

# Southampton Breastfeeding Resources

\*Indicates that the organization offers free or reduced cost resources. Individuals who may have difficulty affording services should contact their local Women, Infants, and Children (WIC) office to determine eligibility for their services.

## Breastfeeding Counseling Providers

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### Suffolk County Department of Health WIC Locations \*

WIC [Website](#)

- **HRHCare Kraus Family Health Center** – Southampton, NY | 631-268-1020
- **HRHCare Riverhead Health Center County Center Building, Second Floor Room S251** – Riverhead, NY | 631-852-1811
- **HRHCare Marilyn Shellabarger Health Center**—Shirley, NY | 631-852-1025

### Allied Breastfeeding Support

- Information, free phone counseling, classes, home/office visits
- Contact: 1-866-621-2769, press 2, then press 1 for New Hyde Park Office visits, 2 for Riverhead Office visits, 3 for phone line lactation support
- [www.alliedbreastfeeding.com](http://www.alliedbreastfeeding.com)
- [lactationconsultant@alliedphysiciansgroup.com](mailto:lactationconsultant@alliedphysiciansgroup.com)

### Long Island Lactation Consultant Association

- Lactation consultant contact information, breastfeeding support groups
- [www.lilca.org](http://www.lilca.org)

### Long Island Doula Association \*

- Contact: 631-574-2205 | [info@lidoulas.com](mailto:info@lidoulas.com)
- Doula services, breastfeeding support, and childbirth education classes
- LIDA has a Families in Crisis Fund that helps those with limited resources access their services
- [www.lidoulas.com](http://www.lidoulas.com)

### New York Lactation Consultants Association

- Find a lactation consultant for home visits, office visits, breastfeeding groups, prenatal classes
- More details are available on their [website](#).

## Breastfeeding Education Classes

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### Cornell University Cooperative Extension\*

- Classes are available in English and Spanish as part of their nutrition curriculum. CCE also offers many different classes and educational opportunities for families about health, nutrition, and your local environment.
- <http://ccesuffolk.org/>
- Contact: Victoria Guadron | [vg43@cornell.edu](mailto:vg43@cornell.edu) | 631-824-6696

### Allied Breastfeeding Medicine\*

- Classes are located at Peconic Pediatrics and Breastfeeding Medicine, offered on a variable schedule
- Contact for more information: [lactationconsultant@alliedphysiciansgroup.com](mailto:lactationconsultant@alliedphysiciansgroup.com) | 631-722-8880
- Cost: Free

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BRFFF@northwell.edu](mailto:BRFFF@northwell.edu)

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## Local Hospitals and Medical Centers

### Southampton Hospital\*

- Contact: Maternity Center | 631-726-8630
- Classes are once a month on Tuesdays, schedule is available at [website](#).
- Cost: Free

### Stony Brook Breastfeeding Class \*

- Contact: 631-444-2201, registration is required
- Classes on the first Wednesday of every month, 7:00pm
- Cost: Free

## Breastfeeding Support & Peer Counseling

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### La Leche League USA Breastfeeding Helpline

- Helpline for mothers with breastfeeding questions, 24/7
- 1-877-452-5324
- English and Spanish

### Breastfeeding Warmline Phone Support

- Allied Breastfeeding Support: call for timely advice and referrals
- 1-866-621-2769, press 2 then 3 to speak to the lactation consultant

### National Breastfeeding Helpline

- The US Office on Women's Health phone line, Mon-Fri; 9AM-6PM EST
- 800-994-9662
- English and Spanish

### InfantRisk Center Helpline

- Gives up-to-date information on the use of medications during pregnancy and breastfeeding
- 806-352-2519
- English and Spanish

## BREASTFEEDING SUPPORT GROUPS

### La Leche League of North Shore

- Monthly Meetings on the 4<sup>th</sup> Monday of the month from 8-10pm in East Setauket
- Please see [Facebook](#) Group for more details.

or email: [northshorelalecheleague@gmail.com](mailto:northshorelalecheleague@gmail.com)

### Stony Brook Hospital

- Setauket, NY | 631-444-7650
- Weekly meetings Mondays from 6:30-8:00pm
- See [website](#) or [Facebook](#) for more details.

