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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 retail purchases, 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, so 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 being made available electronically, and you can print copies from it. If you are unable to print a copy, you may contact us at the phone number or email below and we will print and send you a single copy.

The Referral Guide is based on information submitted to PA Department of Health. Updates or corrections can be sent to:

Sheena Abraham  
Pennsylvania Department of Health  
Health and Welfare Building, 7th Floor, West Wing  
625 Forster Street  
Harrisburg, PA 17120-0701  
sheabraham@pa.gov  
(717)783-1289

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 (IBCLC)** are breastfeeding specialists who have completed a minimum of 90 hours of education plus at least 1,000 hours of clinical experience and have qualified as International Board Certified Lactation Consultants (IBCLC) by passing the certifying examination given by the International Board of Lactation Consultant Examiners. These specialists offer assistance for complicated situations requiring hands-on help: low milk supply, 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 lactation consultants provide consults after discharge. There may or may not be a fee for this out-patient service. Private practice lactation consultants 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 a local lactation consultant go to [www.ilca.org/i4a/pages/index.cfm?pageid=3337](http://www.ilca.org/i4a/pages/index.cfm?pageid=3337).

**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. Problems 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 problems beyond their level of skill are referred to an International Board Certified Lactation Consultant.

**La Leche League Leaders** are experienced breastfeeding mothers who are accredited by La Leche League International (LLLl) 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 LLLI 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 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.

**WIC Program**
The Pennsylvania WIC (Women, Infants and Children) 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 problems. Problems beyond their level of skill are referred to MDs 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.
ADAMS

**Lactation Consultants/Nurses (hospital)**
* **Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC jsorber@wellspan.org**
  *Breastfeeding classes available
  **Out-patient lactation consults, fee for service

**Lactation Consultations after hospital discharge**
  **Home visits:** Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
  **Office visits:** Gettysburg Hospital: 717-337-4184 – Jayne Sorber, RN, IBCLC jsorber@wellspan.org

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Anela Hadzalic, CLC: 717-334-7634 ext. 189 (Gettysburg)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gosnell: 717-263-0802 ext 308 (Chambersburg)

**La Leche League**
Lorraine: 717-762-9094 (Waynesboro)
Heidi: 717-372-3380 (Chambersburg)

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Adams County Breastfeeding Task Force**
  Jayne Sorber, RN, IBCLC jsorber@wellspan.org Chairperson 717-337-4184

**Electric Breast Pump Rentals* (general public)**
East Berlin Pharmacy: 717-259-0421 (East Berlin)
Breast Expressions: 717-264-2520 (Chambersburg)
Equipped for Life: 717-263-4188 (Chambersburg)
Gettysburg Hospital: 717-337-4184 (Gettysburg)
Hanover Hospital Outpatient Pharmacy: 633-2244 (Symphony pump sales, ask for “Paul”)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
  *Some rental stations also carry pumps for purchase.
  Wellspan Pharmacy at V Twin Drive 339-2600 for (Medela pump sales only)

**Breast Pumps Retail**
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:**
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.amedacom
Hygeia: 888-786-7466)www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
ALLEGHENY

Lactation Consultants (hospital)
Children’s Hospital of Pittsburgh:
   Angie Kirkwood, RN, IBCLC  angela.kirkwood@chp.edu
   In-patient: 412-692-5036 Hours: Mon, Wed, Thurs & Fri till 11:00a.m. Tues 8 am to 4:30pm
Primary Care Center - 412-692-6000 Hours: Mon, Wed, Thurs & Friday Noon to 5:00pm
*Forbes Regional Hospital: 412-858-2155 – Nadine Hannah, RN, IBCLC
* **Magee Women’s Hospital: 412-641-1121--Kim Henry, IBCLC; Anna Heh, RN, BSN, IBCLC;
   Cindy Garrison, RN, IBCLC; Grace Hudak, RN, BSN, M Ed, IBCLC; Shirley Jones, RN, IBCLC
**Mercy Hospital: 412-232-7135 - Diane Bear, RN, IBCLC and Sarah Krivonik, RN, IBCLC
* **St Clair Hospital: 412-942-5875
   Michele Zimmerman, RN, BSN, IBCLC  stclairlactation@stclair.org
   Amber D. Linder, RN, BSN, CCE, CPST, CBC
* **Heritage Valley Sewickley: 412-749-7494 - Edith Davidson RN, IBCLC, Lisa Powner RN, IBCLC,
   Susan Pointer RN, MSN, IBCLC
* **Western Pennsylvania Hospital: 412-578-7030 - Sandy Porco, RNC, BSN, IBCLC, Lillian Roth,
   RN, IBCLC, Julie Brown, RN, IBCLC; and Bob Monteverde, RN, IBCLC
* **Midwife Center for Birth and Women’s Health 412-321-6880 x 220
   Cheryl Bradshaw, RN, BSN, IBCLC (midwifery center clients only)
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultations after hospital discharge  Office visits:
Breastfeeding Center of Pittsburgh 412-246-4726  www.breastfeedingcenterofpittsburgh.com
   Provides prenatal breastfeeding class and a Working and Breastfeeding class
Heritage Valley Sewickley: 412-749-7494
Mercy Hospital: 412-232-7135
Magee Women’s Hospital: 412-641-1121
Western Pennsylvania Hospital: 412-578-7030

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
Allegheny County Breastfeeding Help Line (for WIC and general public)
412-247-1000 (Staffed by IBCLCs - 8AM-4PM daily)
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Allegheny County Breastfeeding Coalition
Contact: Rebecca Ulke 412-350-5438  rulke@achd.net

La Leche League
Main contact number for updated information on Allegheny County mother groups: 412-276-5630

<table>
<thead>
<tr>
<th>Airport Area (1st Thur. AM)</th>
<th>Beth Park (1st Wed. AM)</th>
<th>Plum/Monroeville (2nd Tues. PM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laura: 724-457-0221</td>
<td>Terri: 412-257-4019</td>
<td></td>
</tr>
<tr>
<td>Toni: 724-630-6348</td>
<td>Veronica: 412-207-2542</td>
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<tr>
<td></td>
<td>Amy: 412-531-3704</td>
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</tr>
<tr>
<td></td>
<td>Lisa: 412-885-0513</td>
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</tbody>
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ALLEGHENY (continued)

South Hills (2nd Fri., PM)  Strip District (1st Wed. noon)  Other Allegheny County
Heather: 412-207-2845  Teresa: 412-341-1804
Angel: 412-884-5786

Pitts. East (1st Tues PM & last Tues AM)  North Hills (3rd Mon. AM)  Heather: 412-207-2845
Tamara: 412-832-4070

The Nursing Café  Sandy Porco sporco@wpahs.org

WIC Breastfeeding Support/Breast Pumps/Home Visits (for WIC participants only)
Main Lactation Line: 412-350-3163
Rebecca Ulke, IBCLC 412-350-5438
Nellie Wiancko, IBCLC 412-350-3162
Mary Ufnar, RN, IBCLC 412-350-2465

Electric Breast Pump Rentals* (general public)
Consignment Cottage: 412-262-0833 (Moon Twp.)
Natural Mothering: 412-461-6921 (Munhall)
Mommy Gear Pittsburgh SW: 888-624-4327 (Pittsburgh)
*Magee Women’s Hospital of UPMC Lactation Center: 412-641-1121 (Oakland)
Mercy Hospital: 412-232-7135
St Clair Memorial Hospital: 412-942-5875 (Upper Saint Clair)
Breastfeeding Center of Pittsburgh: 412-246-4726 (Squirrel Hill and Pleasant Hills)
*West Penn Hospital 412-578-7030
*A Mother’s Boutique 724-934-8795 www.mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
**ARMSTRONG**
(Provides Indiana)

**Lactation Consultants (hospital)**
* **Armstrong County Memorial Hospital**  Lynn McGahan, RNBC, IBCLC  724 545-3586, mcgahan@acmh.org
* **Indiana Regional Medical Center**  Desiree Beppler, RN, BSN, CLC  dbeppler@IndianaRMC.org
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.**

Lactation Consultants
Michelle Roth, BA, IBCLC  michelle.roth2@chp.edu  724-548-2283
Children's Community Pediatrics Armstrong
www.childrenspeds.com/services-and-programs/lactation-consulting-services
Armstrong County Memorial Hospital  Lynn McGahan, RNBC, IBCLC 724 545-3586, mcgahan@acmh.org

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Billie Jo: 866-942-2778 (Indiana County)
Debbie: 866-942-2778 (Armstrong County)
Jen: 866-942-2778 (Armstrong County)

La Leche League
Stephanie: 724-463-4661

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public)**
Diamond Medical Supply: 724-349-2830
Blessed Arrivals Doula Service: 724-433-4782 or 724-257-9352
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

**Breast Pumps Retail**
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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:**
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.amedacom
Hygeia: 888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
Lactation Consultants (hospital)
*Butler Memorial Hospital:
Heritage Valley Sewickley Lactation office: 412-749-7494

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Barb, Aimee, Christie, Lynda, and/or Jen  866-942-2778 (Beaver/Butler/Lawrence County)
PA Department of Health Breastfeeding Hotline:  1-855-4-ASK-MOM

La Leche League Breastfeeding Warmline (find group nearest to you: 412-276-5630)
Beaver County:  Claire: 412-788-1567  Laura: 724-457-0221  Toni: 724-709-7061
Lawrence County:  Cathy: 724-651-0111  Lynda: 724-752-1880  Mary Catherine: 724-654-8782

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding
National LLL Breastfeeding Hotline  1-800-525-3243  www.infantrisk.org  *
*Provides up- to- date evidence based information on medications during pregnancy and breastfeeding.

Electric Breast Pump Rentals (general public)
Consignment Cottage 412-262-0833
Medcare – 724-256-5110  (Julia for Butler area or 800-503-5554)
Healthy Kids RX – 724-934-3 IDZ
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com
Baird Medical Equipment: 1-215-884-2990 Klamont@bairdrespiratory.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.amedacom
Hygeia:  888-786-7466  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
Lactation Nurses (hospital)
UPMC Bedford Memorial: 814-623-3516 Carrisa Restly, RN, CBC; Angela Martin, RN, CBC
Breastfeeding classes and Out-patient lactation consults are available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571 (Bedford) 814-635-3942 (Broad Top)
Dustin Wink, BS, CLC: 717-485-9484 (Fulton)

Breastfeeding Mothers’ Group
Julie Kuhne 814-623-6571

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
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Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
BERKS

Lactation Consultants (hospital)
* **Reading Hospital and Medical Center: 610-988-9299 or 610-929-9300 Jeanine Dorman, RN, BSN, IBCLC  Jeanine.dorman@readinghealth.org Kathy Kuhn, RN, BSN, IBCLC
* **St. Joseph Medical Center: 610-378-2068 Cindy Griffis, RN, IBCLC
* ***Reading Birth & Women's Center  610-777-7222 Miri Levi, CNM, IBCLC
*Breastfeeding classes available  **Breastfeeding and working classes available
***Some hospitals provide out-patient lactation consults, generally fee for service.

La Leche League
Boyertown:  Stacy  610-944-6379

Lactation Consultations after hospital discharge
Home visits:
Janet Graczyk, BS, IBCLC  610-804-7998
Kristin Polston, RN, IBCLC  610-202-0139
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Angela Quinn, BS, IBCLC, RLC  484-857-2229  Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com  https://www.facebook.com/Mother2MotherMatters
Holly Michaelson, IBCLC  610-678-0575  LCHolly@gmail.com
Grand View Hospital, Phyllis Young RN, IBCLC  215-453-4594 pyoung@gvh.org  www.gvh.org

Office visits:
St. Joseph Outpatient Lactation Services at Bern Township campus  610-378-2068 Cynthia Griffis
   CindyGriffis@catholichealth.net
Reading Birth & Women's Center  610-777-7222  Holly Michaelson, IBCLC 610-678-0575  LCHolly@gmail.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 - Shillington WIC Center: 610-775-4210
WIC Breastfeeding Peer Counselor – Reading WIC Center: 610-373-5545

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Berks County Breastfeeding Coalition:  Cindy Griffis and Kathy Kuhn
   CindyGriffis@catholichealth.net ; Kathleen.Kuhn@readinghealth.org

Electric Breast Pump Rentals (general public)
Caroline DiSandro:  484-949-9121
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Pottstown Memorial Medical Center:  610-327-7242
Ephrata Medical Equipment:  610-898-8088
Superior Oxygen:  610-371-0202
Berk’s Medical Equipment: 610-208-4655 (Blandon) Limited stock
Berk’s Medical Equipment: 610-208-4662 (Reading) Limited stock
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
BLAIR
(Includes Huntingdon)

Lactation Consultants (hospital)
* **Altoona Regional Health System: 814-889-2557
   Michele Thompson, RN, IBCLC  mthompson@altoonaregional.org
   Alison Keating, RN, BSN, IBCLC  akeating@altoonaregional.org
   Jenn Beckering, RN, IBCLC  jbeckering@altoonaregional.org
   Maureen Mitchell, RN, IBCLC

* **Nason Hospital: 814-224-6237 - Nancy Becker, RN, IBCLC  NBecker@NasonHospital.com
   Sharon Hanlon, RN, CLC
   Erin Hollen, RN, CLC

* J. C. Blair Hospital: 814-643-8534 – Misty Oser, RN

*Breastfeeding classes available
**Hospital provides out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:
   Tracy Kelley, CLC: 814-943-0481
   Kathy Hart, CLC: 814-943-0481
   Amy Brumbaugh, CLC: 814-943-0481

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

Breastfeeding Mothers’ Groups
La Leche League  2nd Monday at 10:00 am
   Blair:  Alison: 814-946-7061  alisonibclc@gmail.com
   Stacey:  814-674-8995  stacnova@verizon.net

Altoona Hospital: 814-889-2557  4th Wed at 10am and 5:30pm  mthompson@altoonaregional.org

Breastfeeding Help Lines
24-Hour Breastfeeding Support Line at Altoona Regional Health System: 814-889-2310
   (If no answer, listen to the machine for other numbers.)
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
   *Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.amedacom
Hygeia:  888-786-7466)  www.hygeiababy.com
   Limerick:  877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
Lactation Consultants/Nurses (hospital)
*Memorial Hospital, Inc: 570-268-2252 – Patti Esmus, RN, IBCLC, Claudia Piechocki, RN, BSN
*Robert Packer Hospital: 570-882-5034 – Karen Guthrie, RN, IBCLC, Wendy Bellows, RNC
Soldiers and Sailors Memorial Hospital: 570-723-7764 – Lillian Fox, RNC, IBCLC
*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: 610-432-3455
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Towanda Memorial Hospital: 570-268-2252 (Towanda)
First Impressions (Robert Packer Hospital): 570-882-5863
Hubs Home Oxygen and Medical Supplies: 570-724-1515 (Wellsboro)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
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Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
BUCKS

Lactation Consultants (hospital)
*Doylestown Hospital: 215-345-2864
   Lyn L. McNair, RNC, IBCLC
   Jean Krauss, RN, IBCLC
   Cindy Jarrett, RN, IBCLC;
   Linda Doherty, RN, IBCLC
* **Grand View Hospital (Women’s Center): 215-453-4594
   Phyllis Young, RN, BSN, IBCLC,
   Linda Doherty, RN, IBCLC
*St Mary Medical Center: 215-710-5988 (lactation counselor’s line, calls returned within 48 hours)
   Lisa Petrino, RN, BSN, IBCLC
   Liz Belloff, RN, IBCLC
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultant/Nurse (within Pediatric Office)
Margiotti & Kroll Pediatrics, PC:  215-968-5800
Amy Goldberg, RN, CCE, CMI, IBCLC, RLC  215-346-6177  (also accept lactation referrals from other practices)

Lactation Consultants (Private practice, fee for service)
Best for Babies Jean Krauss, RN, BSN, IBCLC 215-837-6664  jeainibclc@yahoo.com
   Cindy Jarret, RNC, IBCLC 215-534-3439 (Doylestown) cindyjarret@yahoo.com
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
Breastfeeding Resource Center: 215-886-2433, Colette Acker, RN, IBCLC, Janice McPhelin, IBCLC
Judy Crouthamel, RNC, BSN, IBCLC:  610-584-6111  info@amazingnewborn.com  www.amazingnewborn.com
Gail Dittes, RN, IBCLC: 267-879-5000  www.BreastfeedingHelper.com
Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Rachel Gazda, BSW, IBCLC rkrgazda@gmail.com
Cathy La Torre, IBCLC:  215-491-0502 (Dr. LaTorre’s office)
Nikki Lee, RN, BSN, MS, IBCLC (Elkins Park)  www.breastfeedingalwaysbest.com  nleeguitar@aol.com
Jillian Nemeth, IBCLC 215-528-8759
Lisa Petrino, RN, BSN, IBCLC 267-994-4513 (Morrisville)
Geri Remy, IBCLC: 267-342-1354
Susan Slear, RN, IBCLC:  215-757-6006 or 267-231-9442  SSlearIBCLC@verizon.net  www.BreastfeedingHelpCenter.com
Phyllis Young, RN, BSN, IBCLC:  215-453-4594 (Quakertown) pyoung@gvh.org  www.gvh.org

