*Geisinger Holy Spirit: 717-972-6221; Voicemail: 717-972-4500

Childbirth and breastfeeding tutorial classes available

*Harrisburg Hospital, UPMC Pinnacle: 717-782-5372

Free breastfeeding classes for those giving birth at hospital: 717-231-8900

Penn State Health Milton S. Hershey Medical Center Breastfeeding Resource Line: 717-531-3754

24-hour toll-free CareLine: 800-243-1455

WarmLine Triage with RN referral to LC: 717-531-3754

Out-patient consults on a fee for service basis: 717-531-3754

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Genevieve Whitehaus, RN, BSN, CCE, IBCLC (home visit): 717-533-7308, genwh3@verizon.net

Harrisburg Hospital, UPMC Pinnacle outpatient lactation consultations (patients only): 717-782-5372

Jody Segrave-Daly, RN, MS, IBCLC: 717-371-3303, jodysd@comcast.net

www.BreastfeedingBabiesHarrisburg.com

Leslie Cree, IBCLC (home visit): 717-514-7850, zippy1017@gmail.com

Penn State Hershey Medical Center/Penn State Pediatrics: 717-531-3754

Shannon Lienthal, IBCLC (home visit): 717-712-6822, www.HarrisburgBreastfeeding.com

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

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

Lebanon Family Health Services WIC Program: 717-273-6940

Dauphin County HHC/WIC Program:

Trisha Emerick, CLC, WIC Director: 717-230-3995

Cathy Worthington, IBCLC: 717-236-3656

Gabrielle Kaufman, CLC: 717-362-6760

Pyrnie Calloway, CLC: 717-230-3954

Rachel Turner, CLC: 717-230-3966

Velkis Ramirez, CLC: 717-230-3976

Whitney Pequignot, CLC: 717-230-3985

La Leche League

Carlisle: 717-385-6338, bmtramirez@gmail.com

Harrisburg 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

Lebanon: 717-867-4103, lalechelebanonpa@gmail.com

DAUPHIN (continued)

Breastfeeding Mothers' Groups

Hershey Mothers and Babies Together, Breastfeeding Group of Hershey Medical Center's Women's Health: 717-531-1298

Lebanon Family Health: 717-273-6940

UPMC Pinnacle New Mom Support Groups: 717-782-5372

South Central Pennsylvania Lactation Consultant Association

Genny Whitehaus: 717-533-7308, genwh3@verizon.net

Dauphin County Breastfeeding Coalition

Shannon Lilienthal: 717-712-6822

Area Breast Pump Vendors*

Clear Care Corporation (Clearfield): 1-800-464-2273

GSH Home Med Care (Lebanon): 717-272-2057

GSH Home Medical Care, Inc (Palmyra): 717-838-7511

Hershey Medical Center (Hershey): 717-531-3754

Quality Care Pharmacy (Carlisle): 717-249-5691

Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

Harrisburg Hospital, UPMC Pinnacle: 717-782-5372

White Rose OB-GYN & Associates (York): 717-845-9639, www.whiteroseobgyn.com

York Health Boutique for Women at York Hospital: 717-851-2953

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

DELAWARE

Lactation Consultants/Counselors (hospital and birth centers)

*Lifecycle Womancare: 610-525-6086

*Riddle Hospital: 484-227-3254

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Alison Neuhaus, MA, IBCLC (Media): 610-761-4974, asneuhaus@verizon.net

Amy Siegrist, BS, IBCLC: 484-919-1027, amyibcl@gmail.com, www.breastfeedingbond.com

Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com

Breastfeeding Resource Center (Wayne): 484-582-6682, www.BRC4babies.com

Brooke Azevedo (Havertown): 805-709-1133, brookeknowsbreast@gmail.com

Christine Sweeney, RN, BSN, IBCLC: 610-996-1543, lactationaide@yahoo.com

Dana Ehman, BA, IBCLC (West Chester): 610-299-1038, dana@motherborn.com

www.MotherBorn.com

Elizabeth Larkin, IBCLC: 610-551-9398, Elizabeth@wellbornbaby.com, www.wellbornbaby.com

LifeCycle WomenCare (Bryn Mawr): 610-525-6086

Linda Derbyshire, BS, IBCLC (Havertown): 610-316-9157, lindaderbyshire@gmail.com

Lisa Mandell, MBA, IBCLC (Villanova, Media, Philadelphia): 610-517-9552, lisa@lisamandell.com

Marlene Gawarkiewicz, IBCLC (Philadelphia): 267-226-4884, marleneglc@gmail.com

Molly Zangrilli (Paoli): 215-205-2210, mazanrilli@gmail.com

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

Kathleen Tyrrell, RD, LDN, CLC: 484-472-7022

La Leche League

Barbara (Media): 610-892-9787

Stephanie: 610-357-5376

Other Organizations with Breastfeeding Support

Delaware County Pregnancy Center: 610-872-2229

Lifecycle Womancare: 610-525-6106

Pettaway Pursuit Foundation: 610-553-5479

Riddle Hospital: 484-227-3254

Area Breast Pump Vendors*

Breastfeeding Resource Center (Wayne): 484-582-6682

Joanne Siciliano (Ardmore): 610-649-7769, joanne@pumplady.com

Paoli Hospital Apothecary (Paoli): 610-251-2295

Springfield Pharmacy (Springfield): 610-544-4645

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

ELK

Lactation Consultants/Counselors (hospital and birth centers)

*Penn Highlands Elk: 814-788-8558

**Breastfeeding classes available*

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

Angela Martin, Peer Counselor: 814-594-2951

Christina Dilts, Peer Counselor: 814-594-3855

North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106

Area Breast Pump Vendors*

St. Mary's Pharmacy Home Medical (St. Mary's, DuBois Mall, Clearfield, Kane): 800-876-3442
or 814-371-2780

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

ERIE

Lactation Consultants/Counselors (hospital and birth centers)

*St. Vincent Hospital: 814-452-7732

*UPMC Hamot Women's Hospital: 814-877-6722

**Out-patient lactation consults available – fee for service*

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

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

Janelle Kerr, CLC (Booker T. Washington Center): 814-453-5747 ext. 245

Laura Corwin, RDN, CLC: 814-459-1948, ext. 224 or 814-774-8787 (Girard)

Lisa Scully, RD, LDN, CLC (J. F. Kennedy Center): 814-899-1734 ext. 25

La Leche League

Cassandra: 814-240-9809, Cassandra.LaLecheLeague@gmail.com

Gretchen: 814-440-1502, Gretchen.LaLecheLeague@gmail.com

Breastfeeding Mothers' Groups

St. Vincent Hospital: 814-452-7732

UPMC Hamot Women's Hospital: 814-877-6722

Breastfeeding Help Lines

Saint Vincent Lactation Center: 814-452-7732

Lake Erie Breastfeeding Coalition

lakeeriebreastfeedingcoalition@gmail.com

Area Breast Pump Vendors*

MedCare Equipment Company: 814-877-6121

Saint Vincent Lactation Center: 814-452-7732

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

FAYETTE

Lactation Consultants/Counselors (hospital and birth centers)

