BREASTFEEDING RESOURCES

COMMUNITY-BASED ORGANIZATIONS

The African-American Breastfeeding Alliance (AABA)

Services Provided:

- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☑ Peer Counseling
- ☑ Support Group

Contact Position: New York Representative
Address: N/A
Telephone: (718) 909-0902
Hotline: (877) 532-8535
Beeper: N/A
Fax: N/A
Email: N/A
Website: http://www.aabaonline.com
Hours: 24 hours a day, 7 Days a week
Languages Spoken: English, Spanish, French
Serves: Nation-wide

Alianza Dominicana/Best Beginnings Program-Washington Heights Childbirth Prep Center

Services Provided:

- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☑ Peer Counseling
- ☑ Support Groups

Contact Position: Home Visiting Coordinator
Address: 2410 Amsterdam Ave., 3rd floor; New York, NY 10033
Telephone: (212) 923-5440
Hotline: N/A
Beeper: N/A
Fax: (212) 923-5509
Email: N/A
Website: http://www.alianzaonline.org
Hours: Monday-Thursday: 9am-8pm, Friday: 9am-5pm
Languages Spoken: English, Spanish
Serves: Harlem residents
La Leche League International (LLLI)

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Group

Contact Position: La Leche Leaders
Address: N/A
Telephone: Betsy-(212) 288-5179, Caren-(212) 535-1870, Fran-(212) 580-1365
Hotline: (212) 794-4687
Beeper: N/A
Fax: N/A
Email: N/A
Website: http://www.lalecheleague.org, http://www.lllmanhattan.com
Hours: Monday – Friday: 9am-5pm
Languages Spoken: English, Spanish
Serves: International

New York Breastfeeding Alliance, Inc. (NYCBA)

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

Contact Position: Executive Director
Address: P.O. Box 579; NY, NY 10030
Telephone: (646) 229-7029
Hotline: N/A
Beeper: N/A
Fax: N/A
Email: N/A
Website: http://www.nycbainc.org
Hours: 24 hours a day, 7 Days a week
Languages Spoken: English, Spanish
Serves: All 5 boroughs
BREASTFEEDING RESOURCES

Manhattan Lactation Group/New York Lactation Consultants Association (NYLCA)

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Group

Contact Position: Board Certified Lactation Consultant
Address: N/A
Telephone: (212) 252-8400
Hotline: N/A
Beeper: N/A
Fax: N/A
Email: N/A
Website: http://www.manhattanlactationgroup.com
Hours: Monday-Friday: 9:30am-5:30pm
Languages Spoken: English, French
Serves: All Manhattan residents

Real Birth

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

Contact Position: Office Manager
Address: 54 West 22nd Street, 2nd floor; NY, NY 10010
Telephone: (212) 367-9006
Hotline: N/A
Beeper: N/A
Fax: N/A
Email: N/A
Website: http://www.realbirth.com
Hours: Monday-Friday: 10am-6pm, Saturday: 10am-4pm
Languages Spoken: English
Serves: All 5 Boroughs
# BREASTFEEDING RESOURCES

## NEW YORK CITY HOSPITALS

### Harlem Hospital Center

<table>
<thead>
<tr>
<th>Services Provided:</th>
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<tbody>
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<td>☑ Breast Pump Sales and Rental</td>
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<tr>
<td>☑ Community Workshops</td>
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</tbody>
</table>

- **Contact Position:** Breastfeeding Coordinator
- **Address:** 506 Lenox Avenue, Rm. 4163; NY, NY 10037
- **Telephone:** (212) 939-4644
- **Hotline:** N/A
- **Beeper:** (212) 939-1000, ask to page Ms. Benjamin
- **Fax:** (212) 939-4628
- **Email:** Alison.benjamin@nychhc.org
- **Website:** N/A
- **Hours:** Monday-Friday: 7:30am-4pm
- **Languages Spoken:** English, Multi-lingual
- **Serves:** Patients and non-patients of Harlem Hospital Center

### Metropolitan Hospital Center

<table>
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<td>☑ Community Workshops</td>
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</tbody>
</table>

- **Contact Position:** Breastfeeding Coordinator
- **Address:** 1901 First Avenue; NY, NY 10029
- **Telephone:** (212) 423-6807
- **Hotline:** N/A
- **Beeper:** (212) 423-6088, dial 6948
- **Fax:** (212) 423-8121
- **Email:** N/A
- **Website:** N/A
- **Hours:** Monday-Friday: 9am-5pm
- **Languages Spoken:** English, Spanish, French
- **Serves:** Patients of Metropolitan Hospital Center and satellite sites
# BREASTFEEDING RESOURCES

