



# Broome & Tioga County Breastfeeding Resource Guide

[www.southerntierbreastfeeds.org](http://www.southerntierbreastfeeds.org)

## Broome County Health Department

### Maternal Child Health & Development

**Kathy Marsh PHN, CLC 607-778-2856**

Provides lactation counseling services by phone and in-home visits by appointment.

### Broome County WIC (WIC Participants Only)

**Patti Davies CLC 607-778-2845**  
**Peer Counselors 607-778-3904**

Provides support in-office 9 am-3 pm M-F and by phone everyday 8 am-10 pm, including weekends and holidays. Help with obtaining breast pumps from various resources for WIC participants.

## Tioga Opportunities, Inc. WIC Program

**Morgan Baker CLC**  
**Kathy Brace CLC**  
**Office 607-687-3147**

**Peer Counselors 607-972-3224 or 607-321-7738**

Provides lactation counseling services.  
Peer Counselors available 24/7 by phone.

## La Leche League of Greater Binghamton

**Lauren Hickey 607-427-3059**  
**proudmomma411@gmail.com**  
**Karina Martinez 631-897-5647**  
**LLL.KarinaM@gmail.com**

Monthly Support Groups are held in two locations. They are led by a mother who has breastfed her own babies and has been trained and accredited by La Leche League International to help breastfeeding mothers.

[www.LLLBinghamton.org](http://www.LLLBinghamton.org)

## Our Lady of Lourdes Hospital

**Barb Balaci RN, MS, IBCLC**  
**Laura Walker RNC, IBCLC**  
**607-798-5423**

Provides inpatient, outpatient and phone lactation consultant services regardless of birth hospital.

Outpatient visits by appointment  
BREAST PUMP RENTALS

## UHS Wilson Hospital

**Allison Smigiel RNC, IBCLC**  
**Beth McBride RN, IBCLC**  
**607-763-5306**

## UHS Physician Practices

**Chenango Bridge Pediatrics 607-648-6667**  
**Jennifer Woodford FNP-C, IBCLC**  
**UHS Primary Care JC 607-763-6075**

Telephone counseling and lactation services available by appointment for their patients.

## UHS Stay Healthy Center

**Karen Fedczuk RN, CLC**  
**607-763-5555**

Provides outpatient lactation services by appointment or by phone free of charge.

## Other Helpful Resources Include:

[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

[www.womenshealth.gov](http://www.womenshealth.gov)

[www.kellymom.com](http://www.kellymom.com)

[www.everymother.org](http://www.everymother.org)

These resources provide information about breastfeeding in general and going back to work