

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 Center, 11:00 am -12:30 pm (free, drop-in, open to all) For more information, please call: (413) 420-2862
- WEST SPRINGFIELD:** La Leche League Meeting at the West Springfield Public Library, 10:00-11:30 2nd Mondays of each month (free, drop-in, open to all) For more information, please call: (413) 531-4812

Tuesday

- HOLYOKE:** Breastfeeding Resource Center at the Holyoke Health Center, 9:30 am -12:00 pm (free, drop-in, open to all) For more information, please call: (413) 420-2862
- GREENFIELD:** Nursing Mothers' Council Meeting at Vital Milk 16 Chapman St., 9:30-11am, 1st Tuesday of each month. (free, drop-in, open to all) For more information, please call: 413-695-4128

Wednesday

- AMHERST:** Breastfeeding support group at Northampton Area Pediatrics (Amherst office 170 University Drive, Suite 101), 9:30 am - 11:30 am. (free, drop-in, open to all) For more information, please call: (413) 584-8700 or visit napeds.com
- GREENFIELD:** Breastfeeding Support Group at Franklin Medical Center, 11:00am - 12:00 pm. (free, drop-in, open to all) For more information, please call: (413) 773-2359.
- SPRINGFIELD:** Breastfeeding support group at Baystate Lactation Services, 1:00 pm – 2:00 pm (free, drop-in, open to all) For more information, please call: 413-794-5312
- SPRINGFIELD:** Baby Café at Mercy Medical Center, 10:30-2:00 pm. (free, drop-in, but appointment recommended) For more information, please call to confirm as the day and time of this meeting may change: (413) 748-7262

Thursday

- NORTHAMPTON:** Cooley Dickinson Hospital breastfeeding support group, 11:30 - 12:30pm in the Childbirth Center Conference room (free, drop-in, open to all) For more information, please call: (413) 582-2096
- NORTHAMPTON:** Breastfeeding support group at Northampton Area Pediatrics (Northampton office 193 Locust Street), 5:00 pm – 7:00 pm. (free, drop-in, open to all) For more information, please call: (413) 584-8700 or visit napeds.com

Friday

- HOLYOKE:** Breastfeeding Resource Center at the Holyoke Health Center, 9:30 am – 11:30 pm (free, drop-in, open to all) For more information, please call: (413) 420-2862
- NORTHAMPTON:** La Leche League Meeting at Cooley Dickinson Midwifery Center's Community Room, 10:00am-11:30am, 1st Fridays of each month (free, drop-in, open to all) For more information, please call: (413)297-8980

Saturday

- SPRINGFIELD:** Springfield North WIC Breastfeeding Group, 10:00am-11:00am, 1st Saturday of each month (free, drop-in, open to WIC participants) For more information, please call:(413) 737-8868

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
Lex Beach, IBCLC.....	(413) 230-1631
Lisa Fortin, IBCLC.....	(413) 369-4154
Nora Lynn Hollard, IBCLC.....	(413) 222-8779
Rachel Baker, CLC.....	(774) 279-1863
Sarah Nacewicz, IBCLC.....	(413) 454-5775
Kate Hartshorne, RN, BSN, IBCLC.....	(413)387-7885

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

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

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

Breast Pumps

Vital Milk.....1-855-414-MILK(6455)
Hospital grade (multi-user) breast pumps such as, Medela'sSymphony® Breastpump can be rented from local hospitals.