Other lactation helpers
Debra Mannella, RN, CLC  215-915-8210

WIC Breastfeeding Support (for WIC participants only)
Jacqueline Lawson, BS, CLC: 267-580-3574 (Levittown and Warminster)
Wanda Manzi, BS, CLC: 215-244-2674 (Bensalem)
Amy Nansteel, BA, CLC: (home) 610-737-9851 (Phone consults in all Bucks areas)
BUCKS (Continued)

Breastfeeding Mothers’ Groups
Nursing Mothers’ Advisory Council Help Line: 215-572-8044
Meeting locations: www.nursingmoms.net; www.nursingmoms@yahoo.com
Doylestown: Marta Forney 215-766-9878 and
Warwick/Warminster: Monika Mmdbphoto@hotmail.com
Family Breastfeeding Helpline: 215-785-1843 or 888-322-1843 www.familybreastfeeding.org
La Leche League: Helpline: 610-666-0359 (for updated information on volunteer groups in area)
    Doylestown: Susanne 610-666-0359
    Lower Bucks County: Jeremi: 215-295-0933 theasanamama@gmail.com
St. Mary Medical Center 215-710-5988 Breastfeeding Group meets 1st and 3rd Wed 11:30-12:30

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Best Beginnings: 215-915-8210 Debbie Mannella, RN, IBCLC
Doylestown Hospital: 215-345-2200, ext 4637
Susan Slear, RN, IBCLC: 215-757-6006 or 267-231-9442
St. Mary’s Medical Center: 215-710-6667
Blossom Baby Lactation Services: 484-602-5420 Amy Nansteel, MA, CLC, Christy Hume, BA, IBCLC
MK Plus Amy Goldberg, RN, CCE, CIMI, IBCLC, RLC 215-346-6177
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

WIC Breast Pump Rentals (For WIC participants only)
    Bensalem: 215-244-2674 Levittown: 267-580-3570

Breast Pumps Retail
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    Ameda: 866-992-6332 www.amedacom
    Hygeia: 888-786-7466) www.hygeiaababy.com
    Limerick: 877-546-3742 www.limerickinc.com
    Avent: 800-542-8368 www.avent.com
    Bailey: 800-413-3216 www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
BUTLER

Lactation Consultants (hospital)
*Butler Memorial Hospital:
*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Barb, Aimee, Christie, Lynda, and/or Jen 866-942-2778 (Beaver/Butler/Lawrence County)
PA Dept. of Health Breastfeeding Hotline: 1-855-4-ASK-MOM

La Leche League
Butler County: Jeannie: 724-287-8660 Mollie: 724-256-8569
Rita: 724-652-4551

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PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women's Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
A Mother's Boutique 724-934-8795
Consignment Cottage 412-262-0833
Medcare – 724-256-5110  (Julia for Butler area or 800-503-5554)
Healthy Kids RX – 724-934- KIDZ
Baird Medical Equipment:  1-215-884-2990  Klamont@bairdrespiratory.com
*Some rental stations also carry pumps for purchase.

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Hygeia: 888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216   www.baileymed.com
CAMBRIA
(Includes Somerset)

Lactation Consultants/Nurses (hospital)
* **Somerset Hospital: 814-443-5000  Debbie Perl IBCLC  
* **Conemaugh Memorial Medical Center: 814-534-3144  Out-patient Lactation Consults
  Robin Stoltz, RN, IBCLC  Robin Stoltz-rForosi@conemaugh.org
  Diane Gorka, RN, IBCLC  dgorka@conemaugh.org
  Danna Bowser, RN, IBCLC  dbowser@conemaugh.org
  Margaret Wasser, RN, IBCLC  mwasser@conemaugh.org
  Marilyn Harrington, RN, CRNP, IBCLC  mharring@conemaugh.org
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultations in office
Somerset OB/GYN Associates: 814-445-3535
Conemaugh Memorial Medical Center: 814-534-3144

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext. 1103
Breastfeeding Peer Counselor: Brandi Ferko  Ext 1112

Community Action Partnership of Cambria County WIC Program:
Breastfeeding Coordinator: Melina Hudec, CLC: 814-536-9031 or 814-361-6370
WIC Breastfeeding Peer Counselors:
  Serenity Bond (Johnstown) 814-361-6369 or cell 814-322-6088
  Brandy Fasoli (Ebensburg) 814-471-9798 or cell 814-322-2827

La Leche League:  Stacey Novak  814-674-8995  staceyNovakIBCLC@gmail.com
Laura Aughinbaugh:  814-322-0857  lauraaughinbaugh@hotmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Laurel Highlands Breastfeeding Coalition  jspence@conemaugh.org

Electric Breast Pump Rentals* (general public)
MedCare Equipment Company:  888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

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Breast pump customer service numbers and websites:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov  January 2014
CAMERON
(Includes Elk and Potter)

Lactation Consultants (hospital)
*Elk Regional Health Center Inc.: 814-788-8558 – Diane Young, IBCLC
*Charles Cole Medical Center: 814-274-9301
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pumps (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
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Breast Pumps Retail
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Ameda:  866-992-6332   www.amedacom
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368   www.avent.com
Bailey:  800-413-3216   www.baileymed.com
CARBON

Lactation Consultants/Nurses (hospital)
* **Sacred Heart Hospital: 610-776-4756 Collet Hogan, RN, IBCLC, Michelle Bilar, RN, IBCLC
* Lehigh Valley Hospital: 610-402-7264 Beth Giovenco, RN, IBCLC, Jeanie Schevets, RN, IBCLC,
* **St. Luke’s Hospital, Allentown: 610-628-1876 Patti Hari, RN, IBCLC
* **St. Luke’s Hospital, Bethlehem: 484-526-1355
  Charlotte Becker, RN, IBCLC, Vicky Geiger, RN, IBCLC, Toni Prevlosky, RN, IBCLC
  Catherine L. Waltemyer RNC-NIC, IBCLC, NICU Lactation Consultant at both St Luke’s
  Bethlehem and Allentown  610-954-2248
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private Practice)
Home visit: Tracy Miller, RN, MSN, IBCLC: 610-434-4417
Office visit: St. Luke’s Hospital, Bethlehem: 484-526-1355
  St. Luke’s Hospital, Allentown: 610-628-1876

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- Carbon County WIC Center: 610-377-6097
WIC Breastfeeding Peer Counselor- Lehigh Valley WIC Center: 610-432-3455

Breastfeeding Mothers’ Groups
La Leche League
  Liz: 610-437-3096 (Allentown)
  Samina: 610-295-5218

Mama Milk Cafe of Northeast Pennsylvania (Palmerton)
  Sharon Mendes, RN, CPN, IBCLC:  www.facebook.com/MamaMilkCafe  kidsrn@ptd.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition  Sue Madeja smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals* (general public)
Hartzells Pharmacy: 610-264-5471 (Catasauqua)
Breast Health Services of Lehigh Valley Hosp.– Allentown: 610-402-2273
Breast Health Services of Lehigh Valley Hosp.– Trexlertown: 610-402-0138
Breast Health Services of Lehigh Valley Hosp.– Bethlehem: 610-884-2460
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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Breast pump customer service numbers and websites:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov  January 2014 21
CENTRE

Lactation Consultants/Nurses (hospital)
Mount Nittany Medical Center: Susan Chase, MS, RNC, IBCLC

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture
814-876-0217 (State College)  www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College)  kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC and Elizabeth Klinke, MD, IBCLC
Mount Nittany Physician Group – Pediatrics: 814-466-7921
(For Mount Nittany Physician Group patients, only)
Jan Giorecki, CLC, Geisinger Pediatrics  814-272-7710

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Tracy Kelley, CLC: 814-943-0481 (Also serving Blair County)
Marjorie Mearkle, IBCLC: 814-234-8621
Melissa Cruz, IBCLC: 814-234-8621 or 814-342-6993
Megan Mignot, RD, IBCLC: 814-234-8621

La Leche League
Amy: 814-364-2452 Shelley: 814-238-1727

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Pennsylvania Mid-State Lactation Coalition  Lauren Lowe  814-933-6512  landelow@yahoo.com
www.facebook.com/PAMILC  pamilc.lactation@gmail.com

Electric Breast Pump Rentals* (general public)
Karen Foard, IBCLC: 814-237-1506
Nature to Nurture: 814-876-0217
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Also carries pumps for purchase.

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Hygeia:  888-786-7466 www.hygeiababy.com
Limerick:  877-546-3742 www.limerickinc.com
Avent:  800-542-8368 www.avent.com
Bailey:  800-413-3216 www.baileymed.com
CHESTER

Lactation Consultants (hospital)
Chester County Hospital: 610-738-2582, Michele Quigley, RN IBCLC, Robin Frees IBCLC, Dana L Ehman, BA, IBCLC, RLC, Alison Neuhaus, MA, IBCLC
**Paoli Hospital (Mainline Health System): Inpatient IBCLCs, Donna Sinnott, IBCLC, Amy Siegrist, BS, IBCLC, Darnetta Yusko, RN, IBCLC
Lactation Support Warmline  484–565–8075
Birth and Beyond Education Programs  1-866–CALL–MLH
Paoli Hospital co-sponsored Breastfeeding Mothers’ Groups
Henrietta Hankin Library, Chester Springs, 3rd Wednesday 9:45 to 10:45
2 Industrial Blvd. Paoli 2 – 3 pm, 1st Monday every month  866–CALL–MLH
Phoenixville Hospital breastfeeding warmline: 610-983-1266 – Cathy Kandler, RN, IBCLC
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Suzanne Barton, RN, IBCLC:  610-444-4073
Diane DiSandro, BA, IBCLC:  610-539-4476
Dana Ehman, BA, IBCLC  610-299-1038 dana@motherborn.com  www.MotherBorn.com
Janet Graczyk, BS, IBCLC  610-804-7998
Angela Leonard, IBCLC  610-299-8290 angelaiblcl@comcast.net
Elizabeth Loeper, MSN, RNC, IBCLC:  610-873-4809 (June-August only)
Angela Quinn, BS, IBCLC, RLC  484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com https://www.facebook.com/Mother2MotherMatters
Jillian Nemeth, IBCLC: 215-528-8759
Amy Siegrist, BS, IBCLC  484-919-1027 amyiblcl@gmail.com  www.breastfeedingbond.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathleen McCarthy (Breastfeeding Coordinator/Nutritionist): 610-344-6187

Breastfeeding Mothers’ Groups
La Leche League Chester County LLL: www.beanmom.com/laleche
Downingtown
Jamie: 610-675-7520 j.z.oyugi@gmail.com
Judy: 610-363-6206 japolley@verizon.net
Glenmoore-Elverson
Kristina:  610-321-0319 kristina@kristinapasquale.com
Jennifer: 610-942-7045 beanmom@beanmom.com
Jamie: 610-675-7520 j.z.oyugi@gmail.com
Judy: 610-363-6206 japolley@verizon.net
Kimberton
Barbara: 610-399-3311 barbaradeem@hotmail.com
Jennifer: 610-942-7045 beanmom@beanmom.com
West Chester
Shelly: 484-883-0572 kierkar@psualum.com
Meghan: 610-431-1682 mreikob@gmail.com
CHESTER (continued)

Nursing Mothers Alliance: 610-251-9405  www.nursingmothersalliance.org
King of Prussia: 610-251-9405 every Friday at 10:00 am at Wegmans
North Penn Nursing Mothers: 215-368-1573
Kennett Square Nursing Mothers: 610-551-9398 meets at Bedbugzz on Wednesdays
Phoenixville/Downingtown/Coatsville/Wayne/Paoli Nursing Mothers: 610-251-9405
Wayne/Paoli 610-254-8300  Jennifer Neely  www.nursingmotherssupplies.com
West Chester/Exton Nursing Mothers 610-344-7275  Judy

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Breastfeeding Coalition of Chester County dana@motherborn.com

Electric Breast Pumps Rentals (general public)
Diane DiSandro: 610-539-4476 (Audubon)
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  – Cathy Kandler, RN, IBCLC
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump
  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

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  Hygeia:  888-786-7466)  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
CLARION
(Includes Forest and Venango)

Lactation Consultants/nurses (hospital)
* **Clarion Hospital: (814)-226-3454, Sherri Patterson, RN, IBCLC, Jamie Baumcratz, RN, IBCLC
*Breastfeeding classes and weekly support groups available
**Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Amber Baumcratz: 814-226-8130 or 814-227-8129
Peer Counselor: Annette Smith, CLC: 814-226-8130 or 814-319-4590
Peer Counselor Supervisor: Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

La Leche League
Sarah: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
UPMC Northwest Auxiliary Gift Shop: 814-676-7600
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
   Medela:  800-435-8316  www.medela.us
   Ameda:  866-992-6332  www.amedacom
   Hygeia:  888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
CLEARFIELD

Lactation Consultants/Nurses (hospital)
*Dubois Regional Medical Center: Maternity: 814-375-2229 NICU: 1-814-375-6428
*Clearfield Hospital: 814-768-2480 – Barb Westover, CLC, Gail Harper, CLC
*Also provide breastfeeding classes

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
(Ask for Pat Panighetti, CLC, Becky Brickley, CLC) or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Classes
Stephanie Heffner, RN, Peritech Home Health Associates 800-634-5670

Breastfeeding Mothers’ Group
Dubois Regional Medical Center, 3rd Floor OB conference room near maternity 814-375-2229
1st and 3rd Wednesdays 10-11 am
Agape Community Services, 310 W. Long Avenue, DuBois, Agape Meeting Room:
2nd and 4th Wednesdays 1:00 pm contact Rainnee at 814-771-4226

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals or Purchase* (general public)
Punxsutawney Medical Supply: 814-938-5901
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
CLINTON
(Includes Lycoming)

Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2095
  Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
* Also provide breastfeeding classes: 570-321-2069
**Some hospitals provide out-patient lactation consults – generally fee for service.

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

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

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Dice Surgical, Williamsport: 570-322-0656
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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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:
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Ameda: 866-992-6332  www.ameda.com
Hygeia: 888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
COLUMBIA
(Includes Montour)

Lactation Consultants (hospital)
Berwick Hospital: 570-759-5180 – Marg Oberst, RN
**Geisinger Medical Center Lactation Support Team: 570-271-6560
   April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
   Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
   (Breastfeeding classes and outpatient hours available.)
**Some hospitals also provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Columbia Montour Tapestry of Health WIC Program: 570-245-0090 or 800-304-5835
Breastfeeding Coordinator Beckie Williams Office phone: 570-245-0900 Ext 0353
Breastfeeding Peer Counselor: Denisse Dianese, CLC - Office phone: 570-245-0900 Ext 0357
   After Hours Cell Phone: 570-336-9941

La Leche League of Bloomsburg
Allison: 570-784-7788 ashepard@ptd.net
Liz: 570-441-6907
Betsy: 570-784-3672

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
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:
   Medela: 800-435-8316  www.medela.us
   Ameda: 866-992-6332  www.amedacom
   Hygeia: 888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent: 800-542-8368  www.avent.com
   Bailey: 800-413-3216  www.baileymed.com
CRAWFORD

**Lactation Consultants/Nurses (hospital)**
Meadville Medical Center: 814-333-5313  Michelle Ault, RN, IBCLC

**Lactation Consultations after hospital discharge**
Meadville Medical Center: 814-333-5313  Michelle Ault, RN, IBCLC
VNA Alliance – 814-333-7000  ext. 745 home visiting nurses for postpartum care

**La Leche League**: Jennifer: 814-337-0010

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Linda Bishop: 814-333-7079
WIC Breastfeeding Peer Counselors:
Lori Gallagher, CLC: 814-373-3454 or 814-724-0839
Sheri Brumbaugh, CLC: 814-373-3453 or 814-720-8048
Christin Smith, CLC, 814-333-7084 or 814-720-4413
Supervisor: Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337

**Breastfeeding Help Lines**
Crawford County Breastfeeding Helpline: 814-333-5604
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public):**
Great Lakes Home Healthcare:  814-337-6900
UPMC (need order from physician) 800-425-7800
Vantage Home Healthcare:  814-835-6662
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

**Breast Pumps Retail**
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 by use by different women.

**Breast pump customer service numbers and websites:**
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov  January 2014
Lactation Consultants (hospital)
Carlisle Regional Medical Center: 717-960-3409 Outpatient lactation consultations
   Tammy Rohn, RN, IBCLC tammy.rohm@hma.com  Joyce Moser, RN, IBCLC joyce.moser@hma.com
Holy Spirit Hospital: 717-972-4500 To register for breastfeeding classes call 763-BABY
   Bernadette Anderson, RN, IBCLC banderson@hsh.org  Nancy McDaniel, RN, IBCLC
   Holly Stine, RN, IBCLC histine@hsh.org  Jennifer Wasiak, RN, BSN, IBCLC jwasiak@hsh.org
Harrisburg Hospital at Pinnacle Health: 717-782-5372
   Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
   Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
   Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Free breastfeeding classes for those giving birth at Harrisburg Hospital call the PHoneLine: 717-231-8900

Lactation Consultations after discharge
   **Home visits:** Suzy Wilkinson, BS, IBCLC; 717-264-2520 (Chambersburg)
   Shannon Lilenthal, IBCLC: 717-712-6822 (Mechanicsburg) www.harrisburgbreastfeeding.com
   Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) sippy1017@gmail.com
   **Office visits:** Holy Spirit Hospital: 717-972-4500 (Camp Hill)
   Carlisle Regional Medical Center: 717-960-3409 (Carlisle)
Harrisburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372 (Harrisburg)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathie Wagner, BS, IBCLC, RLC: 717-761-7380 Ext 4233 kathie.wagner@fhcpp.org
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523
Breastfeeding Peer Counselor-Courtney Womack CLC ext 0507 courtney.womack@fhcpp.org 717.448.1295

