

Breastfeeding Support Resources



Seven Days a Week! Please refer to the list of local hospital & private practice support services

Monday

- HOLYOKE: Breastfeeding Resource Center at the Holyoke Health Ctr., 11am -12:30 pm
For more info, please call: (413) 420-2862

Tuesday

- HOLYOKE: Breastfeeding Resource Center at the Holyoke Health Ctr., 9:30am -12pm
For more info, please call: (413) 420-2862
- GREENFIELD: Nursing Mothers' Council Meeting at Vital Milk, 9:30-11am (16 Chapman St-1st Tuesday of each month)
For more info, please call: (413) 695-4128 or visit vitalmilk.com

Wednesday

- AMHERST: Support group at Northampton Area Pediatrics, 9:30 am - 11am (170 University Drive, Suite 101)
For more info please call: (413) 584-8700 or visit napeds.com
- GREENFIELD: Support Group at Franklin Medical Center, 11am - 12:pm. For more info, please call: (413) 773-2359.
- SPRINGFIELD: Support Group at Baystate Lactation Services, 1pm – 2pm For more info, please call: (413) 794-5312
- PALMER: Support Group at Palmer/Monson Family Network, 10am-11am (4 Springfield St. Three Rivers)
For more info, please call: (413) 283-6246
- BELCHERTOWN: Support Group at Belchertown Family Ctr., 11:30am-12:30pm (51 State St.) For more info, please call: (413) 835-5201

Thursday

- NORTHAMPTON: Support Group at Cooley Dickinson Hospital, 11:30 -12:30pm (Childbirth Center Conference room)
For more info, please call: (413) 582-2096
- NORTHAMPTON: Support Group at Northampton Area Pediatrics, 5pm -7pm (193 Locust Street)
For more info, please call: (413) 584-8700 or visit napeds.com
- SPRINGFIELD: Mommy & Me Support Group at Mercy Medical Center, 11am-12pm (Weldon Building, room 204).
For more info, please call the Childbirth and Parenting Education Department at (413) 748-7272.

Friday

- HOLYOKE: Breastfeeding Resource Ctr. at the Holyoke Health Ctr., 9:30am-11:30am For more info, please call: (413) 420-2862
- NORTHAMPTON: La Leche League Meeting at Cooley Dickinson Midwifery Ctr., 10am-11:30am (Community Rm-1st Fridays of each month) For more info, please call: (413)297-8980

Saturday

- SPRINGFIELD: Support Group at Springfield North WIC, 10am-11am (1st Saturday of each month - Open to WIC participants ONLY)
For more info, please call:(413) 737-8868
- SPRINGFIELD: Support Group at Wesson Women's Clinic, 11am-1pm (2nd Saturday of the month)
For more info, please call: (413) 794-5307

Local Hospital & Medical Group Lactation Support Services:

Baystate Medical Center.....	(413) 794-5312
Baystate Franklin Medical Center.....	(413) 773-2359
Cooley Dickinson.....	(413) 582-2096
Holyoke Hospital Holyoke.....	(413) 534-2700
Mercy Medical Center.....	(413) 748-7262
The Breastfeeding Center.....	(413) 598-7770

Private Practice Lactation Support:

Eileen Stewart, RN IBCLC.....	(413) 209-2984
Helen Korczak, CLC.....	(413) 777-8753
Kate Hartshorne, RN, BSN, IBCLC.....	(413) 387-7885
Lex Beach, IBCLC.....	(413) 230-1631
Lisa Fortin, IBCLC.....	(413) 369-4154
Nora Lynn Holland, RN, IBCLC.....	(413) 222-8779
Rachel Baker, CLC.....	(774) 279-1863
Sarah Nacewicz, IBCLC.....	(413) 454-5775

Breast Pumps:

Our local hospitals provide hospital-grade breast pumps, e.g., Medela's Symphony®, for inpatient use and offer rentals pumps for home use.

Vital Milk supplies insurance-covered breast pumps...1-855-414-MILK

Please visit the following organization's websites to obtain a list of our local leader's names and contact information:

La Leche League.....	lilli.org
Breastfeeding USA.....	breastfeedingusa.org
Nursing Mothers' Council Leaders.....	bace-nmc.org

Phone Help:

Springfield South WIC warmline.....	(413) 505-9434 & (413) 505-9203
Chicopee/Holyoke WIC warmline.....	(413) 537-0596
Orange WIC warmline.....	(413) 475-1773
Greenfield WIC warmline.....	(413) 376-1170
Amherst/Northampton WIC warmline.....	(413) 387-1273
24/7 La Leche League hotline.....	1-877-4-LA LECHE
Cooley Dickinson warmline.....	(413) 582-2096
Mercy Medical Center warmline.....	(413) 748-7262