

Breastfeeding Support Resources

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See list of private practice lactation consultants and consults by appointment below	<p>10:30am-12:30pm Holyoke Breastfeeding Resource Center @ Holyoke Health Ctr (free, drop-in, open to all)</p> <p>See list of private practice lactation consultants and consults by appointment below</p>	<p>12:00-2:00pm Mercy Medical Center, lactation consultations, Springfield (free, appt recommended, open to all)</p> <p>1:00-3:00pm Holyoke Breastfeeding Resource Center @ Holyoke Health Ctr (free, drop-in, open to all)</p> <p>See list of private practice lactation consultants and consults by appointment below</p>	<p>9:30-11:30am Northampton Area Pediatrics Breastfeeding Support Group, Amherst office (free, drop-in, open to all)</p> <p>9:30-11:00am Nursing Mothers' Council @ the Jones Library, Amherst, 3rd Weds monthly (free, drop-in, open to all)</p> <p>11:00-12:00 Franklin Medical Center Breastfeeding Support Group, Greenfield (free, drop-in)</p> <p>1:00-2:00pm Baby Café @ Mercy Medical Center, Springfield (free, drop-in, open to all)</p> <p>1:00-2:00pm Baystate Lactation Services, Wesson Women's Clinic (free, open to all)</p> <p>2:45-4:45pm Holyoke Breastfeeding Center @ Holyoke Health Center (free, drop-in, open to all)</p> <p>7:00-8:00pm La Leche League Meeting @ 328 N. Main St, E. Longmeadow 4th Wednesday monthly (free, drop-in, open to all)</p>	<p>11:30-12:30 pm Cooley Dickinson Hospital, Northampton, Breastfeeding Support Group (free, drop-in, open to all)</p> <p>12:00-2:00 pm Mercy Medical Center, lactation consultations, Springfield (free, appt recommended, open to all)</p> <p>See list of private practice lactation consultants and consults by appointment below</p>	<p>10:00am-12:00pm Holyoke Breastfeeding Resource Center @ Holyoke Health Ctr (free, drop-in, open to all)</p> <p>10-11:30am La Leche League Meeting Cooley Dickinson Midwifery Center, Northampton, 1st Friday monthly (free, drop-in, open to all)</p> <p>6:30pm Breastfeeding USA at the Belchertown Family Center, 2nd Friday monthly (free, drop-in, open to all)</p> <p>See list of private practice lactation consultants and consults by appointment below</p>	<p>10:00-11:00am Springfield North WIC Breastfeeding Group, 1st Saturday of the month, (free, drop-in, WIC participants only)</p> <p>See list of private practice lactation consultants and consults by appointment below</p>

Private Practice Lactation Consultants/Consults by Appointment

Baystate Medical Center - Wesson Birthing Center, Springfield (413) 794-5312
The Birthplace at Baystate Franklin Medical Center, Greenfield (413) 773-2359
Mercy Medical Center - Family Life Center, Springfield (413) 748-7262
The Birthing Center at Holyoke Hospital, Holyoke (413) 534-2700
Cooley Dickinson Hospital's Childbirth Center, Northampton (413) 582-2096

Lori Leistyna: (413) 992-8107

Sarah Nacewicz: (413) 454-5775/newbornconsultingservices.com

Kissy Mathewson: (413) 237-8505

Judy Hatch: (413) 566-3635

Lex Beach: (413) 230-1631/milkweedbaby.org

Insurance-Covered Breast Pumps & Breastfeeding Support:

Vital Milk 1-855-414-MILK

VITALMILK.COM

Phone Help Western Massachusetts WIC Programs :

Berkshire North WIC: (413) 445-9429

Berkshire South WIC: (413) 528-0457

Franklin/Hampshire/North Quabbin WIC: (413) 376-1160

Greenfield WIC **Warmline:** (413) 376-1170

Holyoke Chicopee WIC: (413) 534-2460, **Warmline:** (413) 537-0596

Orange WIC **Warmline:** (413) 475-1773

Springfield North WIC: (413) 737-8868

Springfield South WIC **Warmline:** (413) 505-9434

24/7 La Leche League Hotline: (877) 4-LA LECHE

Northampton La Leche League leaders: Lauren (413) 341-3233;

Meg (413) 570-0684; Mishaela (413) 665-3890; Dina (413) 297-8980;

Paris (413) 687-2048; Lori (413) 992-8107 (phone help only)