Breastfeeding Mothers’ Groups
Nursing Mother’s Counselors of Harrisburg PA: Co-coordinators: Shelly Silber, RN, IBCLC 717-422-3200 and
   Beth Lewis 937-474-9783 asknmc@nursingmothers.com http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycenter.com
   4th Tuesday of the month 6:30 pm
Carlisle Breastfeeding Group 717-448-3483 3rd Sat 3-5pm at Simply Well 28 S. Pitt St. Carlisle, PA 17013.
La Leche League of Harrisburg/Mechanicsburg 4th Tuesday 6:30-8:00 at Om Baby Camp Hill
   Mary Ramirez 717385-6338 bmttramirez@gmail.com  Liz 717-991-3408 LLLLiz@hotmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
   717-533-7308 genwh3@verizon.net For education and networking of lactation consultants

Electric Breast Pump Rentals* (general public)
Clear Care Corporation 1-800-464-2273 (Clearfield)
   rentals and supplies; will mail out items if local suppliers are out of a particular item
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkerson, RN, IBCLC: 717-264-2520 (Chambersburg)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

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Breast pump customer service numbers and websites:

CUMBERLAND

Cumberland Perry Tapestry of Health WIC Program: 717-243-0523
Breastfeeding Peer Counselor-Courtney Womack CLC ext 0507 courtney.womack@fhcpp.org 717.448.1295

Breastfeeding Mothers’ Groups
Nursing Mother’s Counselors of Harrisburg PA: Co-coordinators: Shelly Silber, RN, IBCLC 717-422-3200 and
   Beth Lewis 937-474-9783 asknmc@nursingmothers.com http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill (pumps and supplies for sale): Holly Keich 717-761-4975 www.ombabycenter.com
   4th Tuesday of the month 6:30 pm
Carlisle Breastfeeding Group 717-448-3483 3rd Sat 3-5pm at Simply Well 28 S. Pitt St. Carlisle, PA 17013.
La Leche League of Harrisburg/Mechanicsburg 4th Tuesday 6:30-8:00 at Om Baby Camp Hill
   Mary Ramirez 717385-6338 bmttramirez@gmail.com  Liz 717-991-3408 LLLLiz@hotmail.com

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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
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Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital 717-851-2953
Suzy Wilkerson, RN, IBCLC: 717-264-2520 (Chambersburg)
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Breast pump customer service numbers and websites:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
Lactation Consultants (hospital)
Harrisburg Hospital at Pinnacle Health: 717-782-5372
   Ruth Solomon, BSN, RN, IBCLC rsoloman@pinnaclehealth.org
   Lois Gaul, RNC, IBCLC lgaul@pinnaclehealth.org
   Shelley Lebo, RN, IBCLC slebo@pinnaclehealth.org in the NICU
Free breastfeeding classes for those giving birth at Harrisburg Hospital
   call the PHoneLine: 717-231-8900
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372
Hershey Medical Center of Penn State: Breastfeeding Resource Line 717-531-3754
   Barbara Shocker, RN, MEd, IBCLC, Karen Campbell RN, IBCLC
   Shelly Silber, BSN, RN, IBCLC, Amy Wagner, BS, RNC, IBCLC
   Saudia DeCarlo, RN, CCDS, IBCLC, sdecarlo@hmc.psu.edu
For Breastfeeding classes, call: 717-531-6981
Out-patient consults on a fee for service basis: 717-531-3954

Lactation Consultations once you are home
Home visit:
   Genevieve Whitehaus, RN, BSN, CCE, IBCLC, 717-533-7308 genwh3@verizon.net
   Shannon Lilenthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
   Leslie Cree, IBCLC: 717-514-7850 zippy1017@gmail.com (Mechanicsburg)
   Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)

Office visit:
   Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net
   www.BreastfeedingBabiesHarrisburg.com
   Hershey Medical Center Out-patient consults on a fee for service basis: 717-531-3754
   Harrisburg Hospital Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Dauphin County HHC/WIC Program:
   Cathy Worthington, IBCLC, 717-236-3656
   Velkis Ramirez, CLC 717-230-3976
   Justine Dohner, CLC 717-362-6760
   Carol Mitchell, CLC 717-230-3972
   Trisha Emerick, CLC 717-230-3995
   Pymie Calloway, CLC 717-230-3954

Breastfeeding Mothers’ Groups
La Leche League Harrisburg/Mechanicsburg: Liz 717-991-3408 LLLLiz@hotmail.com Mary Ramirez 717 385-6338 bmtramirez@gmail.com
   East Shore: Meetings are held on the second Wednesday of each month at 10:00 A.M. in the Community Center of the Giant on Linglestown Road in Harrisburg.
   West Shore: Meetings are the 4th Tuesday at 6:30 pm at Om Baby in Camp Hill
Mothers and Babies Together: Breastfeeding Group of Hershey Medical Center’s Women’s Health Center
   Contact: Mary Metzger, RN, IBCLC, CCE 717-531-1298
Nursing Mother’s Counselors of Harrisburg PA: Co-coordinators: Shelly Silber 717-422-3200 and Beth Lewis 937-474-9783
   http://www.nursingmotherscounselors.com/
Om Baby, Camp Hill: Holly Keich 717-761-4975 www.ombabycenter.com every Friday 9:30-11 am
Carlisle Breastfeeding Group 717-448-3483 3rd Sat 3-5pm at Simply Well 28 S. Pitt St.
Lebanon Family Health – 2nd Wednesday 9:30-11:00 717-273-6940 Contact –Beth Keeney
La Leche League of Lebanon 1st Wed, 7:30pm Good Samaritan Hospital, Community Health Education Building, Mary 717-867-4103 lalechelebanonpa@gmail.com
South Central Pennsylvania Lactation Consultant Association: Nurture  Genny Whitehaus  
717-533-7308  genwh3@verizon.net  For education and networking of lactation consultants

Dauphin County Breastfeeding Coalition: Shannon Lilienthal  717-712-6822  
For the public and healthcare professionals to assess community support.

Breastfeeding Help Lines
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PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center:  800-994-9662  www.womenshealth.gov/breastfeeding

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lebanon Family Health Services WIC Program: 717-273-6940  
Breastfeeding Coordinators: Sara Wingert or Terri Smith  
Breastfeeding Peer Counselor: Beth Keeney CLC  cell: 717.228.7051

Electric Breast Pump Rentals* (general public)
Harrisburg Hospital Pinnacle Health : 717-782-5372
Hershey Medical Center: 717-531-3754 (Hershey)
Clear Care Corporation- 1-800-464-2273  (Clearfield)
       rentals and supplies; will mail out items if local suppliers are out of a particular item
GSH Home Med Care  717-272-2057 (Lebanon)
GSH Home Medical Care, Inc  717-838-7511 (Palmyra)
Quality Care Pharmacy 717-249-5691 (Carlisle)
York Health Boutique for Women at York Hospital  717-851-2953
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
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    Hygeia:  888-786-7466  www.hygeiababy.com
    Limerick: 877-546-3742  www.limerickinc.com
    Avent:  800-542-8368  www.avent.com
    Bailey:  800-413-3216  www.baileymed.com
DELAWARE

Lactation Consultants (hospital)
* Crozer-Chester Medical Center: (For moms who delivered at the hospital)
  Suzanne Evans, RNC, IBCLC: 610-604-6951 (pager) in-patients only
* Delaware County Memorial Hospital: 610-394-4796 Linda Ivker, RNC-OB, BSN, IBCLC
* The Birth Center: 610-525-6086 - Patty Siegrist, RN, IBCLC, www.thebirthcenter.org
* Riddle Hospital: Moira Cavalcante, RNC, IBCLC, Carol Kealey, RNC, IBCLC,
  Marie Fitzpatrick, RNC, IBCLC; Kathy MacLean, RNC, IBCLC, Danielle Munroe, RNC, BSN, IBCLC
* Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Suzanne Barton, RN, IBCLC  610-444-4073
Linda Derbyshire, BS, IBCLC (Havertown)  cell: 610-316-9157
Drexel Hill Pediatrics: 610-623-9080  Penny Soppas, MD, IBCLC (performs frenotomies)
  www.drexelhillpeds.com
Dana Ehman, BA, IBCLC  610-299-1038    dana@motherborn.com  www.MotherBorn.com
Marlene Gawarkiewicz, IBCLC  267-226-4884 marleneglc@gmail.com
Linda Ivker, RNC-OB, BSN, IBCLC  215-512-0075
Elizabeth Larkin, IBCLC  610-551-9398  Elizabeth@wellbornbaby.com  www.wellbornbaby.com
Angela Leonard, IBCLC  610-299-8290      angelaibclc@comcast.net
Lisa Mandell, MBA, IBCLC: (Havertown)  610-517-9552,  www.best4both.com
Alison Neuhaus, MA, IBCLC  610-761-4974  asneuhaus@verizon.net
April Rosenblum, IBCLC  267-888-6455  westphillylactation@gmail.com  www.westphillylactation.com
Amy Siegrist, BS, IBCLC  484-919-1027   amyibclc@gmail.com  www.breastfeedingbond.com

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

La Leche League
  Havertown:  Barbara: 610-789-3032
  Media:  Barbara: 610-892-9787  Theresa: 484-431-5045

Other Organizations with Breastfeeding Support
  Delaware County Pregnancy Center 610-872-2229, Cheryl Aragona, RN, IBCLC,
  www.toughchoice.org
  Elizabeth Larkin, IBCLC  610-551-9398  Elizabeth@wellbornbaby.com  www.wellbornbaby.com
  The Birth Center:  610-525-6106   Patty Siegrist, RN, IBCLC
  2 Breastfeeding Mother Groups:
    Rosemont Plaza: Every other Thursday
    West Philadelphia: Every other Wednesday

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding
DELWARE (continued)

Electric Breast Pump Rentals* (general public)
- Apria Healthcare 610-364-2100 (Sharon Hill)
- Babies R Us 610-544-9207 (Springfield)
- Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com
- Main Line Medical Supplies: 610-734-0800 (Upper Darby)
- Medical Home Care 610-687-6585 (Wayne)
- Neighbor Care Pharmacy: 610-876-5700 (Crozer-Chester Medical Center)
- Rios Nutritional & Medical: 610-543-1858 (Morton)
- A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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:
- Medela: 800-435-8316 www.medela.us
- Ameda: 866-992-6332 www.amedacom
- Hygeia: 888-786-7466) www.hygeiababy.com
- Limerick: 877-546-3742 www.limerickinc.com
- Avent: 800-542-8368 www.avent.com
- Bailey: 800-413-3216 www.baileymed.com
Lactation Consultants (hospital)
*Elk Regional Health System: 814-788-8558 Diane Young, IBCLC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC 888-647-6601

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals or Purchase* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221(Clearfield)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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Ameda: 866-992-6332  www.ameda.com
Hygeia: 888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
ERIE

Lactation Consultants/Nurses (hospital)
*St. Vincent Hospital: 814-452-7732 Karen McArthur, RN, IBCLC kmcarthu@svhs.org
Carol Cacchione, RN, IBCLC
Christina Joint, RNC, IBCLC cjoint@svhs.org
*UPMC Hamot Women’s Hospital: 814-877-6722 – Jan Moryc, RN, IBCLC morycjs@upmc.edu
Karen Walker RNC, IBCLC walkerkm@upmc.edu

*Out-patient lactation consults available – fee for service

Hospital Breastfeeding Classes
Hamot Health Connection, UPMC Hamot Women’s Hospital 814-877-6145
St. Vincent Health Center: 814-452-5664

Breastfeeding Mothers’ Groups
La Leache League: 814-240-9809 Cass Cassandra.LaLecheLeague@gmail.com
814-440-1502 Gretch Gretchen.LaLecheLeague@gmail.com
St. Vincent Hospital: 814-452-7732 Karen McArthur, RN, IBCLC kmcarthu@svhs.org
Karen Walker RNC, IBCLC walkerkm@upmc.edu
UPMC Hamot Women’s 814-877-6722 Karen Walker RNC, IBCLC walkerkm@upmc.edu

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Theresa Wirtner, CLC: 814-899-1734 ext. 25 (JFK Center)
Lisa Scully: 814-453-5747 Ext 245 (BTW Center)
Janelle Kerr: 814-459-1948 Ext. 224 (Mini Mall)
Ashley Simmon: 814-459-1948 Ext. 223 (Mini Mall)

Breastfeeding Help Lines
Saint Vincent Lactation Center 814-452-7732
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Lake Erie Breastfeeding Coalition lakeeriebreastfeedingcoalition@gmail.com
Christina Joint, RNC, IBCLC cjoint@svhs.org
Karen Walker walkerkm@upmc.edu
Jan Moryc morycjs@upmc.edu

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 814-877-6121
Saint Vincent Lactation Center: 814-452-7732
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sheabraham@pa.gov January 2014

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FAYETTE

Lactation Consultants (hospital)
*Uniontown Hospital: 724-430-5607
   Roberta Peskie, RN, IBCLC
   Karen Lessman, RN, IBCLC
   Debbie Atkinson, IBCLC

*Breastfeeding parent support group available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Roberta Conner, Amy Griffiths, CLC -724-437-6050 ext. 3217
Peer Counselors: Rose 724-437-6050 ext. 3275 ; Kim 724-437-6050 ext. 3246

La Leche League:
Tina: 724-628-8919

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition
   Michelle Kasmer, IBCLC 724-244-9135
   Alexis Heinbaugh 724-850-1642

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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for more information.  NOTE: The Food and Drug Administration (FDA) considers breast pumps single
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and disinfected between uses by different women.

Breast pump customer service numbers and websites:
   Medela: 800-435-8316  www.medela.us
   Ameda: 866-992-6332  www.ameda.com
   Hygeia: 888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent: 800-542-8368  www.avent.com
   Bailey: 800-413-3216  www.baileymed.com
FOREST

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor: Annette Smith, CLC: 814-226-8130
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093

La Leche League
Venango:
Susan Carlson: 814-677-3651 or 814-758-3756 carlson_susan@hotmail.com
Available for telephone consultation only, no classes.
Clarion:
Sarah Kersey: 814-745-3358 or email: sakersey01@windstream.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Health Complex Pharmacy – Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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
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Breast pump customer service numbers and websites:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.amedacom
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
Lactation Consultants/Nurses (hospital)
*Cambourgh Hospital: 717-267-7781  Suzy Wilkinson, RN, IBCLC
*Waynesboro Hospital: 717-765-3417  Sherry Beltz, RNC, IBCLC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (Private practice)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177 (Chambersburg)
Beverly Curtis, MS, PNP-BC, IBCLC: 717-334-7681 Gettysburg Pediatrics (Gettysburg)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Michelle Koser, RN, IBCLC: 717-334-7634 ext 188 (Gettysburg)
Susan Davis, DTR, IBCLC: 717-263-0802 ext 329 (Chambersburg)
Karen Gosnell: 717-263-0802 ext 308 (Chambersburg)

La Leche League
  Chambersburg: Heidi: 717-372-3380

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Breastfeeding Coalition
Michelle Koser, RN, IBCLC, Chairperson: 717-334-7634 ext 152 (Gettysburg)

Electric Breast Pump Rentals* (general public)
East Berlin Pharmacy: 717-259-0421 (East Berlin)
Breast Expressions: 717-264-2520 (Chambersburg)
Equipped for Life: 717-263-4188 (Chambersburg)
Wellspan Adams Health Center Pharmacy on V-Twin Drive: 717-339-2600
Hanover Hospital Outpatient Pharmacy: 633-2244 (Symphony pump sales, ask for “Paul”)
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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  Ameda: 866-992-6332  www.ameda.com
  Hygeia: 888-786-7466)  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent: 800-542-8368  www.avent.com
  Bailey: 800-413-3216  www.baileymed.com
Lactation Nurses (hospital)
*UPMC Bedford Memorial: 814-623-3516  Tammy Lemin, RN, Manager, Carissa Resstly, RN
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Vicki Davis, BS, IBCLC: 814-623-6571  (Bedford)
Dustin Wink, BS, CLC: 717-485-9484  (Fulton)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 or 717-860-0177  (Chambersburg)
*Also carries pumps for purchase.

Breast Pumps Retail
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and disinfected between uses by different women.