*Uniontown Hospital Lactation Center: 724-430-5607 or 724-430-5573

**Breastfeeding parent support group available*

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

Roberta Conner, CLC: 724-437-6050, ext. 3217

Peer Counselors: 724-437-6050

La Leche League

Tina: 724-628-8919

Breastfeeding Mothers' Groups

Mom's Café Support Group (Uniontown WIC office): 724-437-6050, ext. 3211

Southwestern Pennsylvania Breastfeeding Coalition

Michelle Kasmer, IBCLC: 724-244-9135

Judy Gutowski, IBCLC: 724-832-2507

Area Breast Pump Vendors*

MedCare Equipment Company: 888-694-4564

Mommy Gear: 888-624-GEAR

Somerset Medical Supplies: 814-443-1496

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

FOREST

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

Venango/Forest:

Marci Cirell, NE/BFC/PCM-OM, Acting Supervisor: 814-676-0999

Peer Counselor: 814-676-0099

Clarion:

Annette Smith, CLC: 814-226-8130

Dawn Venman, RD, LDN: 814-726-1093

La Leche League

Venango:

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

Clarion:

Sarah Kersey: 814-745-3358, sakersey01@windstream.net

Area Breast Pump Vendors*

Health Complex Pharmacy, Clarion Hospital: 814-226-7970

North West UPMC Auxiliary: 814-676-7600

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

FRANKLIN

Lactation Consultants/Counselors (hospital and birth centers)

*Chambersburg Hospital: 717-267-7781

*Waynesboro Hospital: 717-765-3417

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Blue Ridge Breastfeeding (Tri-State area MD, PA, WV): 301-744-9566,

www.blueridgebreastfeeding.com

Marah Sollenberger (Shippensburg/Chambersburg/Waynesboro): 717-658-0779,

mrs.solly4@gmail.com

Melanie Myers (home visits, virtual consults): 717-292-8656, hello@melaniemyersibclc.com

www.melaniemyersibclc.com

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

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

Breastfeeding Peer Counselor Mother's Lounge: 717-263-0802, ext. 327 or 328

Susan Davis, DTR, IBCLC (Chambersburg): 717-263-0802, ext. 329

La Leche League

Lorraine (Greencastle): 717-762-9094, nmishler9107@comcast.net

Marah: 717-658-0779

Area Breast Pump Vendors*

Breast Expressions (Chambersburg): 717-264-2520

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

Breast Pumps through Insurance

Chambers Apothecary (Chambersburg): 717-263-0747

Dick's Homecare: 717-264-1799 (Chambersburg) or 717-987-4007 (McConnellsburg)

East Berlin Pharmacy (East Berlin): 717-259-0421

FULTON

Lactation Nurses (hospital)

*UPMC Bedford Memorial: 814-623-3516

**Breastfeeding classes available*

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

Julie Kuhne: 717-485-9484

Melissa Cruz, BS, IBCLC: 717-485-9484

Area Breast Pump Vendors*

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

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

GREENE
(includes Washington County)

Lactation Consultants/Counselors (hospital and birth centers)

The Washington Hospital: 724-250-4476

WIC Lactation Consultants/Breast Pumps (for WIC participants only)

Peer Counselors: 877-814-0788, ext. 449

La Leche League

LaLecheLeagueofPeters.wordpress.com, llofpeters@gmail.com

Cindy: 724-746-2188

Jackie: 412-398-5505

Heidi: 724-916-4817

Janet: 412-854-4814

Kate: 724-941-2370

Madeline: 724-941-2248

Breastfeeding Help Lines

Allegheny County Breastfeeding Hotline: 412-247-1000

Southwestern Pennsylvania Breastfeeding Coalition

Michelle Kasmer, IBCLC: 724-244-9135

Judy Gutowski, IBCLC: 724-832-2507

Area Breast Pump Vendors*

MedCare Equipment Company: 888-694-4564

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

HUNTINGDON

Lactation Consultants/Counselors (hospital and birth centers)

*Nason Hospital: 814-224-6237

*UPMC Altoona: 814-889-2557

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Nason Hospital: 814-224-6237

UPMC Altoona: 814-889-2557

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

Blair:

Tracy Kelley, CLC: 814-943-0481

Susan Lamertina, CLC: 814-943-0481

Kathy Hart, CLC: 814-943-0481

Amy Lowe, CLC: 814-943-0481

Amy Brumbaugh, CLC: 814-943-0481

Huntington:

Stephanie Shuey, BS, IBCLC, RLC: 814-643-4491 (work), 814-883-6090 (cell)

Melissa Mobley, BS, CLC: 814-643-4491

Melissa Cruz, BS, IBCLC: 814-643-4491

La Leche League

Alison: 814-934-0466, alisonk2299@gmail.com

Jenn: 814-515-9404, lleaderjenn@gmail.com

Other Breastfeeding Mother Groups

Nason Hospital: 814-224-6221

UPMC Altoona: 814-889-2557

Area Breast Pump Vendors*

Home Health Resource: 800-514-4474

MedCare Equipment Company: 888-694-4564

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

INDIANA

Lactation Consultants/Counselors (hospital and birth centers)

*Indiana Regional Medical Center

Laura Dunne: 724-422-2709

Amy LaBant, IBCLC: 724-357-8187

**Breastfeeding classes available*

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

Indiana County: 866-942-2778, option 4

Jen (Armstrong County): 866-942-2778, option 5

La Leche League

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

Area Breast Pump Vendors*

Diamond Medical Supply: 1-888-520-2500 or 724-349-2830

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*

Lactation Consultants/Counselors in the Community

Cradle Breastfeeding Support (breastfeeding classes offered): www.cradlebreastfeedingsupport.com

Wendy Reynolds, RN-NIC, IBCLC, ANLC, info@cradlebreastfeedingsupport.com

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

Angela Martin, Peer Counselor: 814-594-2951

Christina Dilts, Peer Counselor: 814-594-3855

North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106 WIC

Breastfeeding Classes

Peritech Home Health Associates: 800-634-5670

Breastfeeding Mothers' Groups

Penn Highlands DuBois: 814-375-2229

Area Breast Pump Vendors*

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

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

JUNIATA
(Includes 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

Nature to Nurture (State College): 814-876-0217, www.naturetonurture.net

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

Lewistown WIC: 717-248-5339

Shannon Smith, Breastfeeding Peer Counselor: 717-756-5056, shannon.smith@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: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Georgeanne: 570-348-0890

Meira: 419-973-3313

Support Groups

Moses Taylor Hospital: 570-770-5985

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

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

LANCASTER

Lactation Consultants/Counselors (hospital and birth centers)

* Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335

*UPMC Pinnacle Lititz: 717-625-5337

*Wellspring Ephrata Community Hospital: 717-738-6308

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Bethany Landgraff, RNC, IBCLC: 717-471-2019, bethany@BabyFuzion.org
<https://babyfuzion.wordpress.com/about/>

Mother's Harvest: 610-517-6857, ellyshabaker@hotmail.com

Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335

The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579

UPMC Pinnacle Lititz: 717-625-5337

Wellspring Ephrata Community Hospital: 717-738-6308

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

Breastfeeding Peer Counseling Program: 717-509-3686

Judy Fulginiti, CLC, Breastfeeding Coordinator: 717-509-3686 ext. 3091, jfulginiti@caplanc.org

