

LACTATION SUPPORT RESOURCES

FREE* Prenatal & Postpartum Lactation Support Consultations are available.

TO SCHEDULE AN APPOINTMENT, PLEASE CALL:

Baystate Medical Ctr: 413-794-5312

Baystate Franklin Medical Ctr: 413-773-2359

Mercy Medical Ctr: 413-748-7262

Mass General Brigham Cooley Dickinson Hospital: 413-582-2096

Seven Sisters Midwifery & Community Birth Ctr: 413-727-3548

* 100% covered by health insurance and/or no cost

GROUP SUPPORT

Tuesdays: AMHERST

NMC Monthly Support
Group at Vital Milk, 1st
Tuesday of the month
9:30-11am.

For more info, please call:
413-284-4993

Wednesdays: VIRTUAL

Question/Answer Session
w/Baystate Medical Ctr,
1pm-2pm.

For more info, please call:
413-794-5155

Support Group w/ Franklin
Medical Center, 11am.

For more info, please call:
413-773-2331

PRIVATE PRACTICE

Lo Nigrosh, IBCLC: 413-230-7516

Lisa Fortin, IBCLC: 646-260-5595

PHONE SUPPORT

24/7 La Leche League hotline:

1-877-4-LA LECHE

Holyoke-Chicopee WIC: 413-534-2460

Franklin/Hampshire/North Quabbin

WIC: 413-376-1160

Springfield North WIC: 413-737-8868

Springfield South WIC: 413-693-1029

WEB SUPPORT

La Leche League: LLLMARIVT.ORG

Nursing Mothers' Council: BACE-NMC.ORG

ZIPMILK.ORG

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 is a local insurance-covered
breast pump supplier

1-855-414-MILK

VITALMILK.COM