

Breastfeeding Support Resources

Lactation Professionals

One-on-one professional help. Some offer home visits and video consults; others have you come to their office.

MilkMatters Lactation, RN, PLLC

Jillian Carter, BS, RN, IBCLC
Capital District, Hudson Valley and NYC
hello@milkmattersny.com
518-201-2701
www.milkmattersny.com

A Little Bit of Milk, LLC

Sherisa Moore, RN, MSN, CPLC, Full Spectrum
Doula (ASDS), CBE, IBCLC, Pregnancy Reiki II
Practitioner
Capital District
alittlebitofmilkllc@gmail.com
518-348-9552
www.alittlebitofmilkllc.com

Aimee Lactation Consulting

Aimee Woodhouse, RN, IBCLC
Warren, Washington, and Saratoga Counties
hello@aimeelactation.com
518-415-1828
www.aimeelactation.com

Breastfeeding Savvy, LLC

Jenelle Nemeth, BSN, RN, IBCLC
Capital District
breastfeedingsavvy@aol.com
704-746-2424
www.breastfeedingsavvy.com

Full Hearts Collaborative, LLC

Lindsay Castiglione, BSW, IBCLC
Saratoga and Warren Counties, plus telehealth
info@fullheartscollaborative.com
(808)721-5019
www.fullheartscollaborative.com

Hearts' Work Breastfeeding Support

Sarah Shapiro, IBCLC
Columbia and Greene Counties, southern Capital
Region, plus telehealth
518-672-1519
www.heartsworkbreastfeeding.com

Carrie Kimball, RN, BSN

Capital Region
267-456-2129
ckmidwife@gmail.com

Lynn Coughlin, RN, BSN, IBCLC

Capital District
518-928-4004
breastfeedingfirststeps@gmail.com

Schoharie County Community Action Program

Heather Fretto, CLC
Schoharie County
518-231-3549
www.sccapinc.org

The Milk Mentor

Rebecca LaBombard, CLC, MSED
Capital District
becky@themilkmentor.com
(315) 224-4049
www.themilkmentor.com

Albany Family Life Center

Jessica Allen Hayek, CCCE, CPLD, CLC
Office visits in Albany; Capital District home visits
jessica@AlbanyFamilyLifeCenter.org
518-727-8219
albanyfamilylifecenter.org

Registered Nurse Support

Professional nurses who provide education, health coaching and general support in your home.

Quoida Lauzon, BSN, RN, CBS

NurseLauzon@gmail.com
838-200-3698
www.nurseq.com

Community Hospitals

May offer warm-line phone consults, out-patient lactation services. Typically can bill your insurance directly. Some offer support only to patients who delivered there, so start with your delivery hospital.

Nathan Littauer Hospital – Gloversville

518-775-4101 office
518-921-1461 cell (call/text)
Telehealth consults available

Bellevue Woman's Center - Schenectady

518-346-9514

Saratoga Hospital – Saratoga Springs

518-580-2049

St. Peter's Hospital – Albany

518-525-1400

Burdett Birth Center - Troy

518-874-6912

WIC Peer Counselors

Peer counselors have breastfed and have received training in breastfeeding support.

- **Albany Medical Center WIC** – 518-432-4033, www.breastfeedingpartners.org
- **Whitney M. Young, Jr. Health Center WIC** – 518-465-9387, www.wmyhealth.org
- **Saratoga County EOC WIC** – 518-288-3232, saratogaecoc.org

Healthy Families

County programs that offer support to families, including lactation support.

- **Healthy Families Albany County** – 518-447-7054
- **Healthy Schenectady Families** – 518-386-2824
- **Healthy Families of Rensselaer County** – Troy 518-274-1279, Castleton 518-472-9821, HFRC@nehealth.com

Support from other mothers

Get together with other mothers for support and to share ideas.

Baby Café USA – www.babycafeusa.org

- Locations in Albany, Troy and Schenectady, and beyond

La Leche League – www.llusa.org

- Greenbush La Leche League – www.capitalregionbreastfeeding.org
- La Leche League of Delmar – www.llldelmar.org
- La Leche League of Chatham/Spencertown for Columbia & Green Counties – www.facebook.com/LaLecheColumbiaGreene

Bellevue Woman's Center Breastfeeding Support Group - Niskayuna

- 518-346-9410, <https://bellevuedelivers.com/classes-and-support/>

Saratoga Hospital - Saratoga

- 518-580-2049, www.saratogahospital.org/classes/community-education/childbirth-education

Breast milk purchase, donation and sharing

Give or receive breast milk.

The New York Milk Bank – nymilkbank.org

Eats On Feets – www.facebook.com/eatsonfeetsny

Human Milk 4 Human Babies – <https://www.facebook.com/groups/374820809726184>