### La Leche League of Southampton

- Monthly meetings at Peconic Bay Medical Center (3<sup>rd</sup> Saturday of the month, 10:00am) and Southampton Hospital (1<sup>st</sup> Friday of the month, 10:30am), see [Facebook](#) page for more details, including dates of breastfeeding groups.
- Contact: 631-653-0351 or [LLLofSouthampton@gmail.com](mailto:LLLofSouthampton@gmail.com)

This list was developed with the help of the **Long Island Lactation Consultants Association**. Please check their [website](#) for updates.

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Contact: [BRFE@northwell.edu](mailto:BRFE@northwell.edu)

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## Breastfeeding Referral

### Suffolk Perinatal Coalition

- Patchogue, NY
- 631-475-5400
- [www.spcbabies.org](http://www.spcbabies.org)

### Suffolk County WIC Program Administrative Office

- 631-853-3014

## Directory of Lactation Consultants

This list is not an endorsement for any individual. The BFREE team has only contacted each individual and confirmed their information and certification.

### Suffolk County International Board Certified Lactation Consultants (IBCLC)

- Wendi Andria, RNC-OB, IBCLC  
Islip, NY 631-707-6598  
Private Lactation
- Deborah Bouchard RN, IBCLC, RLC  
[Allied Physicians Group, PLLC](#)  
Riverhead, NY (631) 722-8880  
Call for: Office visits (can be covered by insurance)
- Jennifer Giordano, MS, APRN, FNP, IBCLC  
[Latch with Love, INC](#)  
Setauket, NY (631) 255-8234  
[rnjenn72@optonline.net](mailto:rnjenn72@optonline.net)  
Call for: Home visits, office visits, pump rentals, postpartum depression support group
- Danielle Joesph-McKay, LCCE, CCE, IBCLC  
(631) 572-8916, Nassau and Suffolk  
Home visits, free phone support
- Jeanne Rosser, IBCLC  
Amityville, NY (516) 449-8776  
Nassau/Suffolk  
[West Suffolk Lactation Consultants](#), [Allied Physicians Group](#)  
Call for: Home visits, office visits (insurance accepted)  
[lactationconsultant@alliedphysiciansgroup.com](mailto:lactationconsultant@alliedphysiciansgroup.com)
- Jennifer Shaer MD, IBCLC, FABM  
Lisa Visentin MD, IBCLC  
Peconic Pediatrics and Breastfeeding Medicine  
Allied Physicians Group  
34 Commerce Dr. suite 2  
Riverhead, NY 11901  
631-722-8880  
[www.peconicpediatrics.com](http://www.peconicpediatrics.com)
- Susan Silberger, BA, IBCLC, RLC  
[Oak Leaf Lactation](#)  
Nassau/Suffolk (516) 650-1634  
Home/Office Visits, Classes, some insurance accepted
- Joan Benken, IBCLC  
Work: 631-548-6290  
Home: 631-765-5619, [rncjmb@aol.com](mailto:rncjmb@aol.com)  
Call for: home visits in Eastern Suffolk
- Christine Pfundstein, RN, CCE, IBCLC  
Suffolk (516) 521-2038 or email  
[childbirthRN@verizon.net](mailto:childbirthRN@verizon.net)  
In-home lactation visits, childbirth & CPR classes  
[www.childbirthRN.com](http://www.childbirthRN.com)

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Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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# Southampton Breastfeeding Resources

## Pump Rental

Call the number on the back of your insurance card and ask how to get a breast pump. The Affordable Care Act requires that all insurances provide families with a breast pump.

Hospitals and other care providers, including many of those listed above have access to breast pumps for rent. Ask any of them for information or visit the following websites:

### [Medela Breast Pumps](#)

- Choose your insurance (e.g. "NYS Medicaid") and "New York" to see options

### [Ameda Breast Pumps](#)

- Website provides information and allows you to search for supply stores near you

[Better Living Now](#) and [Hampton Homecare](#) also supply these breast pump brands with the option of going through insurance.

## Milk Banking

Long Island has several milk banks where mothers can donate or receive breast milk. Visit the New York Milk Bank's [website](#) or call one of the Milk Depots on Long Island for more information:

### **Macaluso Medical**

1575 Hillside Avenue Ste.  
New Hyde Park, NY 11040  
516.498.2300

### **Peconic Pediatrics and Breastfeeding Medicine**

34 Commerce Drive, Ste. 2  
Riverhead, NY 11901  
631.722.8880



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