Breast pump customer service numbers and websites:
    Medela:  800-435-8316  www.medela.us
    Ameda:  866-992-6332  www.amedacom
    Hygeia:  888-786-7466)  www.hygeiababy.com
    Limerick:  877-546-3742  www.limerickinc.com
    Avent:  800-542-8368  www.avent.com
    Bailey:  800-413-3216  www.baileymed.com
GREENE
(includes Washington County)

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476   Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant:  Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors:  877-814-0788 ext 449
   Debbie (Certified Lactation Counselor, CLC), Cheryl or Kathy

La Leche League
website:  LaLecheLeagueofPeters.wordpress.com
          e-mail:  lllofwashco@gmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition
   Michelle Kasmer, IBCLC  724-244-9135
   Judy Gutowski, IBCLC  724-832-2507
   Alexis Heinbaugh  724-850-1642

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company: 888-694-4564
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
Washington Hospital 724-250-4476 (Washington)
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps.
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   Ameda:  866-992-6332  www.amedacom
   Hygeia:  888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
HUNTINGDON

Lactation Consultants (hospital)
* **Altoona Hospital: 814-889-2557  Michele Thompson, RN, IBCLC; Alison Keating, RN, IBCLC  
  **Nason Hospital: 814-224-6237  Nancy Becker, RN, IBCLC; Sharon Hanlon, RN, CLC  
  Erin Hollen, RN, CLC
* J. C. Blair Hospital: 814-643-8534  Misty Oser, RN  
  *Breastfeeding classes available  
  **Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Blair:  
  Tracy Kelley, CLC: 814-943-0481  Susan Lamertina, CLC: 814-943-0481  
  Amy Brumbaugh, CLC: 814-943-0481
Huntington:  
  Vicki Davis, BS, IBCLC: 814-635-3942

La Leche League:  
Blair:  Alison: 814-946-7061  Stacey: 814-674-8995

Other Breastfeeding Mother Groups
Altoona Hospital: 814-889-2557  
Nason Hospital: 814-224-6221

Breastfeeding Help Lines
24 Hour Breastfeeding Support Line at Altoona Hospital: 814-889-2310  
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1  
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229  
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Home Health Resource: 800-514-4474

Breast Pumps* (for purchase and/or rental to general public)
MedCare Equipment Company:  888-694-4564
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
  *Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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  Ameda:  866-992-6332  www.amedacom  
  Hygeia:  888-786-7466  www.hygeiababy.com  
  Limerick: 877-546-3742  www.limerickinc.com  
  Avent:  800-542-8368  www.avent.com  
  Bailey:  800-413-3216  www.baileymed.com
INDIANA

Lactation Consultants (hospital)
*Indiana Regional Medical Center: 724-357-7496 Desiree Beppler, RN, BSN, CLC  dbeppler@IndianaRMC.org
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
PA Dept. of Health Breastfeeding Hotline: 1-855-4-ASK-MOM
Billie Jo: 866-942-2778 (Indiana County)
Debbie: 866-942-2778 (Armstrong County)
Jen: 866-942-2778 (Armstrong County)

La Leche League
Stephanie: 724-463-4661

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Gatti Pharmacy  724-349-4200
Diamond Medical Supply: 724-349-2830
Blessed Arrivals Doula Service: 724-433-4782 or 724-257-9352
Baird Medical Equipment: 1-215-884-2990  Klamont@bairdrespiratory.com
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
JEFFERSON

Lactation Consultants/Nurses (hospital)
*Punxsutawney Hospital: 814-938-1806-Paula Fye, RN and Maternity: 814-938-1895
*CleArfield Hospital: 814-768-2480 Barb Westover, CLC, Gail Harper, CLC
*Also provide breastfeeding classes
Some hospitals provide out-patient lactation consults, generally fee for service

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162 (Ask for Pat Panighetti, CLC, Becky Brickley, CLC) or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC: 888-647-6601

Breastfeeding Classes:
Stephanie Heffner, RN, Peritech Home Health Associates: 800-634-5670

Breastfeeding Mothers’ Groups
DuBois Regional Medical Center 1st and 3rd Wednesdays 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall)
Clear Care Corp: 814-765-0221 (Clearfield)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
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Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
JUNIATA
(Includes Mifflin)

Lactation Consultants (hospital)
Lewistown Hospital: 717-242-7635
Cindy Treweek, RN, IBCLC
Jill Benner, CLC
Misty Markley-Latuz, CLC

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture  814-876-0217 (State College)  www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College)  kfoardlc@comcast.net
  Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC. Mount Nittany Physician Group – Pediatrics: 814-466-7921
  (For Mount Nittany Physician Group patients, only).
Jan Giorecki, CLC, Geisinger Pediatrics 814-272-7710

Breastfeeding Mothers’ Group
Juniata/Mifflin/Perry County Breastfeeding Group  3rd Wed. in Mifflintown 10 am to noon
  https://www.facebook.com/groups/CentralPABreastfeedingSupport/
  Amanda Yohn 717-554-4152  LLamandaY@gmail.com
  Shalee Ellis (717) 649-8441  shaleedrake@gmail.com
  Veronica Wheatley (410) 330-5598  blondegurl_23@yahoo.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors: Layne Halfpenny  WIC cell: 717-877-7098  layneh@familyplanningplus.org

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Breast Pumps Retail
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.  Target in State College has a good supply.

Breast pump customer service numbers and websites:
  Medela: 800-435-8316   www.medela.us
  Ameda: 866-992-6332   www.amedacom
  Hygeia: 888-786-7466 (www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent: 800-542-8368  www.avent.com
  Bailey: 800-413-3216  www.baileymed.com
LACKAWANNA

Lactation Consultants/Nurses (hospital)
* **Moses Taylor Hospital: 570-770-5518 Out-patient lactation services
  Debra Derby, RN, IBCLC  dderby@mth.org
  Kathy McCormick, RN, IBCLC  kmccormick@mth.org
  Corinne Staples, RN, IBCLC  cstaples@mth.org

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)

La Leche League
  Ellen 570-563-2462
  Tara 570-586-0359
  Georgeanne 570-348-0890
  Jane 570-965-2371
  Mary Ann 570-563-0976

Breastfeeding Help Lines
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PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Lackawanna County Breastfeeding Coalition  Kathy McCormick  kmccormick@mth.org

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518  (Scranton)
Babies R US: 570-822-7854  (Wilkes-Barre)
A Mother's Boutique: 724-934-8795  (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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  Hygeia:  888-786-7466)  www.hygeiababy.com
  Limerick: 877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
LANCASTER

Lactation Consultants/Nurses (hospital)
* **Ephrata Community Hospital: 717-738-6308
  Inez Curtis, RNC, BS, IBCLC, Kathryn Peris, RN, BSN, IBCLC, Vicki Coen, RN, IBCLC
* **Lancaster General Women and Babies Hospital: 717-544-3335
  Chris Hansson, RN, BSN, IBCLC; Sue Ellen Harris, RN, BSN, IBCLC;
  Laura Henry, BS, RN, IBCLC; Joanna Boyer, RN, ICCE, IBCLC, ICD;
  Rhonda Urban, RN, BSN, IBCLC; Charlene Wolford, RN, BSN, IBCLC
* **Heart of Lancaster Regional Medical Center: 717-625-5337  Elaine Tobias, RN, IBCLC,
  Lisa Brown, RN, IBCLC  lisabrownrn@comcast.net
*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultant/Nurse (within Pediatric Office)
The Lactation Center of Lancaster County at Eden Park Pediatrics: 717-344-0579:
  Martha Kautz, RNC, BS, IBCLC, Lisa Brown RN, IBCLC

Lactation Consultants (private practice home visits)
Bethany Landgraff, BSN, RNC, IBCLC 717-471-2019 bethany@BabyFusion.org www.BabyFusion.org
Mother's Harvest, Ellysha MacIvor Baker, RN, IBCLC  610-517-6857

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Peer Counseling Program 717-509-6299
Judy Fulginiti, CLC 717-509-3686 ext. 3091 or Olivia Sabo, CLC 717-509-3686 ext. 3093

La Leche League
Andrea: 302-388-2546
Lancaster East: 717-464-0171  Bobbie: 717-569-5556
Greater Ephrata: 717-336-3418
Susquehanna: Tania 717-492-0541

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National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Lancaster County Breastfeeding Coalition  Audrey Perry  Audrey.Perry@frontier.edu

South Central Pennsylvania Lactation Consultant Association: Nurture  Genny Whitehaus
  717-533-7308 genwh3@verizon.net  For education and networking of lactation consultants

Electric Breast Pump Rentals* (general public)
Ephrata Medical Equipment: 717-733-0405 (Ephrata location)
Superior Oxygen: 717-509-0202
Women and Babies Hospital: 717-544-3335
Heart of Lancaster Regional Medical Center: 717-625-5337
Eden Park Pediatrics: 717-344-0579
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.
Breast Pumps Retail
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:
Hygeia: 888-786-7466)  www.hygeiababy.com
Avent:  800-542-8368  www.vent.com
Bailey:  800-413-3216  www.baileym ed.com
LAWRENCE

Lactation Consultants (hospital)
Jameson Health System: Phyllis Heasley, BSN  724-658-9001  ext 4023
*Butler Memorial Hospital:
*Breastfeeding classes available

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Aimee: 866-942-2778 (Lawrence County)

Lawrence County Breastfeeding Coalition: Jessica Simons  jessjnll248@gmail.com

La Leche League
Lawrence County:  Cathy: 724-651-0111  Mary Catherine: 724-654-8782
   Chris: 724-658-0961  Rita: 724-652-4551
New Castle/Ellwood City (1st Wed. AM): Laura: 724-752-9199

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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Healthy Kids RX – 724-934-KIDZ  Wexford, PA
My BFF (Breast Friends Forever) Store 724-654-4023 at Jameson Hospital: Open 24/7, offers breast
   pump rentals, sales, nursing covers and many other breastfeeding/pump accessories
Consignment Cottage  412 262-0833
Medcare  724-256-5110  (Julia for Butler area or 800-503-5554)
A Mother’s Boutique:  724 934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Electric Breast Pump Rentals* (general public)
Healthy Kids RX – 724-934-KIDZ  Wexford, PA
Jameson Hospital  724-656-4023
Consignment Cottage 412-262-0833
Medcare – 724-256-5110  (Julia for Butler area or 800-503-5554)
Baird Medical Equipment:  1-215-884-2990  Klamont@bairdrespiratory.com
A Mother’s Boutique:  724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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   can be cleaned and disinfected between uses by different women.

Breast pump customer service numbers and websites:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
LEBANON

Lactation Consultants (hospital)

Good Samaritan Health System: 717-270-2290 – Leslie Cree, IBCLC, RLC out-patient services free breastfeeding classes, call 270-2316 or register on line.
Harrisburg Hospital at Pinnacle Health: 717-782-5372
  Ruth Solomon, RN, IBCLC rsoiman@pinnaclehealth.org;
  Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
  For breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372
Hershey Medical Center of Penn State: Breastfeeding Resource Line  717-531-3754
  Barbara Shocker, RN, MEd, IBCLC, Karen Campbell RN, IBCLC
  For Breastfeeding classes, call: 531-6981
  Mothers’ Group – Every Tuesday of each month 10 am to 12 pm; at the Women’s Health Center, Lois High Berstler Community Health Library, Room 206, 35 Hope Drive, Hershey
  This class is designed for after the birth of your baby. It provides nutritional information for your new baby and open discussion on breastfeeding and mothers who are returning to work.
  Out-patient consults on a fee for service basis: 717-531-3754

Lactation Consultants (private practice)

Home visits: Comprehensive Birth Support: 717-533-7308 genwh@paonline.com
  Genevieve Whitehaus, RN, BSN, CCE, IBCLC
Shannon Lilenthal, IBCLC, 717-712-6822 www.HarrisburgBreastfeeding.com (Mechanicsburg)
Leslie Cree, IBCLC: 717-514-7850 (Mechanicsburg) zippy1017@gmail.com (Mechanicsburg)
Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Jody Segrave-Daly, RN, MS, IBCLC 717-371-3303 jodysd@comcast.net
  www.BreastfeedingBabiesHarrisburg.com
Good Samaritan Health System out-patient lactation consultations  717-270-2290
Harrisburg Hospital at Pinnacle Health out-patient lactation consultations  717-782-5372
Hershey Medical Center of Penn State out-patient lactation consultations  717-531-3754

Other 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
  Breastfeeding Coordinators: Sara Wingert or Terri Smith
  Breastfeeding Peer Counselor: Beth Keeney CLC – cell: .717.228.7051

Breastfeeding Mothers’ Groups
La Leche League
Lebanon: Mary: 717-867-4103 – meet 1st Wed 7:30 pm Good Samaritan Hospital Community Health Education Building
Harrisburg/Mechanicsburg:
  Kathleen  717-761-8165 savages@paonline.com
  Maureen 717-540-7700 feesvam7@aol.com
  Elizabeth: 717-939-2799
  Cynthia 717-884-3520

LEBANON (continued)
Additional Breastfeeding Mothers’ Groups
Meetings for breastfeeding moms: For information call 717-732-6485.
   First Wednesday/month- 7-8:30 p.m., Pinnacle (old Osteopathic Hospital) on Londonderry Rd in
   Lower Paxton
   Second Tuesday/month 10-11:30 a.m., Pinnacle Seidle Campus
New Mom Network (Infants 0 - 9 Months Old): For information call 717-782-2727.
   Every Tuesday 1-2:30 p.m. GIANT Super Food Store, Camp Hill, The Community Center
Nursing Mother’s Counselors of Harrisburg PA: Co-coordinators: Shelly Silber 717-422-3200 and
   Beth Lewis 937-474-9783  http://www.nursingmotherscounselors.com/
Mothers and Babies Together: Peer Counselor Program of Hershey Medical Center:
   Contact: Mary Metzger, RN, IBCLC, CCE  531-6981
Lebanon Family Health – 1st and 3rd Tuesday, 9:30-11:00 – 717.273.6940 Contact – Beth Keeney and
   Sara Wingert

Lebanon Valley Breastfeeding Coalition  Leslie Cree  zippy1017@gmail.com

South Central Pennsylvania Lactation Consultant Association: Nurture Genny Whitehaus
   717-533-7308  genwh3@verizon.net  For education and networking of lactation consultants

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
   Comprehensive Birth Support: 717-533-7308 (Hummelstown)
   Lactation Center Pinnacle Health System: 717-782-5372 (Harrisburg)
   Hershey Medical Center: 717-531-3754 (Hershey)
   Good Samaritan Hospital Home Med Care: 717-272-2057 (Lebanon) (Palmira)
   A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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
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and disinfected between uses by different women.

Breast pump customer service numbers and websites:
   Medela:  800-435-8316  www.medela.us
   Ameda:  866-992-6332  www.amedacom
   Hygeia:  888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
Lactation Consultants/Nurses (hospital)
* **Sacred Heart Hospital: 610-776-4756 Collet Hogan, RN, IBCLC, Michelle Bilar, RN, IBCLC**
Lehigh Valley Hospital: 610-402-7264 Beth Kushner-Giovenco, RN, BSN, IBCLC
Jeanne Schevets, RN, BSN, IBCLC, Jolie Maehrer, RN, BSN, IBCLC
* **St. Luke’s Hospital, Allentown: 610-628-8698 Patti Hari, RN, IBCLC HariP@sluhn.org**
* **St Luke’s Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org**
Vicky Geiger, RN, BS, IBCLC; Toni Prelovsky, RN, MSN, IBCLC
Catherine L. Waltemyer, BSN, RNC-NIC, IBCLC, Cathy.Waltemyer@sluhn.org
NICU Lactation Consultant at both St Luke’s Bethlehem and Allentown 610-954-2248
*Breastfeeding classes available **Out-patient lactation consults, generally free for service
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- Lehigh Valley WIC Center: 610-432-3455
WIC Breastfeeding Peer Counselor- Carbon County WIC Center: 610-377-6097

Lactation consultations after hospital discharge or during pregnancy
**Home visits:** Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483 mahalamom.com
Angela Quinn, BS, IBCLC, RLC  484-857-2229 Mother2MotherMatters@gmail.com
www.Mother2MotherMatters.com  www.facebook.com/Mother2MotherMatters
Liz Chang, CLC 610-997-7918 08chang@gmail.com  (English and Spanish)
**Office visits:** St Luke’s Hospital, Bethlehem Out-patient appointments: 484-526-1355 victoria.geiger@sluhn.org
Sacred Heart Hospital Out-patient appointments: 610-776-4756
St. Luke's Hospital, Allentown Out-patient appointments: 610-628-8698
Leila Nassar, MA, IBCLC 610-821-8033 ABC Family Pediatrics 401 North 17th Street Suite 203 Allentown
Leila.Nassar@lvhn.org
Rima L. Strassman, MD, FAAP, FABM, Children's HealthCare, 1517 Pond Road, Allentown, PA 18104 610-439-1550
nachas4@aol.com (performs frenotomies--anterior lingual, posterior lingual, and labial)

Breastfeeding mothers’ groups
**La Leche League:** Lehigh County: Samina: 610-769-0622 Christine: 484-695-6191
Lehigh Valley Breastfeeding Mothers’ Group (English and Spanish)
Liz Chang 08chang@gmail.com 610-997-7918 every Tuesday at 10:30-11:30am
at Forks Community Center, 500 Zucksville Road, Easton

Breastfeeding Help Lines
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National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding
St. Luke’s Hospital, Bethlehem: 484-526-1355 Breastfeeding Answer Line
St. Luke’s Hospital, Allentown: 610-628-8698 Breastfeeding Answer Line

Lehigh/Northampton/Carbon Breastfeeding Coalition Sue Madeja smadeja@bethlehem-pa.gov 610-865-7083

Electric Breast Pump Rentals* (general public)
Hartzells Pharmacy: 610-264-5471 (Catasauqua)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483 mahalamom.com
Breast Health Services of Lehigh Valley Hosp.– Allentown: 610-402-2273
Breast Health Services of Lehigh Valley Hosp.– Trexlertown: 610-402-0138
Breast Health Services of Lehigh Valley Hosp.– Bethlehem: 610-884-2460
Rima L. Strassman, MD, FAAP, FABM, Children's HealthCare, 1517 Pond Road, Allentown, PA 18104 610-439-1550
nachas4@aol.com
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

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Breast pump customer service numbers and websites:
LUZERNE

Lactation Consultants/Nurses (in-hospital)
* **Geisinger Wyoming Valley Medical Center: 570-808-5534 Jill Martin, RN, IBCLC
Nicole C. Williams RN, IBCLC
Hazleton General Hospital: 570-501-4200 Sadie Delpais, RN, CLC, Courtney Muendlein, RN, CLC
* **Wilkes-Barre General: 570-552-3418 Maria Mazzarella, RN, IBCLC

mmazzarella@commonwealthhealth.net

*Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultations after hospital discharge Office visits:
Pediatric Associates of Kingston 570-288-6543 x 247 Kathy Lloyd, LPN, IBCLC

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
WIC Breastfeeding Peer Counselor- Kingston WIC Center: 570-283-3523
WIC Breastfeeding Peer Counselor- Wilkes-Barre WIC Center: 570-823-1516

La Leche League
Debbie 570-693-1072 Karen 570-388-2664
Angel 570-824-1406 Victoria: 570-836-3013

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

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PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pumps Rentals* (general public)
Lori’s Gifts, Wilkes-Barre General Hospital gift shop: 570-552-1241
Special Woman Boutique: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

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Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sheabraham@pa.gov January 2014 53
LYCOMING

Lactation Consultants/Nurses (hospital)
* **Williamsport Regional Medical Center – Susquehanna Health: 570-321-2092
  Audrey Gabriel, RN, IBCLC; Natalie McCullen, RN, IBCLC
* Also provide breastfeeding classes: 570-321-2069
** Some hospitals provide out-patient lactation consults – generally fee for service.

