



Finger Lakes
Breastfeeding Partnership

Breastfeeding Resources

I N T H E F I N G E R L A K E S R E G I O N

Baby Cafés & Bistros

A Baby Café or Bistro is a free resource for pregnant and breastfeeding mothers to get support from specifically-trained staff and to share experiences with other moms.

Locations:

- ◆ **Child & Family Resource Center**
514 South Main Street, Canandaigua NY (585) 919-2476
1st & 3rd Wednesday of every month, 10:00 am—11:30 am
- ◆ **Penn Yan Library**
214 Main Street, Penn Yan NY (315) 536-6114
Every Thursday, 9:30 am—11:00 am
- ◆ **Park Presbyterian Church**
110 Maple Court, Newark, NY (315) 946-5749
Every Thursday, 10:00 am-12:00 pm
- ◆ **The Dormann Library**
101 West Morris Street, Bath, NY (607) 664-2438
Every Friday, 9:00 am—10:30 am
- ◆ **Elmira Family Resource Center**
650 Baldwin Street, Elmira, NY (607) 737-2899
3rd Thursday of every month, 12:00 pm — 1:00 pm
- ◆ **Dansville Library**
200 Main Street, Dansville, NY (585) 243-7299
Every Monday 10:15 am — 12:15 pm

Community

Breastfeeding Support

WIC

Chemung & Schuyler Counties:
(607) 737-2039

Livingston County:
(585) 243-7530

Ontario, Wayne, Seneca & Yates
Counties: (585) 394-9240

Steuben County:
(607) 776-2125 ext. 220

La Leche League

*Mother to Mother Breastfeeding
Support Groups:*

**Finger Lakes Area: Maureen
Weidman (315) 548-7980**

**Canal Town: Scarlett Miles
(315) 597-5426**

Find a group in your area:
<http://www.llnny.org/>

Child and Family Resources

Ontario County: (585) 919-2476
ext.2506

Yates County: (315) 536-1134

**Family & Resource Center (CCE
Schuyler)**

Schuyler County: (607) 535-7161

Home Visits:

Community health workers, nurses and/or Certified Lactation Counselors are available to make free health educational home visits.

Call your local Public Health
Department:

◆ **Chemung County:**
(607) 737-2899

◆ **Livingston County:**
(585)243-7299

◆ **Ontario County:**
(585) 396-4343

◆ **Seneca County:**
(315) 539-1920

◆ **Schuyler County:**
(607) 535-8140

◆ **Steuben County:**
(607) 664-2438

◆ **Yates County:**
(315) 536-5160

◆ **Wayne County:**
(315) 946-5749



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IN THE FINGER LAKES REGION

Check With Your Local Hospital or Birth Center

◆ Birthing Units

Arnot Ogden Medical Center:

(607) 735-5717

Cayuga Medical Center:

(607) 274-4408

The Birthing Center at Thompson Hospital:

(585) 396-6260 or (585) 396-6295

Rochester General Hospital Women's Care Unit:

(585) 922-4062

Strong Beginnings Birthing Center at

URMC Strong Memorial Hospital:

(585) 275-9575

Highland Hospital's Family Maternity Center:

(585) 341-6808

Newark—Wayne Community Hospital

(Rochester General Health):

(315) 332-2230

Noyes Memorial Hospital:

(585) 335-4246



Internet Breastfeeding Resources:

New York State Department of Health

<http://www.health.ny.gov/community/pregnancy/breastfeeding/>

Office of Women's Health, U.S. Department of Health and Human Services

<http://www.womenshealth.gov/breastfeeding/>

Breastfeedingpartners.org

www.breastfeedingpartners.org

La Leche League International

www.llli.org

United States Department of Agriculture, WIC

<https://wicworks.fns.usda.gov/>

Breast Pump Providers

Nu-Life Medical Equipment

585-672-5105 (Fairport)

Quinlan Medical Supply

585-394-2303 (Canandaigua)

The Medicine Shoppe Pharmacy

585-396-9970 (Canandaigua)

Westside Medical Supply

585-227-8750 (Rochester)