Lindsay McClure, RD, LDN, CLC: 717-509-3686, ext.3327, lmclure@caplanc.org

La Leche League

Breastfeeding group meeting schedule: <http://www.llofeasternpa.org/web/LancasterCountyPA.html>

Greater Ephrata:

Kelly 717-435-3480, scanloncassidy@yahoo.com

Lancaster East:

Bobbie 717-569-5556, north5@verizon.net

Lititz:

Bobbie: 717-569-5556, north5@verizon.net

Red Rose:

Kait 717-669-1649;

Devon: 717-701-3558, devonkmiller@gmail.com;

Kelly: 717-435-3480, scanloncassidy@yahoo.com

Susquehanna:

Tania: pianosingin2@yahoo.com;

Holly: 717-826-7748, holly4jean4@yahoo.com

Vicki: 717-917-0393

Breastfeeding Help Lines

Breastfeeding USA, Susquehanna Valley Chapter:

<https://breastfeedingusa.org/content/susquehanna-valley-chapter>

Lancaster County Breastfeeding Coalition

Beth Russell, RN, IBCLC: 717-544-5310, brussell2@LGHealth.org

<https://www.facebook.com/LancBFC>

LANCASTER (continued)

Area Breast Pump Vendors*

Eden Park Pediatrics: 717-344-0579

UPMC Pinnacle Lititz: 717-625-5337

Penn Medicine Lancaster General Women and Babies Hospital: 717-544-3335

Superior Oxygen: 717-509-0202

Wellspan Medical Equipment (Ephrata location): 717-733-0405

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

LAWRENCE

Lactation Consultants/Counselors (hospital and birth centers)

*Butler Memorial Hospital: 724-284-4696
Heritage Valley Hospital Beaver: 724-773-4797
UPMC Horizon Shenango: 724-981-3500

**Breastfeeding classes available*

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

Hope: 866-942-2778

Lawrence County Breastfeeding Coalition:

www.pabreastfeeding.org

La Leche League

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

Area Breast Pump Vendors*

Baird Medical Equipment: 215-884-2990, 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

Hershey Medical Center of Penn State Breastfeeding Resource Line: 717-531-3754

Breastfeeding classes: 717-531-6981

* Harrisburg Hospital, UPMC Pinnacle: 717-782-5372: 717-782-5372

Breastfeeding classes: 717-221-6255

*Lebanon Valley Birth Center: 717-933-9743

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

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

Hershey Medical Center of Penn State: 717-531-3754

Jody Segrave-Daly, RN, MS, IBCLC: 717-371-3303, jodysd@comcast.net

www.BreastfeedingBabiesHarrisburg.com

Leslie Cree, IBCLC (home visit, Mechanicsburg): 717-514-7850, lactationleslie@gmail.com

Shannon Lilienthal, IBCLC (home visit, Mechanicsburg): 717-712-6822,

www.HarrisburgBreastfeeding.com

Harrisburg Hospital, UPMC Pinnacle: 717-782-5372

Doula Breastfeeding Helpers:

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

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

Lebanon Family Health Services WIC Program: 717-273-6940

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

La Leche League

Lebanon: www.llofeasternpa.org

Audrey: 717-389-3281

Bobbie: 717-569-5556

Harrisburg/Mechanicsburg:

Cynthia: 717-884-3520

Elizabeth: 717-939-2799

Kathleen: 717-761-8165, savages@paonline.com

Maureen: 717-540-7700, feesvam7@aol.com

Breastfeeding Mothers' Groups

Lebanon Valley Birth Center: 717-933-9743

Meetings for Breastfeeding Moms (Harrisburg): 717-732-6485

Mothers and Babies Together Peer Counselor Program of Hershey Medical Center: 531-6981

New Mom Network (Infants 0 - 9 Months Old): 717-782-2727.

Pinnacle Health Nurse Family Partnership:

Judy Bostdorf, BSN, RN, 717-782-2326, www.nursefamilypartnership.org

LEBANON (continued)

Lebanon Valley Breastfeeding Coalition

Leslie Cree, lactationleslie@gmail.com

South Central Pennsylvania Lactation Consultant Association

Genny Whitehaus: 717-533-7308, genwh3@verizon.net

Area Breast Pump Vendors*

Comprehensive Birth Support (Hummelstown): 717-533-7308

Good Samaritan Hospital Home Med Care (Lebanon): 717-272-2057

Hershey Medical Center (Hershey): 717-531-3754

Lactation Center Pinnacle Health System (Harrisburg): 717-782-5372

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

LEHIGH

Lactation Consultants/Counselors (hospital and birth centers)

- *Lehigh Valley Hospital: 610-402-7264
- *Sacred Heart Hospital: 610-776-4756
- *St. Luke's Hospital Allentown: 610-628-8698
NICU Lactation Consultant: 610-954-2248
- *St Luke's Hospital Bethlehem: 484-526-1355
NICU Lactation Consultant: 610-954-2248

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

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

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

- WIC Breastfeeding Peer Counselor: 610-432-3455
- Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org
- Jillian Meyer, CLC: 610-377-6097

La Leche League

- Christine: 484-695-6191
- Samina: 610-769-0622

Breastfeeding mothers' groups

- Monday Morning Moms: 610-402-2273
- Lehigh Valley Breastfeeding Mothers' Group: 610-366-7676, www.lvbreastfeeding.com/
- Neighborhood Health Centers of Lehigh Valley, Postpartum Support (English/Spanish): 610-841-8400
- St. Luke's New Beginnings Breastfeeding Support Group: 866-785-8537

Breastfeeding Help Lines

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

Lehigh/Northampton/Carbon Breastfeeding Coalition

- Sue Madeja: 610-865-7083, smadeja@bethlehem-pa.gov

Area Breast Pump Vendors*

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

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

LUZERNE

Lactation Consultants/Nurses (in-hospital)

*Geisinger Wyoming Valley Medical Center: 570-808-5534

*Lehigh Valley Hazleton Hospital: 570-501-4200

*Wilkes-Barre General: 570-552-3418

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

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: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-432-3455

WIC Breastfeeding Peer Counselor, Hazleton WIC Center: 570-459-1805 or 570-283-3523

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

La Leche League

Angel: trilliun17814@yahoo.com

Karen: 570-388-2664

Victoria: 570-836-3013

Pennsylvania Department of Health Northeast District

Maternal and Child Health Consultant: 570-826-2062

Luzerne County Breastfeeding Coalition:

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

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

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

LYCOMING

Lactation Consultants/Counselors (hospital and birth centers)

*Williamsport Regional Medical Center, Susquehanna Health: 570-321-2092
Breastfeeding classes: 570-321-2063

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Williamsport Regional Medical Center, Susquehanna Health: 570-321-2092
Lisa McCloskey, RN, BSN, IBCLC: 570-772-2403, mccloskeylj@gmail.com

WIC Lactation Consultants/Breast Pumps (for WIC participants only)

Betsy Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

Lycoming/Clinton Breastfeeding Coalition

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

Area Breast Pump Vendors*

Dice Surgical: 570-322-0656 (Williamsport)

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

McKEAN
(Includes Warren)