Lactation Consultant in Private Practice
Lisa McClosey, RN, BSN, IBCLC  570-772-2403  mccloskeylj@gmail.com

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Betsy Huff, IBCLC, Laurie Huff, IBCLC: 570-322-7656
WIC Breastfeeding Helpline: 570-447-4928

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

La Leche League
Annette: 570-323-9861

Breastfeeding Help Lines
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PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Dice Surgical  570-322-0656  (Williamsport)
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
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Hygeia:  888-786-7466)  www.hyggeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
McKEAN
(Includes Warren)

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240  Jayme Covert, RNC, CLC
Nicholle Aiello, RN, CLC
Warren General Hospital: 814-723-3300 Ext. 1681  Pam Campion, RN, IBCLC

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean:  Edna Wintermantel, RD, CLC: 814-362-4346
Jean Stratton, CPA, CLC: 814-362-4346
Warren:  Dawn Venman, RD, LPN: 814-726-1093
Dianne Blankenberg: 814-726-1093 or 814-730-7819

Lactation Nurses
Healthy Beginnings Program: Donna Batterson, RN: 814-274-9045
Healthy Beginnings Plus in Bradford--Molly Kloss RN, CLC, Kristine Scanlon RD,CLC  814-363-4722
Dr. Rigas office: Grace Kellert, RN: 814-274-7687

Breastfeeding Mothers’ Groups
La Leche League: Kelley  412-480-7103
Bradford Regional Medical Center: 814-362-8240  Jamie Covert, RN, CLC  jcovert@brmc.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Apria Healthcare 814-726-7000
Great Lakes Home Health Care Services – Warren County: 716-664-5092
Great Lakes Home Health Care Services – McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Cole Care: 814-274-7250
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.amedacom
Hygeia:  888-786-7466  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov  January 2014
Lactation Consultants (hospital)
* **UPMC Horizon--Shenango: (724)-347-4780, Janet Shilling, RN, LC   OB: (724)-983-8730
* **Sharon Regional Health System: 724-983-5560, Yvonne Ceslak, BSN, IBCLC
OB: (724)-983-3868
* **Grove City Medical Center: 724-450-7090, Sarah Woodward, RN, BSN, CBC
*Breastfeeding classes available
**Some hospitals provide out-patient consults, generally fee for service.

Lactation Consultants (private practice)
Laurie Joanow, IBCLC: 724-342-5299

Available for consultation only, no classes (Evenings or weekends)

All 3 hospitals provide out-patient lactation consultations

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Certified Lactation Counselor:
    Doreen Scarmack, CPA/BFC-PCM-CLC: (724)-981-6154
Hours: Monday, Tuesday, Thursday, & Friday 8 AM-4 PM   Wednesday 11 AM-7 PM
Peer Counselors 724-981-6154 Mercer County

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Women'scare Center of UPMC: 724-347-4780 (Hermitage)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
    Medela: 800-435-8316   www.medela.us
    Ameda: 866-992-6332   www.ameda.com
    Hygeia: 888-786-7466) www.hygeiababy.com
    Limerick: 877-546-3742 www.limerickinc.com
    Avent: 800-542-8368   www.avent.com
    Bailey: 800-413-3216   www.baileymed.com
Lactation Consultants (hospital)
Lewistown Hospital: 717-242-7635 Cindy Treweek, RN, IBCLC; Jill Benner, CLC; Misty Markley-Latuz, CLC
Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Megan Mignot, RD, LDN, IBCLC, CLC, Marjorie Mearkle IBCLC, CLC, Nature to Nurture 814-876-0217 (State College) www.naturetonurture.net
Karen Foard, BA, IBCLC: 814-237-1506 (State College) kfoardlc@comcast.net
Also provides in-services for health professionals and breastfeeding classes for general public.

Lactation Consultants (in physician office)
Teresa Timmerman, PA, IBCLC. Mount Nittany Physician Group – Pediatrics: 814-466-7921
Jan Giorecki, CLC, Geisinger Pediatrics 814-272-7710

Breastfeeding Mothers’ Group
Juniata/Mifflin/Perry County Breastfeeding Group 3rd Wed. in Mifflintown 10 am to noon
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

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lewistown WIC 1-717-248-5339
Breastfeeding Coordinator: Natalie Mochak
Breastfeeding Peer Counselors:
Layne Halfpenny WIC cell: 717-877-7098 layneh@familyplanningplus.org

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Walnut Medical Services: 717-248-9938 (Burnham)
Dick’s Homecare 717-247-0445
Karen Foard, IBCLC: 814-237-1506 (Also carries pumps for purchase)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

Breast Pumps Retail
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Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466 www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
MONROE
( Includes Pike)

Lactation Consultants (hospital)
*Pocono Medical Center: 570-476-3471 - Melissa Yetter, RN, IBCLC, Melissa Smith, IBCLC
*Breastfeeding classes available

Lactation Consultants (private practice)
Sarah Glenn, CCE, CD, IBCLC  570-350-7327 _Sarahg68@yahoo.com
Blossom Baby Lactation Services: 484-602-5420 Christy Hume, BA, IBCLC
Melissa Yetter, RN, IBCLC 570-871-0406 mellissa@mahalamom.com

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator:  800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- East Stroudsburg WIC Center: 570-424-8784

La Leche League
Sarah: 570-350-7327 _Sarahg68@yahoo.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Monroe County Breastfeeding Coalition
Sarah Glenn, CCE, CD, IBCLC  570-350-7327 Sarahg68@yahoo.com
Ginny Sosnowski, RN, BSN 570 426-1688 vsosnowski@pmchealthsystem.org

Electric Breast Pump Rentals* (general public)
Lactation Station & More:  570-350-7327
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps.
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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:
  Medela:  800-435-8316   www.medela.us
  Ameda:  866-992-6332   www.amedacom
  Hygeia:  888-786-7466)   www.hygeiababy.com
  Limerick:  877-546-3742   www.limerickinc.com
  Avent:  800-542-8368   www.avent.com
  Bailey:  800-413-3216   www.baileymed.com
MONTGOMERY

Lactation Consultants/Nurses (hospital)
*Abington Memorial Hospital  215-481-6104  Laura Caso, RN, IBCLC; lcaso@amh.org
  Mara Brand, RN, IBCLC, mbrand@amh.org  Fran Ferraguti MSN, RNC, IBCLC
  Beverly Desimone, RN, BSN, IBCLC, bdesimone@amh.org
  Kathy Szkromiuk, LPN, IBCLC, kszkromiuk@amh.org
*The Birth Center: 610-525-6106  Patty Siegrist, RN, IBCLC
  2 Breastfeeding Mother Groups:
  Rosemont Plaza: Every other Thursday  West Philadelphia: Every other Wednesday
*Bryn Mawr Hospital  484-337-8241  Terry Sanborn, RN, IBCLC  SanbornT@MLHS.ORG
  Jill Hatch RNC IBCLC, Lydia Srubar RNC IBCLC
*Holy Redeemer Hospital 215-938-2923
*Lankenau Medical Center 1-866-CALL-MLH
  Sue Bechhold, RN, MSN, IBCLC; Amy Hnetinka, RN, BSN, IBCLC
  Mommy and Me Breastfeeding Group Every Monday, 2 – 3pm  866 – CALL – MLH
*Einstein Medical Center Montgomery 484-622-2226
  Karen Meade, RN, IBCLC meadekar@einstein.edu
  Eliza Magland, IBCLC maglande@einstein.edu
  Rosalie Kmiec, RN, IBCLC kraussro@einstein.edu
  Alison Neuhaus, IBCLC neuhausa@einstein.edu
* **Pottstown Memorial Medical Center: 610-327-7213 - Debra Werner, RN, CLC
**Breastfeeding classes available
**Some hospitals provide out-patient lactation consults, generally fee for service.

Lactation Consultants (private practice)
Breastfeeding Resource Center: 215-886-2433
Liz Brooks, JD, IBCLC  215-836-9088  liz.brooks@yahoo.com
Gordana Chelsvig, RD, IBCLC: 610-667-1588
Judy Crouthamel, RNC, BSN, IBCLC: 610-584-6111  info@amazingnewborn.com
  www.amazingnewborn.com
Diane DiSandro, BA, IBCLC: 610-539-4476
Linda Doherty, IBCLC: 267-664-0759 (Perkasie)
Dana Ehman, BA, IBCLC  610-299-1038  dana@motherborn.com  www.MotherBorn.com
  Janet Graczyk, BS, IBCLC  610-804-7998
Grand View Hospital, Phyllis Young RN, IBCLC  215-453-4594  pyoung@gvh.org  www.gvh.org
  Linda Ivker, RN, BSN, IBCLC: 215-512-0075
  Carrie Kimball, RN, IBCLC  267-456-2129  cmidwife@gmail.com
  Nikki Lee, RN, MS, IBCLC: 215-635-6477  nleequigual@aol.com  www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC: 610-517-9552  www.best4both.com
  Karen Meade, IBCLC 610-716-7428
  Jillian Nemeth, IBCLC; 215-528-8759
Angela Quinn, BS, IBCLC, RLC 484-857-2229  Mother2MotherMatters@gmail.com
  www.Mother2MotherMatters.com  https://www.facebook.com/Mother2MotherMatters
April Rosenblum, IBCLC 267-888-6455  westphillylactation@gmail.com  www.westphillylactation.com
Amy Siegrist, BS, IBCLC  484-919-1027  amyibclc@gmail.com  www.breastfeedingbond.com
Susan Slear, RN, IBCLC  215-757-6006  SSlearIBCLC@verizon.net
  www.BreastfeedingHealpCenter.com
Carol Tenneriello, RN, IBCLC:  215-248-0197  milkyway4@verizon.net
Eliza Magland, IBCLC: 267-218-4938

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
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MONTGOMERY (continued)

Other lactation Helpers
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA): 610-409-5634 Ph 610-613-6034 Cell

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Norristown WIC Center: 610-272-4042

Breastfeeding Mothers’ Groups
The Birth Center: 610-525-6106 Patty Siegrist, RN, IBCLC
2 Breastfeeding Mother Groups:
   Rosemont Plaza: Every other Thursday
   West Philadelphia: Every other Wednesday
Breastfeeding Resource Center, 1355 Old York Road, Suite 101, Abington - 215-886-2433
   Weekly meetings www.BreastfeedingResourceCenter.org
Bryn Mawr Hospital 1-866-CALL- MLH Terry Sanborn, RN, IBCLC SanbornT@MLHS.ORG
   Every Thursday 2 pm and every other Saturday 11 am Call 1-866-call MLH for locations
Einstein Medical Center Montgomery: 484-622-2226
   Tuesdays 11AM in the cafeteria conference room
Family Breastfeeding Annie amp@sta2ned.com Heidi familybreastfeeding@gmail.com
La Leche League
   Montgomery County East: Mary Ann 215-886-1693 Andrea 215-822-3964
Nursing Mothers Alliance: 610-251-9405 www.nursingmothersalliance.org nmapasub@yahoo.com
   Tuesday mornings from 10-11 at Wegman's Collegeville
   Friday mornings from 10-11 at Wegman's King of Prussia
Nursing Mother’s Advisory Council www.nursingmoms.net Helpline: 215-572-8044
   Abington Area Nursing Mothers: Kinu Nardini: 610-564-0938 Kinu.nardini@gmail.com
   www.nursingmoms@yahoo.com Nicole Deming 267-243-4939 Netoohey13@gmail.com
   North Penn Nursing Mothers: www.northpennnursingmothers.org
Ambler Nursing Mothers: Marla: 215-646-7276 mkepniss@hotmail.com, Nikki: 215-542-1154
Harleysville Nursing Mothers: Marilyn: 610-584-4013 dutch@nni.com Also covers Lansdale

MONTGOMERY (continued)
**Breastfeeding Help Lines**
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public)**
Abington Memorial Hospital  215-481-6106
Baird Respiratory  215-884-2990 ext 135  (Glenside)
Breastfeeding Resource Center: 215-886-2433 (Abington)
Bridget Welsh:  215-855-3944  bridgetwelsh@gmail.com
Carolyn for Diane’s Pumps  484-949-9121 (Pottstown)
Diane Di Sandro:  610-539-4476 (Audubon)
Donna Eirich, ALC, CLC, CD(DONA), PCD(DONA)  610-409-5634 Ph  610-613-6034 Cell
Joanne Siciliano:  610-649-7769 (Ardmore)  joanne@pumplady.com
Judy Crouthamel:  610-584-6111
Omega Medical  610-327-2829 (Pottstown)
Phoеноixville Hospital 610-983-1250
Professional Pharmacy:  610-327-4900 (Pottstown)
Wayne Home Care  610-687-6585 or 888-687-0687
A Mother’s Boutique:  724-934-8795 (Wexford, PA) will mail rental pump
judy@mothersboutique.com
Lab Medical, 105 Montgomery Ave. Suite 1052, Montgomeryville, PA 18936
   (855) 34PUMPS or 855-347-8677  Fax prescriptions to: 215-855-1822
Baird Respiratory 267-975-8289
*Some rental stations also carry pumps for purchase.*

**Breast Pumps Retail**
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
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
Lactation Consultants (hospital)
Geisinger Medical Center Lactation Support Team: 570-271-6560
April Clemens RN, IBCLC
Maryann Eisemann, RN, BSN, IBCLC
Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
(Breastfeeding classes and outpatient lactation consultations.)

After discharge lactation care:
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Hospital out-patient services: 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
Breastfeeding Coordinator  Beckie Williams Office phone: 570-245-0900 Ext 1204
Breastfeeding Peer Counselor: Denisse Dianeese CLC office phone: 570-245-0900 Ext 1207
After Hours Cell Phone: 570-336-9941

La Leche League
Danville: Ginny: 570-275-1742  Mac1742@ptd.net  Lisa: 570-784-2580
Rebecca: 570-284-4209 fraur.anderson@gmail.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666   Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662   www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
Baird Respiratory 267-975-8289 will mail rental pump  klamont@bairdrespiratory.com

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Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
NORTHAMPTON

Lactation Consultants/Nurses (hospital)
*Easton Hospital: 610-250-4332 or 610-250-4329  Estelle Leopold, RN, IBCLC
* St Luke’s Hospital, Allentown: 610-628-8698  Patti Hari, RN, IBCLC HariP@sluhn.org
* St Luke’s Hospital, Bethlehem: 484-526-1355 Victoria.Geiger@sluhn.org
  Vicky Geiger, RN, BSN, IBCLC; Toni Prelovsky, RN, MSN, IBCLC
  Catherine L. Waltemeyer RNC-NIC, IBCLC, NICU Lactation Consultant at both St Luke’s
  Bethlehem 610-954-2248

*Breastfeeding classes/support groups available
**Some hospitals provide out-patient lactation consultants, generally fee for service.

Lactation Consultants (Private Practice)
Mahala Lactation & Perinatal Services, LLC, Amy Nansteel, MA, IBCLC 484-858-0483
  mahalamom.com

Angela Quinn, BS, IBCLC, RLC  484-857-2229  Mother2MotherMatters@gmail.com
  www.Mother2MotherMatters.com  https://www.facebook.com/Mother2MotherMatters

Leila Nassar, MA IBCLC  610-821-8033  ABC Family Peds 17th Street Leila.Nassar@lvhn.org

Vicky Geiger, RN, BSN, IBCLC; Toni Prelovsky, RN, MSN, IBCLC

Catherine L. Waltemeyer RNC, NIC, IBCLC, NICU Lactation Consultant at both St Luke’s
  Bethlehem and Allentown  610-954-2248

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Lehigh/Northampton/Carbon Breastfeeding Coalition  Sue Madeja  smadeja@bethlehem-pa.gov

Electric Breast Pump Rentals* (general public)
Homestar Medical: 610-882-2300 (Bethlehem)
Mahala Pump Rentals of the Lehigh Valley 484-858-0483  mahalamom.com
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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  women.

