



## Breastfeeding Resources



**KellyMom** | Created by Kelly Bonyata, BS, IBCLC, individuals can visit this internationally recognized website for educational, evidence-based information on breastfeeding and parenting.

**Ask Dr. Sears** | William Sears, MD and Martha Sears, RN have been practicing pediatric medicine for over 30 years. Visit their website for information on the many stages of family planning.



**La Leche League International** | Formed by seven mothers in 1956, in Franklin Park, IL, LLLI is primarily focused on personal one-on-one sharing of information and encouragement surrounding breastfeeding. Explore the website for a variety of resources, support, and more.

**Breastfeeding Promotion, Protection and Support** | On this New York State Department of Health webpage, information for individuals, healthcare providers, child care providers, and employers and worksites can be found regarding the promotion of breastfeeding.



**Growing Up Healthy Hotline** | Offered by the New York State Department of Health, this program aims to help pregnant and parenting people find the help they need. Visit the webpage to learn more or call 1-800-522-5006 for immediate assistance.

**Maternity Care** | St. Peter's Health Partners is dedicated to the communities and individuals they serve. Information on SPHP obstetrics program, family bonding, support services and more can be found on this website.



**Healthy Families** | Offered by St. Peter's Health Partners, this free, voluntary program provides parenting support to qualifying families. Visit the webpage to learn how to enroll and more.

## Baby Cafés

**Baby Cafés are a free resource for pregnant and breastfeeding families, offering:**



- \* Support from specifically-trained staff
- \* Opportunities to share experiences and make friends
- \* Refreshments, comfortable seating, and open-form discussions

Visit the Baby Café USA Website!

### St. Peter's Health Partners Baby Café:

Tuesdays 12 — 2 PM (Meeting ID: 917 8617 7357 | Passcode: wPW9AS)

Wednesdays 12 — 2 PM (Meeting ID: 920 9112 3396 | Passcode: aHS41W)\*

Thursdays 9:30 — 11:30 AM (Meeting ID: 950 5947 7140 | Passcode: DwX8CJ)

Every 1st and 3rd Wednesday of each month from 6 — 7:30 PM

(1st Meeting ID: 954 8245 6984 | Passcode: 670839) (3rd Meeting ID: 969 2684 0422 | Passcode: 153222)

\*Schedule a one-on-one appointment with our lactation consultant. Please email [BabyCafe@sphp.com](mailto:BabyCafe@sphp.com) for more information.

Visit the official LinkTree for the Capital  
Region Baby Café to join on Zoom!



### Schenectady County Baby Café:

Every 1st and 3rd Monday of each month from 11 AM—1 PM (Mont Pleasant Branch Library)

Every 2nd and 4th Tuesday of each month from 11 AM—1 PM (Phyllis Bornt Branch Library & Literacy Center)



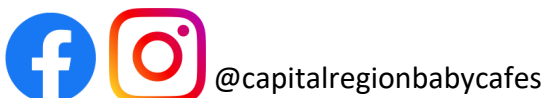
Join on Zoom!

Join by Phone: 1-646-558-8656

Meeting ID: 869 1811 9191

Passcode: 806095

Find us on Facebook and Instagram:



For more information on St. Peter's Health  
Partners, Community Health Programs, visit  
us at: [healthprograms.org](http://healthprograms.org)