Lactation Consultants/Counselors (hospital and birth centers)

Bradford Regional Medical Center: 814-362-8240

Warren General Hospital: 814-723-3300, ext. 1681

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

McKean:

Debbie Souchik, RN, IBCLC: 814-362-4346

Jean Stratton, Nutritionist, CLC: 814-362-4346

Warren:

Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

Kim Hazen: 814-726-1093 or 814-730-7819

Breastfeeding Support

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

Area Breast Pump Vendors*

Seneca Home Health: 814-723-1155

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

MERCER

Lactation Consultants/Counselors (hospital and birth centers)

*UPMC Horizon Shenango:

Lynn McGahan, Lactation Consultant/Child Birth Educator: 724-983-7962

*Sharon Regional Health System: 724-983-5560

OB: 724-983-3868

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sharon Regional Health System: 724-983-5560

UPMC Horizon Shenango: 724-983-7962

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

Marci Cirell, NE/BFP/PCM-OM, Acting Supervisor: 814-676-0099

Peer Counselors: 724-981-6154

Area Breast Pump Vendors*

Womencare Center of UPMC: 724-347-4780 (Hermitage)

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

MIFFLIN

Lactation Consultants/Counselors (hospital and birth centers)

Geisinger Lewistown Hospital: 717-242-7754, GLHLactationTeam@geisinger.edu

Lactation Consultants/Counselors in the Community

Geisinger Pediatrics: 814-272-7710

Karen Foard, BA, IBCLC (State College): 814-237-1506, KAREN@KARENFOARD.COM

Mount Nittany Physician Group Pediatrics: 814-466-7921

Nature to Nurture (State College): 814-876-0217, www.naturetonurture.net

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

Lewistown WIC: 717-248-5339

Shannon Smith, Breastfeeding Peer Counselor: 717-756-5056, shannon.smith@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*

MONROE
(Includes Pike)

Lactation Consultants/Counselors (hospital and birth centers)

*Lehigh Valley Health Pocono: 570-476-3584

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Blossom Baby Lactation Services: 484-602-5420

Melissa Yetter, RN, IBCLC: 570-871-0406

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

WIC Breastfeeding Support/Breast Pumps

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Sarah: 570-350-7327, Sarahg68@yahoo.com

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

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

MONTGOMERY

Lactation Consultants/Counselors (hospital and birth centers)

- *Abington Memorial Hospital: 215-481-6104
- *Bryn Mawr Hospital: 484-337
- *Einstein Medical Center Montgomery: 484-622-2226
- *Holy Redeemer Hospital: 215-938-2923
- *Lankenau Medical Center: 866-CALL-MLH
- *Pottstown Memorial Medical Center: 610-327-7213
- *The Birth Center: 610-525-6106

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

- Amy Hnetinka, BSN, RN, IBCLC: 484-999-7729, www.amyhbreastfeedinghelp.com
- Amy Siegrist, BS, IBCLC: 484-919-1027, amyibcl@gmail.com, www.breastfeedingbond.com
- April Rosenblum, IBCLC: 267-888-6455, westphillylactation@gmail.com, www.westphillylactation.com
- Breastfeeding Resource Center: 215-886-2433
- Carol Tenneriello, RN, IBCLC: 215-248-0197, milkyway4@verizon.net
- Carrie Kimball, RN, IBCLC: 267-456-2129, ckmidwife@gmail.com
- Dana Ehman, BA, IBCLC: 610-299-1038, dana@motherborn.com, www.MotherBorn.com
- Diane DiSandro, BA, IBCLC: 610-539-4476
- Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 or 610-613-6034 (cell)
- Eliza Magland, IBCLC: 267-218-4938
- Gordana Chelsvig, RD, IBCLC: 610-667-1588
- Grand View Hospital: 215-453-4594, pyoung@gvh.org, www.gvh.org
- Linda Doherty, IBCLC (Perkasie): 267-664-0759
- Linda Ivker, RN, BSN, IBCLC: 215-512-0075
- Lisa Mandell, MBA, IBCLC: 610-517-9552, www.best4both.com
- Liz Brooks, JD, IBCLC: 215-836-9088, liz.brooks@yahoo.com
- Janet Graczyk, BS, IBCLC: 610-804-7998
- Jillian Nemeth, IBCLC: 215-528-8759 Mother2MotherMatters@gmail.com,
www.Mother2MotherMatters.com, <https://www.facebook.com/Mother2MotherMatters>
- Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, info@amazingnewborn.com,
www.amazingnewborn.com
- Newborn Concepts: 610-644-1379, www.NewbornConcepts.com
- Nikki Lee, RN, MS, IBCLC: 215-635-6477, nleeguitar@aol.com, www.breastfeedingalwaysbest.com

WIC Breastfeeding Support/Breast Pumps

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

MONTGOMERY (continued)

La Leche League

Montgomery County Central:

Eliza: 215-412-4162

Leah: 215-380-0861

Montgomery County East:

Mary Ann: 215-886-1693

Andrea: 215-822-3964

Ellen: 215-828-6483

Marjorie: 215-287-5819

Cathy: 267-977-3599

Theresa: 617-650-4436

Montgomery County:

Ginny Wilkinson: 610-287-8190, ginnywilkinson00@gmail.com

Breastfeeding Mothers' Groups

Abington Area Nursing Mothers: www.nursingmoms@yahoo.com

Kinu Nardini: 610-564-0938, Kinu.nardini@gmail.com

Nicole Deming: 267-243-4939, Netoohey13@gmail.com

Ambler Nursing Mothers:

Marla: 215-646-7276, mkepniss@hotmail.com

Nikki: 215-542-1154

Breastfeeding Resource Center: www.BreastfeedingResourceCenter.org

Bryn Mawr Hospital: 1-866-CALL- MLH

Einstein Medical Center Montgomery: 484-622-2226

Family Breastfeeding:

Annie: amp@sta2ned.com

Heidi: familybreastfeeding@gmail.com

Harleysville Nursing Mothers:

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

Lankenau Medical Center: 1-866-CALL-MLH

North Penn Nursing Mothers: www.northpennnursingmothers.org

Jeneen (Harleysville): 215-513-1969

Holly (Lansdale): 215-997-2706

Nursing Mother's Advisory Council: 215-572-8044, www.nursingmoms.net

Nursing Mothers Alliance: 610-251-9405, www.nursingmothersalliance.org, nmapasub@yahoo.com

The Birth Center: 610-525-6106

MONTGOMERY (continued)

Area Breast Pump Vendors*

Abington Memorial Hospital: 215-481-6106

Baird Respiratory: 267-975-8289

Baird Respiratory (Glenside): 215-884-2990, ext. 135

Breastfeeding Resource Center: 215-886-2433 (Abington)

Bridget Welsh: 215-855-3944, bridgetwelsh@gmail.com

Carolyn for Diane's Pumps (Pottstown): 484-949-9121

Diane Di Sandro (Audubon): 610-539-4476

Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 or 610-613-6034 (cell)

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)

Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835

Betsy Hock, Breastfeeding Peer Counselor: 570-336-9941, betsy.hock@fhccp.org

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky (Danville): fraur.anderson@gmail.com

