

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
Ashley Lawson, RN, IBCLC
Libby Vanier, BA, RN, IBCLC
Greater Capital District, Hudson Valley, NYC
hello@milk mattersny.com
518-201-2701
www.milk mattersny.com

A Little Bit of Milk, LLC

Sherisa Moore, RN, MSN, CPLC, Full Spectrum
Doula (ASDS), CBE, IBCLC, Pregnancy Reiki II
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

Heirloom Lactation, LLC

Cara Banks, IBCLC
Capital Region/Rensselaer and Albany Counties
cara@heirloomlactation.com
(925) 989-9748
www.heirloomlactation.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

Breastfeeding Savvy Consultants

Lactation Lounge

Jenelle Nemeth, BSN, RN, IBCLC
Kathleen Burke, RN, IBCLC
Barb Donnelly, BS, RN, IBCLC
Office in Clifton Park
breastfeedingsavvy@aol.com
704-746-2424
www.breastfeedingsavvy.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

Reproductive Psychiatrist Support

Women's mental health and reproductive psychiatry.

Coral Psychiatry

Dr. Jennifer Okwerekwu MD, MS
Telehealth, office visits in Troy and Clifton Park
DrO@CoralPsych.com
518-414-5421
www.coralpsych.com

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
- **Schenectady County WIC** - 518-346-8818, www.schenectadycounty.com/public-health/wic
- **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.lldelmar.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