

Breastfeeding Support Resources



Monday

- Please refer to the list of local hospital & private practice support services

Tuesday

- NORTHAMPTON: Support Group at Cooley Dickinson Hospital, 9:30 -10:30am (Childbirth Center Conference room) For more info, please call: (413) 582-2096
- AMHERST: Nursing Mothers' Council Meeting at Vital Milk, 9::300-11am (13 Montague Rd 1st Tuesday of each month) For more info, please call: (413) 284-4993 or visit vitalmilk.com

Wednesday

- AMHERST: Support group at Northampton Area Pediatrics, 9:00am – 11:00am (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, 9:30-10:30 (4 Springfield St. Three Rivers) For more info, please call: (413) 283-6246

Thursday

- 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

- 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 each month) For more info, please call: (413) 794-5307

Holyoke Health Center Patients: Please call 413-420-2862 to speak with a Certified Lactation Counselor

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.....(646) 260-5595
 Nora Lynn Holland, RN, IBCLC.....(413) 222-8779
 Rachel Baker, CLC.....(774) 279-1863
 Sarah Nacewicz, IBCLC.....(413) 454-5775
 Gabrielle Hathaway MS, IBCLC:.....(508) 237-8786

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

La Leche League.....llli.org

Breastfeeding USA.....breastfeedingusa.org
 Nursing Mothers' Council Leaders..... bace-nmc.org

Phone Help:

Springfield South WIC warmlne*....(413) 505-9434 & (413) 505-9203
 Chicopee/Holyoke WIC warmlne*.....(413) 537-0596
 Orange WIC warmlne*.....(413) 475-1773
 Greenfield WIC warmlne*..... (413) 376-1170
 Amherst/Northampton WIC warmlne*.....(413) 387-1273
 24/7 La Leche League hotline.....1-877-4-LA LECHE
 Cooley Dickinson warmlne.....(413) 582-2096
 Mercy Medical Center warmlne.....(413) 748-7262
 * Support for WIC participants ONLY (To apply for WIC, call the WIC clinic closest to you or (800) 942-1007 to make an appointment)

Breast Pumps:

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

Local durable medical equipment suppliers that provide insurance-covered breast pumps include:

Vital Milk1-855-414-MILK
 Agawam Medical Supply.....(413) 593-5555