Lisa (Danville): lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Baird Respiratory: 267-975-8289, klamont@bairdrespiratory.com

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

NORTHAMPTON

Lactation Consultants/Counselors (hospital and birth centers)

*Easton Hospital: 610-250-4332 or 610-250-4329

*St. Luke's Hospital Allentown: 610-628-8698

NICU Lactation Consultant: 610-954-2248

*St Luke's Hospital Bethlehem: 484-526-1355

NICU Lactation Consultant: 610-954-2248

**Breastfeeding classes/support groups available*

Lactation Consultants/Counselors in the Community

ABC Family Pediatrics: 610-821-8033, Leila.Nassar@lvhn.org

Liz Chang, CLC (English and Spanish): 908-210-3608, Liz@prettymb.com

Mahala Lactation & Perinatal Services, LLC: 484-858-0483

mahalamom.com, <https://www.facebook.com/Mother2MotherMatters>

St. Luke's Hospital Allentown: 610-628-8698

St Luke's Hospital Bethlehem: 484-526-1355

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Bethlehem Group: <http://www.llusa.org/web/BethlehemPA.html>

Christy: 610-974-9095, christyhume@zoho.com

Jessica: 484-894-7961

Kathy: 908-675-3215

Breastfeeding Mothers' Groups

Lehigh Valley Breastfeeding Mothers' Group (English and Spanish): 610-366-7676

www.lvbreastfeeding.com/

Lehigh/Northampton/Carbon Breastfeeding Coalition

Sue Madeja: smadeja@bethlehem-pa.gov

Bethlehem Health Bureau

Sue Madeja: 610-865-7087, smadeja@bethlehem-pa.gov

Free breastfeeding support/home visits for mothers living in Bethlehem

Area Breast Pump Vendors*

Homestar Medical (Bethlehem): 610-882-2300

Mahala Pump Rentals of the Lehigh Valley: 484-858-0483, mahalamom.com

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

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)

Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhccp.org

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Evangelical Community Hospital: 570-522-2612

Hub Surgical: 570-326-6521

McWilliams Pharmacy: 570-275-1140

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

PERRY

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

Shannon Lilienthal, IBCLC (Mechanicsburg): 717-712-6822, www.harrisburgbreastfeeding.com

Suzy Wilkinson, RN, IBCLC (Chambersburg): 717-264-2520

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

Amanda Rambler, Breastfeeding Peer Counselor: 717-243-0523 or 800-882-8812, ext. 0507,
717-448-1295 (cell), amanda.rambler@fhccp.org

Courtney Womack, CLC, BFPC Coordinator: 717-686-4233, courtney.womack@fhccp.org

Cumberland Perry Tapestry of Health WIC Program: 717-243-0523 or 800-882-8812

La Leche League

Carlisle:

Molli: 717-258-9608, mviora11@earthlink.net

Chambersburg:

Marah Sollenberger: 717-658-0779, mrs.solly4@gmail.com

Harrisburg/Mechanicsburg:

Kathleen: 717-761-8165, savages@paonline.com

Maureen: 717-540-7700

Elizabeth: 717-939-2799

Ruth: 717-238-0223

Breastfeeding Mothers' Groups

Juniata/Mifflin/Perry County Breastfeeding Group:

<https://www.facebook.com/groups/CentralPABreastfeedingSupport/>

Amanda Yohn: 717-554-4152, LLLamandaY@gmail.com

Shalee Ellis: 717-649-8441, shaleedrake@gmail.com

Veronica Wheatley: 410-330-5598, blondegurl_23@yahoo.com

Nursing Mother's Counselors of Harrisburg PA:

Shelly Silber: 717-422-3200

Beth Lewis: 937-474-9783

OM Baby, Camp Hill: 717-761-4975, www.ombabycenter.com

PERRY (continued)

Area Breast Pump Vendors*

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

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

PHILADELPHIA

Lactation Consultants/Counselors (hospital and birth centers)

Albert Einstein Medical Center (Einstein Lactation Line): 215-456-5751
Children's Hospital of Philadelphia: 215-590-1089
Hahnemann University Hospital Warm Line: 215-762-3908
Hospital of the University of Pennsylvania Warm Line: 215-662-2361
Pennsylvania Hospital Warm Line: 215-829-3644
Thomas Jefferson University Hospital: 215-955-6665

Lactation Consultants/Counselors in the Community

Amy Siegrist, BS, IBCLC: 484-919-1027, amy@breastfeedingbond.com, www.breastfeedingbond.com
April Rosenblum, IBCLC: 267-888-6455, westphillylactation@gmail.com, www.westphillylactation.com
Ashley M. Lauria, MA, RD, LDN, IBCLC (VA Medical Center, VISN 4): 814-860-2146,
Ashley.lauria@va.gov
Breastfeeding Resource Center: 215-886-2433, www.BreastfeedingResourceCenter.org
Colette M. Acker, IBCLC, Executive Director: 215-886-2422 www.BRC4Babies.com
Carol Tenneriello, RN, IBCLC: 215-248-0197, milkyway4@verizon.net
Center City Pediatrics: 215-735-5600, www.centercitypediatrics.com
Linda Derbyshire, BS, IBCLC: 610-316-9157, lindaderby@verizon.net
Children's Hospital of Philadelphia: 215-590-4442, lessenr@email.chop.edu
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111, www.amazingnewborn.com
Linda Ivker, RN, BSN, IBCLC: 215-512-0075
Lisa Mandell, MBA, IBCLC (Villanova): 610-517-9552, milkyway4@verizon.net, www.lisamandell.com
Lisa Broderick-Cohen, BA, IBCLC: 215-407-1422, lisa@blissedoutmamas.com,
www.blissedoutmamas.com
Liz Brooks, JD, IBCLC: 215-836-9088, liz.brooks@yahoo.com
Nikki Lee, RN, MS, IBCLC: 215-635-6477, nleeguitar@aol.com, www.nikkileehealth.com
Rachel Gazda, BSW, IBCLC: 267-225-2382, rkgazda@gmail.com or freedom2feed@gmail.com
Rosalie Kmiec RN, IBCLC, CBE: 610-322-4932, rosaliek2@gmail.com
Thomas Jefferson University Hospital: 215-955-6665

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

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

La Leche League

Philadelphia: 610-666-0359, www.llofeasternpa.org
Lisa: 856-727-5042, Thebreastfeedinglady@gmail.com
Marlene: 215-226-4884, MJGawark@gmail.com

PHILADELPHIA (continued)

Breastfeeding Mothers' Groups:

Center City Pediatrics: 215-735-5600, www.centercitypediatrics.com
Children's Hospital of Philadelphia, Karabots Pediatric Center: 267-425-9800
Congreso: 215-763-8870
Hahneman Hospital (patients only): 215-762-3908
Hospital of the University of Pennsylvania: 215-662-2361
Maternity Care Coalition North Philadelphia Breastfeeding & Community Doula Program:
Naima Black, Program Manager: 215-386-3804, nblack@maternitycarecoalition.org
Jenn Calix, Bi-Lingual Breastfeeding Coordinator: 215-495-8929,
calix@maternitycarecoalition.org
Iris Kimbrough, Program Assistant: 610-382-5739, ikimbrough@maternitycarecoalition.org
Northeast MOMobile Classic (free home-based support):
Arnetta Stewart, CLC: 215-713-3714, ASTewart@maternitycarecoalition.org
Philadelphia Health Center: 215-685-0602
Pennsylvania Hospital: 215-829-3644
The Birth Center (Individual lactation visits by appointment): 610-525-6106
Thomas Jefferson University Hospital, Mothers' Breastfeeding and Pumping Group: 215-955-6665

