

CONTACT

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Birth and Breastfeeding Education
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To be included in the next
edition, please email your
information to:
mhlcmail@gmail.com

MID-HUDSON LACTATION CONSULTANTS & COUNSELORS DIRECTORY

Although International Board Certified Lactation Consultants (IBCLC) are the Gold Standard for Breastfeeding Help and Support, there are many other levels of assistance available in our region. Visit www.ibccl.org for a full description of the level of training and experience needed to become an IBCLC. Please note that many support providers may be able to provide virtual support, as well as in-office or home visits. Some providers may accept insurance.

This list is not endorsed by any organization, nor is there any guarantee that the provider chosen will be able to solve all breastfeeding difficulties.

Want to become an
IBCLC?
www.ibccl.org

MID-HUDSON BREASTFEEDING SUPPORT DIRECTORY



**Looking for help with
breast/chestfeeding or
pumping? Check out our
directory for resources,
information, and support in
Orange, Sullivan, Ulster and
Dutchess Counties.**

September 2023

Orange County

IBCLCs

Sarah Amer 845-652-0419
 Kelly Alleque 347-755-3033
 Erica Brown 845-729-2229
 Michelle Ferguson 845-866-0385
 Rene Fisher 845-800-7275
 Arlene Lopez 845-863-5828
 Susan Rannestad 845-283-2229
 Stephanie Sosnowski 845-325-3382
 Kristin Walicki 845-333-6274

La Leche League Leaders

Rene Fisher 845-800-7275

Support Groups

Virtual and In-Person are available

Garnet Health Medical Center 845-333-6274
 Montefiore St. Luke's-Cornwall 845-863-5828
 Washingtonville Pediatrics 845-325-3382
 Beloved Birth & Baby Boutique 845-499-8116
 Mid-Hudson Chocolate Milk 845-381-0916

Breastfeeding Counselors

Danielle Bianco 845-499-8116
 Kaitlyn Mazza 845-476-7006
 Karen McDermott 516-238-9571
 Kristen O'Loughlin 845-283-6770
 Chloe Vital 845-381-0916

Visit www.nysbreastfeeding.org
 for a listing of breastfeeding
 coalitions across NYS

Ulster County

IBCLCs

Donna Bruschi 845-255-1055
 Doris Preslar-Leveque 845-338-6400
 Jenn Sullivan 845-240-8399

La Leche League Leaders

Donna Bruschi 845-255-1055
 Crystal Middleton 914-471-0075

Support Groups

Virtual and In-Person are available

Baby Cafe/MISN 845-418-0154

Breastfeeding Counselors

Healthy Families 845-339-8551
 Maritday Rodriguez 845-399-5456

Sullivan County

Breastfeeding Counselors

Lacie Halloran 607-725-5369
 Ericka Pineda 845-428-1636
 Stacey Wizwer 845-807-7302

Support Groups

Baby Cafe/MISN 845-418-0154

Dutchess County

IBCLCs

Lauren Lieto 845-730-9255
 Rasheena Moss 845-418-4657
 Myrtle Robertson 845-454-1448
 Jessica Thomas 845-481-1203

La Leche League Leaders

Desiree Albizu 518-965-7538
 Kim Bradley 503-791-5049
 Pat Sexton 845-876-6880
 Alexa Devlin 347-730-7356

Breastfeeding Counselors

*All WIC agencies in the region provide
 Breastfeeding Peer Counselor support for
 their participants. For a listing, visit
[https://www.health.ny.gov/prevention/nutriti
 on/wic/local_agencies.htm](https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm)*

*The Healthy Families Programs in each
 county can also provide breastfeeding
 supprt for their participants. Visit
<https://www.healthyfamiliesnewyork.org/>*