Breast pump customer service numbers and websites:
NORTHUMBERLAND
(Includes Snyder and Union)

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612 Kelly Everett, RN, IBCLC  keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
  April Clemens RN, IBCLC, Amy Lessin-Diehl RN, IBCLC
  Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
  (Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Coordinator:
Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
Breastfeeding Peer Counselor:
  Bethany Freeman, CLC: 570-648-1521 (Shamokin) or 570-988-1945 (Sunbury)
  cell: 570-238-2627

Lactation Consultation after hospital discharge
Home visits: Visiting Nurses, Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560

La Leche League
Ginny: 570-275-1742  Mac1742@ptd.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612  Kelly Everett, RN, IBCLC keveritt@evanhospital.com
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com
  *Some rental stations also carry pumps for purchase.

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  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.amedacom
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
PERRY

Lactation Consultants (hospital)
Carlisle Regional Medical Center: 717-960-3409  Outpatient lactation consultations
Tammy Rohn, RN, IBCLC  tammy.rohn@hma.com  Joyce Moser, RN, IBCLC  joyce.moser@hma.com
Chambersburg Hospital: 717-267-7781 Suzy Wilkinson, RN, IBCLC
Holy Spirit Hospital 717-972-4500 Outpatient lactation consultations
Bernadette Anderson RN, IBCLC, Holly Stine, RN, IBCLC;
Jennifer Wasiak, RN, IBCLC Nancy McDaniel, RN, IBCLC
Harrisburg Hospital at Pinnacle Health: 717-782-5372
Ruth Solomon, RN, IBCLC csolomon@pinnaclehealth.org;
Shelley Lebo, RN, IBCLC; Lois Gaul, RN, IBCLC lgaul@pinnaclehealth.org
Free breastfeeding classes, call: (Parent Child Education) 717-221-6255
Outpatient lactation consultations for patients of Pinnacle only: 717-782-5372

Lactation Consultants (Private Practice)
Suzy Wilkinson, RN, IBCLC: 717-284-2520 (Chambersburg)
Shannon Lileenthal, IBCLC: 717-712-6822 (Mechanicsburg)  www.harrisburgbreastfeeding.com
Leslie Cree, IBCLC: 717.795.1712 (Mechanicsburg)  zippy1017@gmail.com

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Kathie Wagner, BS, IBCLC, RLC: 717-761-7380 Ext. 4233
Cumberland Perry Tapestry of Health WIC Program: 717-243-0523 or 800-882-8812
Breastfeeding Peer Counselor: Ext 0507  Courtney Womack CLC  Cell – 717.448.1295

Breastfeeding Mothers’ Groups
Juniata/Mifflin/Perry County Breastfeeding Group  3rd Wednesday, in Mifflintown, 10 am to noon
https://www.facebook.com/groups/CentralPABreastfeedingSupport/
Amanda Yohn 717-554-4152  LLAmandaY@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 (pumps and supplies for sale): Holly Keich  717-761-4975  www.ombabycenter.com
La Leche League
Carlisle: Molli 717-258-9608 mviora11@earthlink.net
Chambersburg: Lori 717-369-8023; Darlene 717-423-5110;  Kara 717-734-3453
birthmatterstome@hotmail.com;  Heidi  717-372-3380  bh.buffington@comcast.net
Harrisburg/Mechanicsburg: Kathleen 717-761-8165  savages@paonline.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Clear Care Corporation- 1-800-464-2273  (Clearfield) rentals and supplies; will mail out items
Comprehensive Birth Support: 717-533-7308 (Hummelstown)
GSH Home Med Care 717-272-2057 (Lebanon)
GSH Home Medical Care, Inc 717-838-7511 (Palmyra)
Hershey Medical Center: 717-531-3754 (Hershey)
Quality Care Pharmacy 717-249-5691 (Carlisle)
Suzy Wilkinson, RN, IBCLC: 717-264-2520 (Chambersburg)
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov  January 2014

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PHILADELPHIA

Lactation Consultants (hospital)
*Children’s Hospital of Philadelphia: 215-590-4442, Diane Spatz, PhD, RNC spatz@nursing.upenn.edu
  Rachelle Lessen, MS, RD, IBCLC lessen@email.chop.edu
  Georgette Bartell, RN, IBCLC bartell@email.chop.edu
  Margaret D’Andrea RNC, IBCLC dandrea@email.chop.edu
  Meghan Devine, RN, BSN, IBCLC devinem@email.chop.edu

**Pennsylvania Hospital:  215-829-3644  (Warm Line)
  Debi Page Ferrarello, RN, IBCLC 215-829-5085 Debi.Ferrarello@uphs.upenn.edu
  Rachelle Lessen, MS, RD, IBCLC lessen@email.chop.edu
  Georgette Bartell, RN, IBCLC bartell@email.chop.edu
  Margaret D’Andrea RNC, IBCLC dandrea@email.chop.edu
  Meghan Devine, RN, BSN, IBCLC devinem@email.chop.edu

Hahnemann Univ. Hospital
  Christine Ilik RN, BSN, IBCLC
  Sabrina Raheem, CLC
  Matthew Stabene, RN, CCE
  Tricia Snyder, RN, IBCLC
  Jennifer Connolly, RN, IBCLC
  Christine Jaslar, RN, IBCLC
  Virginia Flego, RN, IBCLC
  Maria DiSciullo RN, IBCLC

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Thomas Jefferson University Hospital: 215-955-6665
  Fern Bernstein, BSN, IBCLC
  Joanne Walko, BSN, RN, IBCLC
  Betty Anne Hedges, BSN, IBCLC

Alberta Einstein Medical Center, Madeline Frith, LPN, IBCLC 215-456-6640
  Jane Dougherty, RN, IBCLC
  Pamela Mariotti, RNC, IBCLC

Lactation Consultants (private practice)
Lisa Broderick-Cohen, BA, IBCLC 215-407-1422 thebreastfeedinglady@gmail.com  www.thebreastfeedinglady.com
Liz Brooks, JD, IBCLC  215-836-9088 liz.brooks@yahoo.com
Center City Pediatrics 215-735-5600  www.centercitypediatrics.com
Gordana Chelsvig, RD, IBCLC 610-667-1588
Children’s Hospital of Philadelphia: 215-590-4442 Rachelle Lessen RD, IBCLC lessenr@email.chop.edu
Judy Crouthamel, RNC, BSN, IBCLC 610-584-6111
Linda Derbyshire, BS, IBCLC 610-316-9157 lindaderby@verizon.net
Marlene Gawarkiewicz, IBCLC 267-226-4884 marlene@obgyn.upenn.edu
Rachel Gazda, BSW, IBCLC rkgazda@gmail.com
Healthy Children’s Center for Breastfeeding  610-329-6311    beautiful_beginnings@yahoo.com
Linda Ivker, RN, BSN, IBCLC 215 512 0075
Carrie Kimball, RN, IBCLC 267-456-2129  ckmidwife@gmail.com
Rosalie Kmiec RN, IBCLC, CBE 610-322-4932 rosaliek2@gmail.com
Elizabeth Larkin, IBCLC 610-551-9398
Nikki Lee, RN, MS, IBCLC 215:635-6477 nlee@att.net www.breastfeedingalwaysbest.com
Lisa Mandell, MBA, IBCLC:  610-517-9552 www.best4both.com
April Rosenblum, IBCLC 267-888-6455 westphillylactation@gmail.com www.westphillylactation.com
Amy Siegrist, BS, IBCLC 484-919-1027 amyibclc@gmail.com www.breastfeedingbond.com
Susan Slear, RN, IBCLC 215-757-6006 SslearIBCLC@verizon.net
Carol Tenneriello, RN, IBCLC 215-248-0197 milkyway4@verizon.net
Thomas Jefferson University Hospital: 215-955-6665
Other lactation helpers:
Fairmount Pediatrics  215-774-1166  Diane Lawley, RN, CLC, CD, PCD
Debra Werner, RN, CLC: 610-327-7213

Breastfeeding Mothers’ Groups:
Ali’s Wagon 2017 Fairmont Ave $15 per session weekly Wed 11:30  www.aliswagon.com  info@Aliswagon.com
Center City Pediatrics 1740 South Street  215-735-5600 Thursdays 10-11:30 am  $15
Chestnut Hill/Mt. Airy Chapter:  Vicky:  484-924-9205  vfsullivan@gmail.com
La Leche League:  www.lllofeasternpa.org
Helpline:  610-666-0359 (for updated information on volunteer groups in area)
Marlene:  215-222-6332  MJGawark@aol.com  Joanne:  215-729-0222  joanne.laub@gmail.com
Lisa:  856-727-5042  mindfullBCLC@gmail.com  Marrianne:  215-264-1715

Maternity Care Coalition West Philadelphia, 3933 Lancaster Ave. Thursdays 1-4 pm Sara Kietzman

North Philadelphia Breastfeeding Project
Episcopal Hospital Naima Black nblack@maternitycarecoalition.org
Temple Hospital Tamicka Stephens tstephens@maternitycarecoalition.org

Pennsylvania Hospital: 215-829-3644 every Monday 12:30-2:00 (except for holidays)
Hall Mercer Building, Parent Child Center, 245 S. 8th Street, between Locust & Spruce

Philadelphia Health Center #4 4400 Haverford Avenue  Mondays 9 to 1 pm
Philadelphia Health Center #5 1900 N. 20th Street  Mondays 8:30-12 noon
Philadelphia Health Center #6 321 W. Girard Ave  Tuesdays 8 am to 11:30 am
Philadelphia Health Center #9 131 E. Chelten Ave  Thursdays 10:00 am to 1:30 pm
Marlene Gawarkiewicz  267-226-4884

Philadelphia Health Center #10 2230 Cottman Ave  Thursdays 8 am to 11:30 am

The Birth Center: Studio 34, 4522 Baltimore Ave  Patty Siegrist  610-525-6106 every other Wed 10-12
Rosemont Plaza, 1062 E. Lancaster Ave, Rm 20, Rosemont, PA  every other Thur 9:30-12

T. Jefferson University Hospital: 215-955-6665 833 Chestnut St. Family Medicine Conference Room,
3rd Floor Tues. noon Deb Carl, RN, M Ed, IBCLC Deborah.carl@Jefferson.edu

Breastfeeding Help Lines
Greater Philadelphia Area LLL Helpline 610-666-0359
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Breast Pumps* (general public)
Pennsylvania Hospital: 215-829-5046
Children’s Hospital: 267 426 5325
Breastfeeding Resource Center: 215-886-2433
Diane DiSandro: 610-539-4476 (Audubon)
Joanne Siciliano: 610-649-7769 (Ardmore) joanne@pumplady.com.
Bridget Welsh:  215-855-3944  bridgetwelsh@gmail.com
Judy Cruothamel 610-584-6111 (Skippack)
Lisa Volpe: 215-913-9199 for WIC clients only
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Lisa Volpe: 215-978-6100 ext. 22 (For pump rental, call cell phone 215-913-9199)

Breast Pumps Retail
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:

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014
PIKE

Lactation Consultants (hospital)
*Pocono Medical Center: 570-476-3471  Melissa Yetter, RN, LC, Melissa Smith, IBCLC
*Wayne Memorial Hospital: 570-253-3005  Patty Bows, IBCLC, Mary Lou Eimers, RN, LC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- East Stroudsburg WIC Center: 570-424-8784 (Monroe)

La Leche League
Sarah: 570-350-7327
Theresa: 570-688-0858

Electric Breast Pump Rentals* (general public)
Lactation Station & More:  570-350-7327
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Pike/Wayne County Breastfeeding Coalition  decker@wmh.org

Breast Pumps Retail
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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:
    Medela:  800-435-8316  www.medela.us
    Ameda:  866-992-6332  www.amedacom
    Hygeia: 888-786-7466)  www.hygeiababy.com
    Limerick: 877-546-3742  www.limerickinc.com
    Avent:  800-542-8368  www.avent.com
    Bailey:  800-413-3216  www.baileymed.com
POTTER

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
North Central PA Regional Planning and Development Comm: Ridgway – main office: 814-773-3162
Ask for Pat Panighetti, CLC, Becky Brickley, CLC or Julie Kasmierski, CLC
WIC Breastfeeding Peer Counselors: Amanda Margeson, CLC: 888-647-6601
Angela 814-594-2951

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Potter County Breastfeeding Coalition
Mary Ann Rigas maryannrigas@gmail.com
Ashley Cowburn ashley.cowburn@charlescolehospital.com
Maggie Johnson magi27@yahoo.com

Electric Breast Pump Rentals and Purchase* (general public)
St. Marys Pharmacy Home Medical: 800-876-3442 or 814-371-2780 (St. Marys and DuBois Mall))
Cole Care 814-274-9301  ext. 1283
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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
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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:
Medela: 800-435-8316  www.medela.us
Ameda: 866-992-6332  www.ameda.com
Hygeia: 888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent: 800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
SCHUYLKILL

Lactation Consultants (hospital)
Schuylkill Health Medical Center: 570-621-5234. For breastfeeding classes: 570-621-5239.
Kathy Hochgertel, RN IBCLC, Connie Cunningham, RN IBCLC, Holly Michealson IBCLC
Some hospitals also provide out-patient lactation consults, generally fee for service.

Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-435-3455
WIC Breastfeeding Peer Counselor- Pottsville WIC Center: 570-622-1244
WIC Breastfeeding Peer Counselor- Shenandoah WIC Center: 570-462-3323
WIC Breastfeeding Peer Counselor- Tamaqua WIC Center: 570-668-4699

Breastfeeding Peer Counselors:
Melanie Grady: 570-462-3323 (Shenandoah)
Jennifer Moore: 570-622-1244 (Pottsville)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Good Samaritan Regional Medical Center: 570-621-4356 (Pottsville)
Yorkville Drug Store: 570-622-1639 (Pottsville)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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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 by uses by different women.

Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.ameda.com
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
Snyder

Lactation Consultants (hospital)
Evangelical Community Hospital: 570-522-2612  Kelly Everett, RN, IBCLC
  keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
  April Clemens RN, IBCLC, Amy Lessin-Diehl RN, IBCLC
  Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
  (Breastfeeding classes and outpatient hours available.)

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Breastfeeding Coordinator:
Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
Breastfeeding Peer Counselor:
  Bethany Freeman CLC: 570-648-1521 (Sunbury) or 570-988-1945 (Shamokin)
  cell: 570-238-4627

Lactation Consultations after Hospital Discharge
Visiting Nurses: Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross, Health America, TriCare, GHP, Medicaid access card)
Office visits: Geisinger Medical Center Lactation Support Team: 570-271-6560

La Leche League
Ginny: 570-275-1742     Mac1742@ptd.net

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
McWilliams Pharmacy, Mill Street, Danville: 570-275-1140
Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
Evangelical Community Hospital: 570-522-2612 - Kelly Everett, RN, IBCLC
  keveritt@evanhospital.com
Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585 purchase only
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps.
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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:
  Medela:  800-435-8316   www.medela.us
  Ameda:  866-992-6332   www.amedacorp.com
  Hygeia:  888-786-7466)  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368   www.avent.com
  Bailey:  800-413-3216   www.baileymed.com

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**SOMERSET**

**Lactation Consultants/Nurses (hospital)**
*Somerset Hospital: 814-443-5000 Deborah Perl, RN, IBCLC 814-444-5077 debiperl@comcast.net
*Conemaugh Memorial Medical Center: 814-534-3144 Out-patient Lactation Consults
    - Robin Stoltz, RN, IBCLC Robin Stoltz-rforosi@conemaugh.org
    - Diane Gorka, RN, IBCLC dgorka@conemaugh.org
    - Danna Bowser, RN, IBCLC dbowser@conemaugh.org
    - Margaret Wasser, RN, IBCLC mwasser@conemaugh.org
    - Marilyn Harrington, RN, CRNP, IBCLC mharring@conemaugh.org

*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

**Lactation Consultants (Private practice, fee for service)**
Somerset OB/GYN Associates: 814-445-3535
Conemaugh Memorial Medical Center: 814-534-3144 Out-patient Lactation Consults

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Somerset Tapestry of Health WIC Program: 814-443-1901 or 800-352-3532
Breastfeeding Coordinator: Heidi Koppenhofer, LPN, IBCLC: Ext.1781 heidi.koppenhofer@fhccp.org
Breastfeeding Peer Counselor: Lindsay Shaulis Ext 8583 lindsay.shaulis@fhccp.org
Community Action Partnership of Cambria County WIC Program:
    - Breastfeeding Coordinator: Melina Hudec, CLC: 814-536-9031 or 814-361-6370
    - WIC Breastfeeding Peer Counselors:
        - Brandy Fasoli (Ebensburg) 814-471-9798 or cell 814-322-2827

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding
La Leche League: Laura Aughinbaugh 814-322-0857 lauraaughinbaugh@hotmail.com

**Laurel Highlands Breastfeeding Coalition**

**Electric Breast Pump Rentals* (general public)**
MedCare Equipment Company: 888-694-4564
Somerset Medical Supplies: 814-443-1496
Mommy Gear: 888-624-GEAR
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

**Breast Pumps for Purchase**
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:**
    - Medela: 800-435-8316 www.medela.us
    - Ameda: 866-992-6332 www.amedacom
    - Hygeia: 888-786-7466 www.hygeiababy.com
    - Limerick: 877-546-3742 www.limerickinc.com
    - Avent: 800-542-8368 www.avent.com
    - Bailey: 800-413-3216 www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sheabraham@pa.gov January 2014
Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
WIC Breastfeeding Peer Counselor- Scranton WIC Center: 570-346-8493 (Lackawanna)
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)

La Leche League
Mary Ann: 570-563-0976 (Dalton) Georgeanne: 570-348-0890 (Scranton)
Ellen: 570-563-2462 Tara: 570-586-0359
Jane: 570-965-2371 (Springville) Joan: 570-836-6783
Victoria: 570-836-3013

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Mary Ann Rogan: 570-563-0976 (Dalton)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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
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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:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
SUSQUEHANNA

Lactation Consultants/Nurses (hospital)
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
*Breastfeeding classes available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants)
Sandy Kalish, CLC: WIC Breastfeeding Coordinator 800-367-6347 skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455

La Leche League
Mary Ann: 570-563-0976 (Dalton) Georgeanne: 570-348-0890 (Scranton)
Ellen: 570-563-2462 Tara: 570-586-0359
Jane: 570-965-2371 (Springville) Holly: 717-826-7748

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Mary Ann Rogan: 570-563-0976 (Dalton)
Moses Taylor Hospital: 570-770-5518  (Scranton)
Wayne Health Services: 800-346-8676 (Honesdale)
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.amedacom
  Hygeia:  888-786-7466  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
TIOGA

Lactation Consultants/Nurses (hospital)
*Memorial Hospital, Inc: 570-268-2252
  Patti Esmus, RN, IBCLC
  Claudia Piechocki, RN, BSN
*Robert Packer Hospital: 570-882-5034
  Karen Guthrie, RN, IBCLC
  Wendy Bellows, RNC
Soldiers and Sailors Memorial Hospital: 570-723-7764
  Lillian Fox, RNC, IBCLC
  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: 610-432-3455
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center: 570-836-6622 (Wyoming)
WIC Breastfeeding Peer Counselor- Towanda WIC Center: 570-265-7001 (Bradford)

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals (general public)
Towanda Memorial Hospital: 570-268-2252 (Towanda)
First Impressions (Robert Packer Hospital): 570-882-5863
Hubs Home Oxygen and Medical Supplies: 570-724-1515 (Wellsboro)
A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

Breast Pumps Retail
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 by uses by different women.