Breastfeeding Help Lines

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

Area Breast Pump Vendors*

Children's Hospital: 267-426-5325
Breastfeeding Resource Center: 215-886-2433
Bridget Welsh: 215-855-3944, bridgetwelsh@gmail.com
Joanne Siciliano (Ardmore): 610-649-7769, thepumplady@gmail.com
Judy Crouthamel (Skipack): 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: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Sarah: 570-350-7327

Theresa: 570-688-0858

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

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

POTTER

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

Angela Martin Breastfeeding Peer Counselor: 814-594-2951

Christina Dilts, Breastfeeding Peer Counselor: 814-594-3855

North Central PA Regional Planning and Development Comm. Ridgway: 814-776-1106

Potter County Breastfeeding Coalition

Dr. Mary Ann Rigas: 814-274-9198

Area Breast Pump Vendors* and Purchase* (general public)

Cole Care: 814-274-9301, ext. 1243

St. Mary's Pharmacy Home Medical (St. Mary's, Clearfield, Kane and DuBois Mall): 800-876-3442

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

SCHUYLKILL

Lactation Consultants/Counselors (hospital and birth centers)

*Schuylkill Health Medical Center: 570-621-5234

Breastfeeding classes: 570-621-5239

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

Area Breast Pump Vendors*

Apria Healthcare: 570-622-6320

Keystone medical Equipment: 570-688-2568

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

SNYDER

Lactation Consultants/Counselors (hospital and birth centers)

Evangelical Community Hospital: 570-522-2612

Geisinger Medical Center Lactation Support Team: 570-271-6560

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Geisinger Medical Center Lactation Support Team: 570-271-6560

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

Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhccp.org

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Evangelical Community Hospital: 570-522-2612

Evangelical Community Hospital Home Care Products (purchase only): 570-522-2585

Hub Surgical: 570-326-6521

McWilliams Pharmacy: 570-275-1140

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

SOMERSET

Lactation Consultants/Counselors (hospital and birth centers)

*Conemaugh Memorial Medical Center: 814-534-3144

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Somerset OB/GYN Associates: 814-445-3535

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

Alissa Stanford, Breastfeeding Peer Counselor: 814-233-7898, alissa.stanford@fhccp.org

Heidi Koppenhofer, LPN, IBCLC: 800-352-3532, ext.1103

Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532

Area Breast Pump Vendors*

MedCare Equipment Company: 888-694-4564

Mommy Gear: 888-624-GEAR

Somerset Medical Supplies: 814-443-1496

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

SULLIVAN

Lactation Consultants/Counselors (hospital and birth centers)

*Moses-Taylor Hospital: 570-340-3011

**Breastfeeding classes available*

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

WIC Breastfeeding Peer Counselor, Scranton WIC Center (Lackawanna): 570-346-8493

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Georgeanne (Scranton): 570-348-0890

Meira: 419-973-3313

Area Breast Pump Vendors*

Moses Taylor Hospital (Scranton): 570-770-5518

Wayne Health Services (Honesdale): 800-346-8676

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

SUSQUEHANNA

Lactation Consultants/Counselors (hospital and birth centers)

*Moses-Taylor Hospital: 570-340-3011

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants)

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

La Leche League

Holly: 717-826-7748

Tania: 570-492-0541

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

Wayne Health Services (Honesdale): 800-346-8676

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

TIOGA

Lactation Consultants/Counselors (hospital and birth centers)

*Memorial Hospital: 570-268-2252

*Robert Packer Hospital: 570-882-5034

Soldiers and Sailors Memorial Hospital: 570-723-7764

**Breastfeeding classes available*

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

Area Breast Pump Vendors*

Towanda Memorial Hospital (Towanda): 570-268-2252

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

UNION

Lactation Consultants/Counselors (hospital and birth centers)

Evangelical Community Hospital: 570-522-2612

Geisinger Medical Center Lactation Support Team: 570-271-6560

Breastfeeding classes and outpatient hours available

Lactation Consultants/Counselors in the Community

Diane Hertzog, BSN, CLC (visiting nurse): 570-648-8989

Geisinger Medical Center Lactation Support Team: 570-271-6560

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

Lita Maguire, Breastfeeding Peer Counselor: 570-238-4627, lita.maguire@fhccp.org

La Leche League

<http://www.llofeasternpa.org/web/DanvillePA.html>

Becky: fraur.anderson@gmail.com

Lisa: lemaelpumphouse@gmail.com

Heather: heather@ButterflyDoula.com

Area Breast Pump Vendors*

Evangelical Community Hospital: 570-522-2612

Evangelical Community Hospital Home Care Products, Lewisburg (purchase only): 570-522-2585

Hub Surgical: 570-326-6521

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

VENANGO

Lactation Consultants/Counselors (hospital and birth centers)

*UPMC Northwest: 814-676-7845

**Breastfeeding classes and weekly support groups available*

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

Venango/Forest:

Marci Cirell, NE/BFC/PCM-OM, Supervisor: 814-676-0999

Peer Counselor: 814-676-0099

Clarion:

Dawn Venman, RD, LDN, Peer Counselor Supervisor: 814-726-1093

Annette Smith, CLC, Peer Counselor: 814-226-8130

La Leche League

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

Area Breast Pump Vendors*

Health Complex Pharmacy, Clarion Hospital: 814-226-7970

North West UPMC auxiliary: 814-676-7600

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

WARREN

Lactation Consultants/Counselors (hospital and birth centers)

Bradford Regional Medical Center: 814-362-8240

Warren General Hospital: 814-723-3300, ext. 1681

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

Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

Kim Hazen: 814-706-1093

Nicole Johnson, BFPC: 814-726-1093 or 814-547-6279

Breastfeeding Mothers' Group

Bradford Regional Medical Center: 814-362-8240

Area Breast Pump Vendors* /Purchase*

Apria Healthcare: 814-726-7000

Gaughn's Drug Store: 814-723-2840

Med Care Equipment Co. Warren County/Jamestown, NY: 716-664-5092 or 800-503-5554

Seneca Home Health: 814-723-1155

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

WASHINGTON
(Includes Greene)

Lactation Consultants/Counselors (hospital and birth centers)

*The Washington Hospital: 724-250-4476

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

WIC Lactation Consultants/Breast Pumps (for WIC participants only)

WIC Peer Counselors: 877-814-0788, ext. 449

La Leche League

llofwashco@gmail.com, <https://lalecheleagueofpeters.wordpress.com/>

Cindy: 724-746-2188

Jackie: 412-398-5505

Janet (Peters Township): 412-854-4814

Kate: 724-941-2370

Madeline: 724-941-2248

Heidi: 724-916-4817

Breastfeeding Mothers' Group

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

Southwestern Pennsylvania Breastfeeding Coalition

Cindy Garrison, IBCLC: 724-746-2188

Judy Gutowski, IBCLC: 724-832-2507

Michelle Kasmer, IBCLC: 724-244-9135

Area Breast Pump Vendors*

Magee Womens Hospital: 412-641-1121

St Clair Memorial Hospital (Upper Saint Clair): 412-942-5875

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

WAYNE

Lactation Consultants/Counselors (hospital and birth centers)