## Mount Sinai Hospital

**Services Provided:**
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

**Contact Position:** Clinical Nurse Manager  
**Address:** 1176 Fifth Avenue; NY, NY 10029  
**Telephone:** (212) 241-8909, (212) 241-7492  
**Hotline:** (212) 241-6578  
**Beeper:** N/A  
**Fax:** (212) 987-5590  
**Email:** N/A  
**Website:** [http://www.mountsinai.org](http://www.mountsinai.org)  
**Hours:** Monday-Friday: 9am-5pm  
**Languages Spoken:** English, Spanish, French, Chinese  
**Serves:** Patients and non-patients of Mount Sinai Hospital

## St. Vincent Catholic Medical Center

**Services Provided:**
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

**Contact Position:** Lactation Consultant  
**Address:** 170 West 12th Street; NY, NY 10011  
**Telephone:** (212) 604-7932  
**Hotline:** (212) 604-7946  
**Beeper:** N/A  
**Fax:** (212) 604-2777  
**Email:** N/A  
**Website:** N/A  
**Hours:** Monday-Friday: 7am-3pm; Support Group: Thursday 11:30am-1pm  
**Languages Spoken:** English, Spanish, Chinese  
**Serves:** Patients only; Support Group: both patients and non-patients of St. Vincent Catholic Medical Center
BREASTFEEDING RESOURCES

WOMEN, INFANT, AND CHILDREN (WIC) SERVICES

### Alexander Hamilton Community Health Services (CHS)

**Services Provided:**
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

**Contact Position:** Breastfeeding Coordinator

**Address:** 15 West 136th Street; NY, NY 10037

**Telephone:** (212) 939-2738, (212) 939-2434

**Hotline:** N/A

**Beeper:** N/A

**Fax:** (212) 939-2499, (212) 939-2434

**Email:** N/A

**Website:** N/A

**Hours:** Monday: 8am-6pm, Tuesday-Friday: 8am-5pm, Saturday: 8am-2pm

**Languages Spoken:** English, Spanish

**Serves:** WIC participants in all 5 boroughs

### East Harlem Council for Human Services

**Services Provided:**
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Group

**Contact Position:** WIC Director

**Address:** 2253 Third Avenue; NY, NY 10035

**Telephone:** (212) 650-4930

**Hotline:** N/A

**Beeper:** N/A

**Fax:** (212) 410-7970

**Email:** N/A

**Website:** N/A

**Hours:** Monday-Friday: 8:30am-5pm, Every first and third Wednesday of the month: 8:30am-7pm

**Languages Spoken:** English, Spanish

**Serves:** WIC participants in all 5 boroughs
**Grant Houses**

**Services Provided:**
- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☐ Peer Counseling
- ☐ Support Groups

**Contact Position:** Director
**Address:** 3170 Broadway at 124th Street; NY, NY 10027
**Telephone:** (212) 678-8420, (212) 939-2731
**Hotline:** N/A
**Beeper:** N/A
**Fax:** N/A
**Email:** N/A
**Website:** N/A
**Hours:** Monday: 9am-3pm
**Languages Spoken:** English, Spanish
**Serves:** All Manhattan WIC participants

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**Lenox Avenue**

**Services Provided:**
- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☐ Peer Counseling
- ☐ Support Groups

**Contact Position:** Director
**Address:** 115 West 116th Street; NY, NY 10027
**Telephone:** (212) 961-5749, (212) 939-2731
**Hotline:** N/A
**Beeper:** N/A
**Fax:** (212) 987-5590
**Email:** N/A
**Website:** N/A
**Hours:** Thursday: 10am-2:30pm
**Languages Spoken:** English, Spanish
**Serves:** WIC participants in all 5 boroughs
## BREASTFEEDING RESOURCES

### MHRA- East Harlem

**Services Provided:**
- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☐ Peer Counseling
- ☐ Support Groups

**Contact Position:** Nutritionist  
**Address:** 158 East 115th Street; NY, NY 10029  
**Telephone:** (212) 369-4709  
**Hotline:** N/A  
**Beeper:** N/A  
**Fax:** (212) 860-8014  
**Email:** N/A  
**Website:** N/A  
**Hours:** Monday-Friday: 8:30am-4pm  
**Languages Spoken:** English, Spanish  
**Serves:** WIC participants in all 5 boroughs

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### Metropolitan Hospital Center WIC Program

**Services Provided:**
- ☑ Breast Pump Sales and Rental
- ☑ Breastfeeding Telephone Support
- ☑ Childbirth Education Courses
- ☑ Community Workshops
- ☑ Lactation Counseling
- ☐ Peer Counseling
- ☐ Support Groups