Breast pump customer service numbers and websites:
  Medela:  800-435-8316  www.medela.us
  Ameda:  866-992-6332  www.amedacom
  Hygeia:  888-786-7466)  www.hygeiababy.com
  Limerick:  877-546-3742  www.limerickinc.com
  Avent:  800-542-8368  www.avent.com
  Bailey:  800-413-3216  www.baileymed.com
**UNION**

**Lactation Consultants (hospital)**
Evangelical Community Hospital: 570-522-2612
   Kelly Everett, RN, IBCLC keveritt@evanhospital.com
Geisinger Medical Center Lactation Support Team: 570-271-6560
   April Clemens RN, IBCLC, Amy Lessin- Diehl RN, IBCLC
   Jessica Sember RN, BSN, CLC, Heather McHenry RN, CLC, Ronna Aucker RN, CLC
   (Breastfeeding classes and outpatient hours available.)

**Lactation Consultations after Hospital Discharge**
**Visiting Nurses:** Diane Hertzog, BSN, CLC 570-648-8989 (accept Blue Cross,
   Health America, TriCare, GHP, Medicaid access card)
**Office visit:** Geisinger Medical Center Lactation Support Team: 570-271-6560

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
**Breastfeeding Coordinator:**
   Sharon Kemrer, RN, IBCLC: 570-523-6666 (Lewisburg) and 570-374-8261 (Selinsgrove)
**Breastfeeding Peer Counselor:**
   Bethany Freeman CLC: 570-648-1521 (Shamokin) or 570-988-1945 (Sunbury)
   cell: 570-238-4627

**Breastfeeding Mothers’ Groups**
   **La Leche League**  Ginny: 570-275-1742  Mac1742@ptd.net
   **Breastfeeding USA**  Ruth: 570-524-0191  breastfeedingusa.ruth@gmail.com
   Meetings 3rd Tuesday of the mo 7-9pm at Heiter Community Center, 100 N 5th St, Lewisburg

**Breastfeeding Help Lines**
   PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
   PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
   National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public)**
   Hub Surgical, 570-326-6521 (600 Rural Avenue, Williamsport)
   Evangelical Community Hospital: 570-522-2612  Kelly Everett, RN, IBCLC keveritt@evanhospital.com
   Evangelical Community Hospital Home Care Products, Lewisburg: 570-522-2585  *purchase only
   A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump judy@mothersboutique.com
   *Some rental stations also carry pumps for purchase.

**Breast Pumps Retail**
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:**
   Medela:  800-435-8316  www.medela.us
   Ameda:  866-992-6332  www.amedacom
   Hygeia:  888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent:  800-542-8368  www.avent.com
   Bailey:  800-413-3216  www.baileymed.com
VENANGO

Lactation Consultants/nurses (hospital)
*UPMC Northwest: (814)-676-7600 OB: (814)-676-7845, Mary Tucker, RN
*Breastfeeding classes and weekly support groups available
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Counseling/Breast Pumps (for WIC participants only)
Venango/Forest:
Certified Lactation Counselor: Doreen Scarmack, CPA/BFC-PCM-CLC - 724-981-6154
Peer Counselor: 814-676-0099

Clarion:
Peer Counselor Supervisor: Dawn Venman, RD, LDN: 814-726-1093
Peer Counselor: Annette Smith, CLC: 814-226-8130

La Leche League
Venango:
   Susan Carlson: 814-677-3651  carlson_susan@hotmail.com
   Available for telephone consultation only, no classes.

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

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Health Complex Pharmacy, Clarion Hospital: 814-226-7970
North West UPMC auxiliary: 814-676-7600
A Mother’s Boutique: 724-934-8795 (Wexford, PA) will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
The baby section of local department stores and pharmacies may carry various brands of pumps.
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Breast pump customer service numbers and websites:
   Medela: 800-435-8316  www.medela.us
   Ameda: 866-992-6332  www.ameda.com
   Hygeia: 888-786-7466)  www.hygeiababy.com
   Limerick: 877-546-3742  www.limerickinc.com
   Avent: 800-542-8368  www.avent.com
   Bailey: 800-413-3216  www.baileymed.com
WARREN

Lactation Consultants/Nurses (hospital)
Bradford Regional Medical Center: 814-362-8240  Jamie Covert, RN
Warren General Hospital: 814-723-3300 Ext. 1681  Pam Campion, RN, IBCLC
Some hospitals provide out-patient consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
McKean:  Edna Wintermantel: 814-362-4346
Warren:  Dawn Venman, RD, LDN, CLC: 814-726-1093 or 814-706-2337
Dianne Blankenberg, CLC: 814-726-1093 or 814-730-7819

Lactation Nurses
Healthy Beginnings Program:  Donna Batterson, RN: 814-274-9045
Dr. Rigas office:  Grace Kellert, RN: 814-274-7687

Breastfeeding Mothers’ Group
Bradford Regional Medical Center: 814-362-8240  Jamie Covert, RN, CLC  jcovert@brmc.com

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Electric Breast Pump Rentals* (general public)
Apria Healthcare: 814-726-7000
Great Lakes Home Health Care Services  Warren County: 716-664-5092
Great Lakes Home Health Care Services  McKean and Elk Counties: 814-362-8141
Seneca Home Health: 814-723-1155
Cole Care: 814-274-7250
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

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Breast pump customer service numbers and websites:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey: 800-413-3216  www.baileymed.com
WASHINGTON
(Includes Greene)

Lactation Consultants (hospital)
The Washington Hospital: 724-250-4476 Linda Kelley, RN, IBCLC
Breastfeeding classes and out-patient lactation consults (fee for service) available

WIC Lactation Consultants/Breast Pumps (for WIC participants only)
Lactation Consultant: Rosa Snyder-Boyd, IBCLC: 877-814-0788 ext 441
WIC Peer Counselors: 877-814-0788 ext 449
Debbie (Certified Lactation Counselor, CLC), Cheryl or Kathy

Breastfeeding Groups
La Leche League website: LaLecheLeagueofPeters.wordpress.com
e-mail: Illofwashco@gmail.com
Peters Township Kate: 724-941-2370 Madeline: 724-941-2248 Heidi: 724-916-4817
Parents night out with the baby The Washington Hospital, Linda Kelley 724-250-4476

Breastfeeding Help Lines:
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
Pennsylvania Healthy Baby Line: 800-986-BABY (2229)
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

Southwestern Pennsylvania Breastfeeding Coalition
Judy Gutowski IBCLC 724-832-2507 Alexis Heinbaugh 724-850-1642
Cindy Garrison, ibclc 724-746-2188

Electric Breast Pump Rentals* (general public)
Magee Womens Hospital 412-641-1121 (Pittsburgh)
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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for more information. NOTE: The Food and Drug Administration (FDA) considers breast pumps single
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Breast pump customer service numbers and websites:
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com
WAYNE

Lactation Consultants (hospital)
*Wayne Memorial Hospital: 570-253-3005  Cathy Ostrander, IBCLC, Mary Lou Eimers, RN, LC
*Breastfeeding classes available
Some hospitals also provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps
Sandy Kalish, CLC, WIC Breastfeeding Coordinator: 800-367-6347  skalish@mfhs.org
Jillian Meyer, CLC: 610-432-3455
Circle of Care Hawley WIC Center: 570-390-5000

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Pike/Wayne County Breastfeeding Coalition  decker@wmh.org

Electric Breast Pump Rentals* (general public)
Wayne Health Services: 570-253-6770 (Honesdale)
Northeast Medical Equipment: 570-253-7700
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps Retail
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
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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:
Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick: 877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
WESTMORELAND

**Lactation Consultants (hospital)**
Excela Westmoreland Hospital: 724-832-4166 Ann Kremer, RN, IBCLC, Cindy Morris, RN, IBCLC
Tracey Downs, RN, IBCLC

*Some hospitals provide out-patient lactation consults, generally fee for service.*

**Lactation Consultants with office practice**
Latrobe Prenatal Clinic: 724-537-1597 - Roseann Rudy, RN, IBCLC
Judy Gutowski, IBCLC, Mt. View Pediatrics: 724-832-0850
A Mt. View Pediatrics physician must be the infant’s health care provider.
Pediatric Associates of Westmoreland 724-832-7045 Amy Dillon and Jessica VanDeven.

**WIC Breastfeeding Support/Breast Pumps (for WIC participants only)**
Michelle Kasmer, IBCLC: 724-244-9135 mkasmer@sphs.org
1100 Ligonier Street, Suite 301, Latrobe, PA 15650

**La Leche League**
Alexis: 724-850-1642 (Greensburg) Justine: 724-863-3952 (Irwin)
Linn Hodder, IBCLC: 724-836-0846 (Greensburg) Mary Lou: 724-864-4543
Dawn: 724-238-5796 (Ligonier)

**Breastfeeding Classes**
Excela Health, Call Center: 877-771-1234
Calendar of classes at www.excelahealth.org Call or look online for schedule and to register
Free Classes offered: Breastfeeding Success, Childbirth & Beyond (includes Breastfeeding Success)
Valley Women’s Health: 724-258-2229, then press 25
Held at MVH Healthplex, Willow Pointe Plaza, Rostraver Township, PA
Classes held Mondays, near end of month

**Southwestern Pennsylvania Breastfeeding Coalition:**
Michelle Kasmer, IBCLC: 724-244-9135 Alexis Heimbach: 724-850-1642
Judy Gutowski, IBCLC: 724-832-2507

**Breastfeeding Help Lines**
PA WIC Breastfeeding Warm Line: 1-855-427-5666 Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662 www.womenshealth.gov/breastfeeding

**Electric Breast Pump Rentals* (general public)**
MedCare Equipment Company; 800-503-5554, 443 w. Pittsburgh Street, Greensburg, PA 15601
Mommy Gear: 888-624-4327, 724-238-9633 107 St. Clair Street, Ligonier, PA 15658
www.mommygear.com
A Mother's Boutique: 724-934-8795 (Wexford, PA) will mail rental pump judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.*

**Breast Pumps Retail**
The baby section of some pharmacies or department stores carry various brands of pumps. Choose wisely!
Pump brands vary in quality and effectiveness. Call a local breastfeeding specialist for more information.
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**Breast pump customer service numbers and websites:**
Medela: 800-435-8316 www.medela.us
Ameda: 866-992-6332 www.amedacom
Hygeia: 888-786-7466) www.hygeiababy.com
Limerick: 877-546-3742 www.limerickinc.com
Avent: 800-542-8368 www.avent.com
Bailey: 800-413-3216 www.baileymed.com

Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health Send changes to sheabraham@pa.gov January 2014

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WYOMING

Lactation Consultants/Nurses (in-hospital)
Wilkes-Barre General Hospital: Marie Mazzarella, RN, IBCLC  570-552-3418
*Moses-Taylor Hospital: 570-340-3011 - Debra Derby, RN, IBCLC, Kathy McCormick, RN, IBCLC, Corinne Staples, RN, IBCLC
*Geisinger Wyoming Valley Medical Center: 570-808-5534  Jill Martin, RN, IBCLC
*Also provide breastfeeding classes
Some hospitals provide out-patient lactation consults, generally fee for service.

WIC Breastfeeding Support/Breast Pumps (for WIC participants only)
Sandy Kalish, CLC, WIC Breastfeeding Coordinator : 800-367-6347
Jillian Meyer, CLC : 610-432-3455
WIC Breastfeeding Peer Counselor- Tunkhannock WIC Center : 570-836-6622 ext 222

La Leche League
Victoria:  570-836-3013
Joan:  570-836-6783

Breastfeeding Help Lines
PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
PA Department of Health Healthy Baby Line:  800-986-BABY or 800-986-2229
National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

Wyoming County Breastfeeding Coalition   angel@mfhs.org

Electric Breast Pump Rentals* (general public)
Moses Taylor Hospital: 570-770-5518 (Scranton)
Babies R Us: 570-822-7854 (Wilkes-Barre)
Wilkes-Barre General Hospital: Loris Grifts  570-552-1241
Special Woman Boutique: 570-288-6688 (Kingston)
Advanced Pharmacy Services: 570-208-0277 (Plains)
A Mother's Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com
*Some rental stations also carry pumps for purchase.

Breast Pumps for Purchase
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.

Medela:  800-435-8316  www.medela.us
Ameda:  866-992-6332  www.ameda.com
Hygeia:  888-786-7466)  www.hygeiababy.com
Limerick:  877-546-3742  www.limerickinc.com
Avent:  800-542-8368  www.avent.com
Bailey:  800-413-3216  www.baileymed.com
**Lactation Consultants/Nurses (hospital)**

**York**

**York Hospital: 717-851-2953**

- Luann Smith, RN, IBCLC  lsmith6@wellspan.org  Michele Chronister, RN, IBCLC  mchronister5@wellspan.org
- Amy Miller RN, IBCLC  amille06@wellspan.org  Wendy McDowell RN, IBCLC  wmcldowell@wellspan.org
- Stacie Ebersold, RN, IBCLC  Robyn Noll, RN, IBCLC
- Patricia Keister, RN, IBCLC, CIMI, CKC, ANLC, NICU  717-851-4490  pkeister@wellspan.org

Out-patient lactation consultations  717-851-2953
Provide breastfeeding classes – fee charged. Contact Wellspan Parent
Education office at 717-851-2241 or register online at www.wellspan.org/parenteducation

Hanover General Hospital: 717-633-2262  Sherry Miller, RN, IBCLC
**Memorial Hospital of York: 717-849-5650  Vicki Coen, RN, IBCLC**

**Some hospitals provide out-patient lactation consults, generally fee for service.**

**Lactation Consultations after hospital discharge**

- Debbie Busch, DNP, CPNP, CLC, 717-632-8944 Hanover Pediatric Assoc. 217 Broadway
- Peg Merrill, IBCLC  410-343-0023  410-409-5676 (cell)  pegmerr@gmail.com
  (Home visits in the Shrewsbury/Stewartstown area)  www.nurturingnaturallylc.net
- Wendy Shore, RN, IBCLC  Wendy@WhiteRoseObGyn.com
- York Hospital out-patient lactation consultations  717-851-2953
- WIC  717-843-7942 (for WIC participants only) home and office visits

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

- Kim Campbell, IBCLC: 717-843-7942 ext. 115  KCampbell2@yorkcpc.org
- Lisa Lathrop, IBCLC:  717-843-7942 ext. 119  LLathrop@yorkcpc.org

**York County Breastfeeding Mothers’ Group**

- Ruthann Lanosz-Harriss, CLC  harrissRMLH@aol.com

**Breastfeeding Help Lines**

- PA WIC Breastfeeding Warm Line: 1-855-427-5666  Monday - Friday 8 am – 8 pm. Sat and Sun 9-1
- PA Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229
- National Women’s Health Information Center: 800-994-9662  www.womenshealth.gov/breastfeeding

**Susquehanna Valley Breastfeeding Coalition**

- Wendy Shore  LRCexpress@yahoo.com

**South Central Pennsylvania Lactation Consultant Association: Nurture**

- Genny Whitehaus  717-533-7308  genwh3@verizon.net  For education and networking of lactation consultants

**Electric Breast Pump Rentals* (general public)**

- York Hospital: 717-851-2953 (and other lactation supplies)
- Hanover Apothecary: 717-637-3711
- A Mother’s Boutique: 724-934-8795 (Wexford, PA)  will mail rental pump  judy@mothersboutique.com

*Some rental stations also carry pumps for purchase.