*Wayne Memorial Hospital: 570-253-3005

**Breastfeeding classes available*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

Northeast Medical Equipment: 570-253-7700

Wayne Health Services (Honesdale): 570-253-6770

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

WESTMORELAND

Lactation Consultants/Counselors (hospital and birth centers)

Excelsa Westmoreland Hospital: 724-832-4166

Lactation Consultants/Counselors in the Community

Children's Community Pediatrics:

Judy Gutowski, IBCLC (Blairsville patients seen at the Mt. View office): 724-459-6560

Diana Jordan, IBCLC (Murrysville): 724-327-5210

Judy Gutowski, IBCLC (Mt. Pleasant patients seen at the Mt. View office): 724-547-5103

Judy Gutowski, IBCLC (Mt. View): 724-832-0850

Latrobe Prenatal Clinic: 724-537-1597

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

Michelle Kasmer, IBCLC: 724-244-9135, mkasmer@sphs.org

La Leche League

Dawn (Ligonier): 724-238-5796

Sara (Ligonier): 724-953-4848

Breastfeeding Classes

Excelsa Health, Call Center: 877-771-1234, www.excelahealth.org

Area Breast Pump Vendors*

Mommy Gear: 888-624-4327 or 724-238-9633, www.mommygear.com

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

WYOMING

Lactation Consultants/Nurses (in-hospital)

*Geisinger Wyoming Valley Medical Center: 570-808-5534

*Moses-Taylor Hospital: 570-340-3011

**Also provide breastfeeding classes*

Lactation Consultants/Counselors in the Community

Sarah Glenn, CCE, CD, IBCLC: 570-350-7327, Sarahg68@yahoo.com

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

Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347, skalish@mfhs.org

Jillian Meyer, CLC: 610-377-6097

Breastfeeding Support

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

La Leche League

Victoria: 570-836-3013

Karen: 570-388-2664

Area Breast Pump Vendors*

Lactation Station & More: 570-350-7327

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

YORK

Lactation Consultants/Counselors (hospital and birth centers)

Hanover General Hospital: 717-633-2262

Memorial Hospital: 717-849-5594

York Hospital: 717-851-2953

Lactation Consultants/Counselors in the Community

Hanover Pediatric Associates Patients: 717-632-8944

Lorna Dibert, RN, IBCLC: 717-849-5594

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)

Karen Gartside: 717-843-7942, ext. 113, kgartside@yorkcpc.org

La Leche League

York: 717-814-8221, llofyorkco@gmail.com

Susquehanna Valley Breastfeeding Coalition

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

Breastfeeding Mothers' Group

Hanover Hospital Maternity Support Group: 717-316-2262

Mason Dixon Library in Stewartstown: 443-388-4229

Memorial Hospital Breastfeeding Mothers' Group: 717-849-5594

Susquehanna Valley Breastfeeding Mothers' Group

Ruthann Lanosz-Harris, 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://wplca.net>
 - Healthy Baby Helpline: 800-986-BABY (2229)
 - Pennsylvania WIC (Women's, Infants and Children) Program: www.pawic.com
- National Organizations
 - Baby-Friendly Hospital Initiative, USA: www.babyfriendlyusa.org
 - Centers for Disease Control and Prevention (CDC): www.cdc.gov/breastfeeding
 - U.S. Department of Health and Human Services: www.womenshealth.gov/breastfeeding
 - March of Dimes (information about preterm babies): www.marchofdimes.com
 - National Association of Pediatric Nurse Practitioners: <http://www.napnap.org/index.aspx>
 - 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.cc
 - International Lactation Consultant Association: www.ilca.org
 - La Leche League International (LLL): www.llli.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.)

- Health Resources and Services Administration Business Case for Breastfeeding webpage: <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>
This page provides numerous resources in support of breastfeeding-friendly worksites.
- Pregnant at Work: <https://www.pregnantatwork.org/>
Provides information for pregnant/parenting women, healthcare professionals, employers, and attorneys through their FREE legal hotline 415-703-8276.

Finding a Lactation Consultant

- International Lactation Consultant Association: www.ilca.org/i4a/pages/index.cfm?pageid=3337
The website for the International Lactation Consultant Association has a “Find a Lactation Consultant” feature to help you find a Lactation Consultant near you.

Breastfeeding Multiples

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

Preterm Babies

- Le Leche League: www.llli.org
Use search feature to find articles about nursing and pumping for preterm babies.
- International Breastfeeding Centre: http://www.nbc.ca/index.php?option=com_content&id=70:breastfeeding-the-premature-baby&Itemid=17
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.)
- Hale, T. W., R.Ph, Ph.D., *Medications and Mothers' Milk*. 14th ed. Amarillo, TX: Hale Publishing, 2010. (Excellent reference, updated frequently)
- LactMed: <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT> (free on-line drug database)
- Mother To Baby: 866-626-6847 or Text 855-999-3525
Medications and more during pregnancy and breastfeeding. Download and print fact sheets or talk directly to an expert. Email or live chat by visiting www.MotherToBaby.org

Education Materials for Parents

- Free downloads
 - PA Department of Health:
<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>
 - US Department of Health and Human Services: <http://www.womenshealth.gov/breastfeeding/>
 - Thomas Hale website: <http://www.breastfeedingonline.com/meds.shtml>
 - 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/>
www.who.int/childgrowth/standards/chart_catalogue/en/index.html
 - 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 as topics as nipple pain, depression, dealing with difficult birth, and common breastfeeding challenges. There are links to a five-minute video of latch (soundtrack in English and Spanish) and a video produced by UNICEF India showing a baby crawling to the breast.
 - Kelly Mom: www.kellymom.com
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
 - Lancaster General Women and Babies Hospital:
<http://www.lancastergeneralhealth.org/Healthwise/Document.aspx?id=ue5284>
 - Baby-Friendly UK: www.babyfriendly.org.uk/parents/byb.asp
(Arabic, Bengali, Chinese, Gujarti, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)
 - Breastfeeding Taskforce of Greater Los Angeles (Spanish):
<http://breastfeedla.org/for-parents/>
 - EthnoMed: <http://www.Ethnomed.org>
 - Massachusetts Breastfeeding Coalition: <http://massbfc.org>
- Streaming Videos for Parents
 - <http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm#prettyPhoto> (in English, Chinese - Mandarin, French, Punjabi, Spanish, Urdu and Vietnamese)
 - Postpartum Depression: Dr. Katherine-Kendall Tackett, www.UppityScienceChick.com
- Reference Texts and Clinical Resources
 - Spangler, Amy, *Breastfeeding – A Parent’s Guide*, 2010 by Amy Spangler
 - Wiessinger, Diane, West, Diana and Pitman, Teresa, *The Womanly Art of Breastfeeding*, Ballantine Books, 2010.