**Breast Pumps Retail**

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.

- **Medela:**  800-435-8316  www.medela.us  Limerick: 877-546-3742  www.limerickinc.com
- **Ameda:**  866-992-6332  www.amedacom  Avent:  800-542-8368  www.avent.com
- **Hygeia:**  888-786-7466  www.hygeiababy.com  Bailey:  800-413-3216  www.baileymed.com

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*Joint project of Pennsylvania WIC and Bureau of Family Health, Pennsylvania Department of Health  Send changes to sheabraham@pa.gov January 2014*
WEBSITES AND REFERENCES

Clinical protocols:
Academy of Breastfeeding Medicine  www.bfmed.org
24 Protocols from the Academy of Breastfeeding Medicine (ABM)  www.bfmed.org

1. Hypoglycemia
2. Going Home/Discharge
3. Supplementation
4. Mastitis
5. Peripartum BF Management
6. Cosleeping and Breastfeeding
7. Model Hospital Policy
8. Human Milk Storage
9. Galactogogues
10. Breastfeeding the Late Pre-term Infant
11. Neonatal Ankyloglossia
12. NICU Graduate Going Home
13. Contraception and Breastfeeding
14. The Breastfeeding-Friendly Physicians' Office Part 1: Optimizing Care for Infants and Children
15. Analgesia and Anesthesia for the Breastfeeding Mother
16. Breastfeeding the Hypotonic Infant
17. Guidelines for Breastfeeding Infants with Cleft Lip, Cleft Palate, or Cleft Lip and Palate
18. Use of Antidepressants in Nursing Mothers
20. Engorgement
22. Jaundice
23. Non-Pharmacologic Management of Procedure-Related Pain in the Breastfeeding Infant

Medications while breastfeeding:
- Infant Risk Center  806-352-2519  9 am to 6 pm EST  http://www.InfantRisk.org
  Breastfeeding pharmacology (Thomas Hale, R.Ph. Ph.D.)


- 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. Comprehensive breastfeeding database.


- Palm and iPhone software for physicians  http://massbfc.org

- Contrast Media and Lactation

Reference texts and clinical resources:


Billing for lactation services - AAP guide:
- [www.aap.org/breastfeeding/files/pdf/CODING.pdf](http://www.aap.org/breastfeeding/files/pdf/CODING.pdf) (provides guidance on billing codes and requirements)

On-line continuing education credits:
- CMEs: [www.breastfeedingtraining.org/](http://www.breastfeedingtraining.org/)
- CEUs and CERPs: [www.LERon-line.com/](http://www.LERon-line.com/)
- [http://www.northeastern.edu/breastfeedingcme/](http://www.northeastern.edu/breastfeedingcme/)

Tutorials/general information:
- [www.aap.org/breastfeeding/curriculum/references_resources.html](http://www.aap.org/breastfeeding/curriculum/references_resources.html) (AAP’s Breastfeeding Residency curriculum)
- [www.wellstart.org/Self-Study-Module.pdf](http://www.wellstart.org/Self-Study-Module.pdf) (Lactation Management curriculum prepared by Audrey J. Naylor, MD, DrPH and Ruth A. Wester, BA, RN, PNP)
- [www.breastfeedingonline.com](http://www.breastfeedingonline.com) (Articles by Jack Newman, MD, FRCPC)
- [www.breastfeedingBasics.org/](http://www.breastfeedingBasics.org/) (Breastfeeding tutorial without CE credits)

Breast pump customer service numbers and websites:
- Medela: 800-435-8316 [www.medela.us](http://www.medela.us)
- Ameda: 866-992-6332 [www.ameda.com](http://www.ameda.com)
- Hygeia: 888-786-7466) [www.hygeiababy.com](http://www.hygeiababy.com)
- Limerick: 877-546-3742 [www.limerickinc.com](http://www.limerickinc.com)
- Avent: 800-542-8368 [www.avent.com](http://www.avent.com)
- Bailey: 800-413-3216 [www.baileymed.com](http://www.baileymed.com)

Workplace breastfeeding support legislation:
- Patient Protection and Affordable Care Act: [www.dol.gov/whd/regs/compliance/whdfs73.htm](http://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.)

Education materials:
Free downloads
- PA Department of Health: [www.health.state.pa.us/breastfeeding](http://www.health.state.pa.us/breastfeeding) (Handouts for parents addressing breastfeeding issue)
- US Department of Health and Human Services: [www.womenshealth.gov](http://www.womenshealth.gov)
- Wisconsin Department of Health [www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/bfpromosupp.htm](http://www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/bfpromosupp.htm)
- Thomas Hale website: [www.ibreastfeeding.com/free-pamphlets](http://www.ibreastfeeding.com/free-pamphlets)
- Academy of Breastfeeding Medicine [www bfmed.org](http://www.bfmed.org) (also offers free educational podcast on itunes)
- Centers for Disease Control and Prevention [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding) (crib cards, AHRQ report)
• Growth Charts  
  www.cdc.gov/growthcharts/whoCharts.html
• Diaper Recording Logs (English and Spanish)  
• Speak-Up: What you need to know about breastfeeding from The Joint Commission  
  http://www.jointcommission.org/speakup_breastfeeding/

• For purchase  
  o www.noodlesoup.com  
  o www.childbirthgraphics.com  
  o www.healthed.cc  
  o www.babygooroo.com  
  o www.breastfeedingmaterials.com
• Books, AV materials, videos, brochures  
  o Childbirth Graphics/WRS Group  
    www.childbirthgraphics.com
  o Hale Publishing  
    www.ibreastfeeding.com
  o LactNews Press  
    www.breastfeedingmaterials.com
  o Low-cost videos in English and Spanish  
    www.dshs.state.tx.us/wichd/bf/videos.shtm

• Materials in Other Languages  
  o Philadelphia Department of Public Health  
    www.phila.gov/health/MCFH/BreastfeedingPromotion.html
  o Lancaster General Women and Babies Hospital  
    http://www.lancastergeneralhealth.org/LGH/Our-Services/WomensHealth/Maternity-Services/Maternity-Care/Care---Support/Breastfeeding-Education-Resource.aspx
  o Baby-Friendly UK  
    www.babyfriendly.org.uk/parents/byb.asp
  (Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)
  o Breastfeeding Taskforce of Greater Los Angeles (Spanish)  
    www.breastfeedingtaskforla.org/resources/forparents/flyersbrochures.htm
  o Culture Clues  
    http://depts.washington.edu/pfes/cultureclues.html
  o www.ethnomed.org “Integrating cultural information into clinical practice.”
  o Massachusetts Breastfeeding Coalition  
    http://massbfc.org

General breastfeeding information for parents:

• 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.
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!

This website packs in a variety of breastfeeding and parenting articles, funny stories from moms, and comics on the subject of breastfeeding. The site also contains the Breastfeeding Answer Center, a national directory of Lactation Consultants, and online shopping for breastfeeding and baby products.

Promotion of Mother's Milk, Inc.
Articles and fun facts about breastfeeding, including their "101 Reasons to Breastfeed." Included are the "3-Minute Activist," which gives readers prewritten letters to send to praise or criticize the media for its portrayals of breastfeeding, and the "Gallery," which includes fine art, photos and clip art.

While ivillage does have quite a few ads, it also offers virtual mother-to-mother support on their message boards and some excellent breastfeeding articles. The search feature will help you locate information.

The website for the International Lactation Consultant Association has a Find a Lactation Consultant feature to help you find a Lactation Consultant near you.

Use search feature to find articles about nursing twins and higher order multiples.

Use search feature to find articles about nursing twins and higher order multiples.

Use search feature to find articles about nursing twins and triplets.

Use search feature to find articles about nursing and pumping for preterm babies.

This link takes you to an article written by Lactation Consultant Nancy Mohrbacher called Breastfeeding the Preterm Baby. Note Ameda is a breast pump manufacturer.

Information as well as mother-to-mother support for women struggling with milk supply issues.

Information and support for mothers who wish to breastfeeding after breast or nipple surgery.

Inducing Lactation
o www.asklenore.com A resource for those who are expanding their families by adoption, surrogacy or pregnancy, with lots of 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).

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

- Workplace Breastfeeding Information:
  o Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA)
    http://www.dol.gov/whd/regs/compliance/whdfs73.pdf
  o www.dol.gov/wecanhelp/howtofilecomplaint.htm
    How to file a complaint when an employer does not provide accommodations for nursing employees.
  o Workplace Flexibility 2010 www.workplaceflexibility2010.org

  o The Business Case for Breastfeeding
    http://ask.hrsa.gov/detail.cfm?PubID=MCH00250%recommended=1
  o www.workandpump.com Internet home for information about breastfeeding for working moms.
  o 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.”
  o California Perinatal Quality Care Collaborative

- Research Publications and Sites:
  o Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries
    www.ahrq.gov/clinic/tp/brfouttp.htm
  o Childbirth Connection (formerly Maternity Center Association)
    www.childbirthconnection.org Free downloads, including the Milbank Report and the Listening to Mothers survey
  o The Cochrane Collaboration www.cochrane.org
  o Human Lactation Research Group, University of Western Australia
  o PubMed (articles) www.pubmed.gov
  o S.O.F.T. A hospital practice to increase breastfeeding initiation.
    www.llu.edu/llumc/psn/soft.html

- Streaming Videos for Teaching
Initiation of Breastfeeding and Skin to Skin [http://breastcrawl.org/video.htm](http://breastcrawl.org/video.htm), [http://mystfx.ca/InfantSkinToSkinContact/](http://mystfx.ca/InfantSkinToSkinContact/)

Video clips by Jack Newman, MD [www.drjacknewman.com](http://www.drjacknewman.com); Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release and latching


[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com) Animated latch video as well as newborn doing “breast crawl” from UNICEF India.

[http://newborns.stanford.edu/Breastfeeding/](http://newborns.stanford.edu/Breastfeeding/) A gift to the breastfeeding community from Stanford University Hospital. 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 5-7 day-old babies called “Is Breastfeeding Going Well,” and more.

[http://www.youtube.com/watch?v=m5Rlcak98Yg&feature=youtube_gdata_player](http://www.youtube.com/watch?v=m5Rlcak98Yg&feature=youtube_gdata_player) C-birth with baby going skin-to-skin with mother at birth

Teaching paced bottle-feeding [http://www.youtube.com/watch?v=UH4T70OSzGs](http://www.youtube.com/watch?v=UH4T70OSzGs)


• Streaming Videos for Parents
  (in English, Chinese, French, Punjabi, Spanish, Urdu and Vietnamese)
  - [http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm#prettyPhoto](http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm#prettyPhoto)


• Postpartum Depression
  - Dr. Katherine-Kendall Tackett [www.UppityScienceChick.com](http://www.UppityScienceChick.com)
  - Postpartum Depression Support Network 215 481 4104

• Premature Infants
  - 10 steps for breastfeeding premature infants [www.med.umich.edu/nursing/holden/lactationpremie.htm](http://www.med.umich.edu/nursing/holden/lactationpremie.htm)

• Pennsylvania Organizations
Pennsylvania Breastfeeding Awareness and Support Program
  www.health.state.pa.us/breastfeeding

Pennsylvania Breastfeeding Coalition
  www.pabreastfeeding.org

Pennsylvania Resource Organization for Lactation Consultants
  www.prolc.org

Pennsylvania Mid-State Lactation Coalition
  www.PAMILC.lactation@gmail.com

Western Pennsylvania Lactation Consultant Association
  http://wplca.net

South Central Pennsylvania Lactation Consultant Assoc: Nurture Genny Whitehaus

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
    www.cdc.gov/breastfeeding
  - U.S. Department of Health and Human Services
    www.womenshealth.gov/breastfeeding
  - Healthy People 2020
    www.healthypeople.gov/HP2020
  - 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
  - WIC/Food & Nutrition Services
    www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding_educational.html
  - National Breastfeeding Center
    www.nbfcenter.com

- **International Organizations**
  - UNICEF
    www.unicef.org
  - World Health Organization (WHO)
    www.who.int/topics/breastfeeding/en

- **Medical Organizations and Billing**
  - Academy of Breastfeeding Medicine (ABM)
    www.bfmed.org
  - American Academy of Pediatrics (AAP)
    www.aap.org/breastfeeding
  - Billing Codes:
    www.icd9coding1.com/flashcode/home.jsp

- **On-Line College Education in Lactation**
Maternal-Child Health: Union Institute and University, Lactation Consulting, BS

Lactation Consulting, MA  www.myunion.edu/academics/master-of-arts/health.html

Training in the use of the growth charts recommended for use by the AAP

Learning Objectives: At the conclusion of the training, you will be able to
Discuss recommendations for using the WHO growth charts.
Describe attributes of a growth reference versus a growth standard.
Describe the differences between WHO and CDC growth charts for infants and young children aged 0-2 years.
Discuss the effect of infant feeding on growth.
Identify issues to consider when interpreting WHO growth charts.

Breastfeeding organizations and advocacy groups

- www.Breastfeeding.com, A wealth of information including videos about promoting, protecting and supporting breastfeeding
- Healthy Children www.healthychildren.org
- International Lactation Consultant Association www.ilca.org
- United States Lactation Consultant Association www.uslca.org
- La Leche League International (LLL) www.llli.org
- International Board of Lactation Consultant Examiners (IBCLE): www.iblce.org/
  - Provides information on how to become a board certified lactation consultant (IBCLC)
- World Alliance for Breastfeeding Action: www.waba.org.my/
- Bright Future Lactation Resource Center: www.bfrlc.org/ (Lists many other links.)
- National Breastfeeding Center 855-777-6232 www.nbfcenter.com
  - For corporations: Assistance to implement an employee breastfeeding program
  - For physician offices: Information to support breastfeeding mothers in your practice

- Best for Babes www.bestforbabes.org
- Ban the Formula Marketing Bags www.banthebags.org
- National Alliance for Breastfeeding Advocacy www.naba-breastfeeding.org
- World Alliance for Breastfeeding Action www.waba.org.my
HUMAN MILK BANKS (sources of donor human milk)

CALIFORNIA
Mothers' Milk Bank
751 South Bascom Ave
San Jose, CA 95128
Phone (408) 998-4550
FAX (408) 297-9208
milkbank@hhs.co.santa-clara.ca.us

COLORADO
Mothers' Milk Bank at Presbyterian St. Luke's Medical Center
1719 E. 19th Ave
Denver, CO 80218
Phone (303) 869-1888
FAX (303) 869-2490
Laraine.Lockhart-Borman@healthonecares.com

INDIANA
Indiana Mothers’ Milk Bank, Inc.
4755 Kingsway Drive, Suite 120
Indianapolis, IN 46205
Phone (317) 536-1670
Toll-free 1 (877) 829-7470
FAX (317) 536-1676
jorourke@immb.org

IOWA
Mother's Milk Bank of Iowa
Department of Food and Nutrition Services
University of Iowa Hospitals and Clinics
University of Iowa at Liberty Square
119 2nd Street, Suite 400
Coralville, IA 52241
Phone: (319)356-2652
FAX (319)384-9933
jean-druulis@uiowa.edu

MICHIGAN
Bronson Mothers’ Milk Bank
601 John Street
Suite N1300
Kalamazoo, MI 49007
Phone (269) 341-8849
FAX (269) 341-8918
Duffc@bronsonhg.org

MISSOURI
Heart of America Mothers’ Milk Bank
At Saint Luke's Hospital
4401 Wornall Rd.
Kansas City, MO 64111
Phone: (816)932-4888
kcmilkbank@stlukes.org

NEW ENGLAND
Mothers’ Milk Bank of New England
225 Nevada Street Room 201
Newtonville, MA 02460
Phone: 617-527-6283
Fax: 617-527-1055
info@milkbankne.org

NORTH CAROLINA
WakeMed Mothers' Milk Bank and Lactation Center
3000 New Bern Ave
Raleigh, NC 27610
Phone (919) 350-8599
FAX (919) 350-8923
suevans@wakemed.org
MBradshaw@wakemed.org

OHIO
Mothers’ Milk Bank of Ohio
Grant Medical Center at Victorian Village Health Center
1087 Dennison Avenue
Columbus, OH 43201
Phone (614) 544-0810
Phone (408) 998-4550
FAX (408) 297-9208
gmorrow@ohiohealth.com

OKLAHOMA
Oklahoma Mother's Milk Bank Inc.
901 N Lincoln Blvd. Suite #330
Oklahoma City, OK 73104
www.okmilkbank.org
405-297-LOVE

OREGON
Northwest Mothers Milk Bank (developing)
417 SW 117th Avenue
Portland, OR 97232
info@nwmmmb.org

TEXAS
Mothers’ Milk Bank at Austin
2911 Medical Arts St. Suite 12
Austin, TX 78705
Phone (512) 494-0800
Toll-free 1 (877) 813-MILK (6455)
FAX (512) 494-0880
info@milkbank.org

Mothers’ Milk Bank of North Texas
1300 W. Lancaster Suite 108
 Ft. Worth, TX 76102
Phone (817) 810-0071
Toll-free 1 (866) 810-0071 FAX (817) 810-0087
info@TexasMilkBank.org