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.
- LactMed: <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- Palm and iPhone software for physicians: <http://massbfc.org/providers>

Reference Texts and Clinical Resources

- AAP/ACOG physician handbook: American Academy of Pediatrics and American College of Obstetricians and Gynecologists, Breastfeeding Handbook for Physicians, 2006.
- Useful handbook for office staff: Mohrbacher Nancy, IBCLC. Breastfeeding Answers Made Simple – A guide for helping mothers. Hale Publishing, 2010.
- Comprehensive medical reference: Lawrence, Ruth, A., MD and Lawrence, Robert M, MD., Breastfeeding: A Guide for the Medical Profession. 7th ed. Maryland Heights, MO: ElsevierMosby, 2011.
- Widely used parent guides: Newman, Jack, MD and Pitman, Teresa, The Ultimate Breastfeeding Book of Answers, New York: Random House, 2006.

Billing for Lactation Services

- Guidance on Billing Codes and Requirements: www.aap.org/breastfeeding/files/pdf/CODING.pdf
- Medical Organizations and Billing
 - Academy of Breastfeeding Medicine (ABM): www.bfmed.org
 - American Academy of Pediatrics (AAP): www.aap.org/breastfeeding

On-line Continuing Education Credits

- CMEs: www.breastfeedingtraining.org/
- <http://www.hriainstitute.org/breastfeedingcme/>

Tutorials

- AAP Breastfeeding Residency Curriculum: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>
- Wellstart International Lactation Management: www.wellstart.org/Self-Study-Module.pdf
- Breastfeeding Online: www.breastfeedingonline.com
- National Breastfeeding Center: 855-777-6232, <https://www.nbfcenter.com/>
 - For corporations: Assistance to implement an employee breastfeeding program
 - For physician offices: Information to support breastfeeding mothers in your practice
- International Board of Lactation Consultant Examiners (IBCLE): www.iblce.org/
 - Provides information on how to become a board-certified lactation consultant
- Training in the use of the growth charts (recommended for use by the AAP): http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm?s_cid=govD_dnpao_153

Research Publications and Sites

- Childbirth Connection (formerly Maternity Center Association): www.childbirthconnection.org

Free downloads, including the Milbank Report and the Listening to Mothers survey
The Cochrane Collaboration: www.cochrane.org (website search: breastfeeding)

- Streaming Videos for Teaching
 - 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
 - Hand Expression of Human Milk:
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
 - Latch Trick: www.drmmomma.org/2010/08/breastfeeding-latch-trick.html
 - 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.
 - Hand Expression, Stanford Medicine:
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
 - Teaching paced bottle-feeding: <http://www.youtube.com/watch?v=UH4T70OSzGs>

HUMAN MILK BANKS (sources of donor human milk)

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

ALABAMA

[Mother's Milk Bank of Alabama](#)

107 Walter Davis Drive
Birmingham, AL 35209
Phone: 205-942-8911
Email: khabchi@mmbal.org

CALIFORNIA

[Mothers' Milk Bank](#)

1887 Monterey Road, Suite 110
San Jose, CA 95112
Phone: 408-998-4550
Email: donate@mothersmilk.org

COLORADO

[Mothers' Milk Bank](#)

A program of Rocky Mountain Children's Health Foundation
5394 Marshall Street, Suite 400
Arvada, CO 80002
Phone: 303-869-1888
Email: mothersmilkbank@rmchildren.org

FLORIDA

[Mothers' Milk Bank of Florida](#)

8669 Commodity Circle
Suite 490
Orlando, FL 32819
Phone: 407-248-5050
Email: info@milkbankofflorida.org

ILLINOIS

[Mothers' Milk Bank of the Western Great Lakes](#)

1691 Elmhurst Road
Elk Grove Village, IL 60007
Phone: 847-262-5134
Email: info@milkbankwgl.org

INDIANA

[The Milk Bank](#)

5060 E. 62nd Street, Suite 128
Indianapolis, IN 46220
Phone: 317-536-1670
Email: info@themilkbank.org

IOWA

[Mother's Milk Bank of Iowa](#)

UI Hospitals and Clinics, Department of Food and Nutrition Services
119 2nd Street, Suite 400
Coralville, IA 52241
Phone: 319-384-9929
Email: jean-drulis@uiowa.edu

LOUISIANA

[Mothers' Milk Bank of Louisiana](#)

2700 Napoleon Ave.
New Orleans, LA 70115
Phone: 504-703-6455
Email: mothersmilkbank@ochsner.org

MASSACHUSETTS

[Mothers' Milk Bank Northeast](#)

377 Elliot Street
Newton Upper Falls, MA 02464
Phone: 617-527-6263
Email: info@milkbankne.org

MICHIGAN

[Bronson Mothers' Milk Bank](#)

601 John Street
Suite N1300
Kalamazoo, MI 49007
Phone: 269-341-6146
Email: Duffc@bronsonhq.org

MISSISSIPPI

[Mothers' Milk Bank of Mississippi](#)

2001 Airport Road, Suite 204
Flowood, MS 39232
Phone: 601-939-5504
Email: director@msmilkbank.org

MISSOURI

[Heart of America Mothers' Milk Bank](#)

At Saint Luke's Hospital
4401 Wornall Road
Kansas City, MO 64111
Phone: 816-932-4888
Email: kcmilkbank@saint-lukes.org

MONTANA[Mothers' Milk Bank of Montana](#)

734 Kensington Ave.
Missoula, MT 59801
Phone: 406-531-6789
Email: mothersmilkbankofmt@yahoo.com

NEW YORK[The New York Milk Bank](#)

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

NORTH CAROLINA[WakeMed Mothers' Milk Bank](#)

1900 Kildaire Farm Road
Cary, NC 27518
Phone: 919-350-8599
Email: mothersmilkbank@wakemed.org

OHIO[OhioHealth Mothers' Milk Bank](#)

4850 E. Main Street, Suite #140
Columbus, OH 43213
Phone: 614-566-0630
Email: milkbank@ohiohealth.com

OKLAHOMA[Oklahoma Mother's Milk Bank](#)

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

OREGON[Northwest Mothers Milk Bank](#)

417 SW 117th Ave., Suite #105
Portland, OR 97225
Phone: 503-469-0955
Email: info@nwmmb.org

PENNSYLVANIA[CHOP Mothers' Milk Bank](#)

34th and Civic Center Blvd.
Philadelphia, PA 19104
Phone: 267-425-1662
Email: CHOPMMB@email.chop.edu

[Mid-Atlantic Mother's Milk Bank](#)

3127 Penn Ave.
Pittsburgh, PA 15201
Phone: 412-281-4400
Email: info@midatlanticmilkbank.org

SOUTH CAROLINA[Mothers' Milk Bank of South Carolina](#)

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

TEXAS[Mothers' Milk Bank at Austin](#)

5925 Dillard Circle
Austin, TX 78752
Phone: 512-494-0800
Email: info@milkbank.org

[Mothers' Milk Bank of North Texas](#)

600 West Magnolia Ave.
Ft. Worth, TX 76104
Phone: 817-810-0071
Email: info@texasmilkbank.org

VIRGINIA[The King's Daughters Milk Bank](#)

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