**Contact Position:** Senior Associate Director  
**Address:** 1901 First Avenue; NY, NY 10029  
**Telephone:** (212) 423-7930, (212) 423-7395  
**Hotline:** N/A  
**Beeper:** N/A  
**Fax:** (212) 423-6704  
**Email:** N/A  
**Website:** N/A  
**Hours:** Monday, Wednesday, Thursday, Friday: 8am-5:15pm, Tuesday: 7:30am-5:15pm, Every second and fourth Saturday of the month: by appointment only  
**Languages Spoken:** English, Spanish, French  
**Serves:** WIC participants in all 5 boroughs
Mount Sinai Hospital WIC Program

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

Contact Position: Program Coordinator
Address: 1665 Lexington Avenue; NY, NY 10029
Telephone: (212) 987-0994, (212) 987-0995
Hotline: N/A
Beeper: N/A
Fax: (212) 722-5435
Email: N/A
Website: N/A
Hours: Monday-Friday: 9am-5pm
Languages Spoken: English, Spanish, French
Serves: WIC participants in all 5 boroughs

Northern Manhattan Network/ Harlem Hospital WIC Program

Services Provided:
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Peer Counseling
- Support Groups

Contact Position: Director
Address: 27 West 136th Street; NY, NY 10037
Telephone: (212) 939-2730, (212) 939-2731
Hotline: N/A
Beeper: N/A
Fax: (212) 939-2499, (212) 939-2734
Email: N/A
Website: N/A
Hours: Friday: 8:30am-4:30pm
Languages Spoken: English, Spanish
Serves: WIC participants in all 5 boroughs
BREASTFEEDING RESOURCES

North General Hospital WIC Program

Services Provided:
☐ Breast Pump Sales and Rental
☒ Breastfeeding Telephone Support
☐ Childbirth Education Courses
☒ Community Workshops

☐ Lactation Counseling
☐ Peer Counseling
☐ Support Groups

Contact Position: Coordinator
Address: 1879 Madison Avenue; NY, NY 10035
Telephone: (212) 423-4201, (212) 423-4086
Hotline: N/A
Beeper: N/A
Fax: (212) 722-5435
Email: wicprogram@yahoo.com
Website: N/A
Hours: Monday-Friday: 9am-5pm
Languages Spoken: English, Spanish, French, Creole
Serves: WIC participants in all 5 boroughs

St. Luke’s- Roosevelt Hospital Center WIC Program

Services Provided:
☒ Breast Pump Sales and Rental
☐ Breastfeeding Telephone Support
☐ Childbirth Education Courses
☐ Community Workshops

☒ Lactation Counseling
☐ Peer Counseling
☐ Support Groups

Contact Position: WIC Breastfeeding Coordinator
Address: 1111 Amsterdam Avenue, Travers 1; NY, NY 10025
Telephone: (212) 523-6313, (212) 523-3447
Hotline: N/A
Beeper: N/A
Fax: (212) 523-6719
Email: N/A
Website: N/A
Hours: Monday, Tuesday, Thursday, Friday: 8:30am-5pm, Wednesday: 8:30am-7pm
Languages Spoken: English, Spanish, French
Serves: WIC participants from St. Luke’s- Roosevelt Hospital Center
## BREASTFEEDING RESOURCES

### Settlement Health

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<table>
<thead>
<tr>
<th>Contact Position: Lead Nutritionist/ Supervisor</th>
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<tbody>
<tr>
<td>Address: 309 East 104th Street; NY, NY 10029</td>
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<tr>
<td>Telephone: (212) 427-3909</td>
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<tr>
<td>Hotline: 1(800) 522-5006</td>
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<tr>
<td>Beeper: N/A</td>
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<tr>
<td>Fax: (212) 722-5578</td>
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<td>Email: N/A</td>
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<td>Website: N/A</td>
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<tr>
<td>Hours: Monday-Friday: 8:30am-4pm</td>
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<tr>
<td>Languages Spoken: English, Spanish, Creole</td>
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<td>Serves: WIC participants in all 5 boroughs</td>
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### Sydenham Neighborhood Family Care Center

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<table>
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<th>Contact Position: Breastfeeding Coordinator</th>
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<tbody>
<tr>
<td>Address: 215 West 125th Street; NY, NY 10027</td>
<td></td>
</tr>
<tr>
<td>Telephone: (212) 939-2730, (212) 932-2738</td>
<td></td>
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<tr>
<td>Hotline: N/A</td>
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<td>Website: N/A</td>
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# BREASTFEEDING RESOURCES

## PRIVATE CONSULTANTS

### Stork and Cradle- Tamara Hawkins, RNC, LCCE, IBCLC

**Services Provided:**
- [ ] Breast Pump Sales and Rental
- [x] Breastfeeding Telephone Support
- [x] Childbirth Education Courses
- [ ] Community Workshops
- [x] Lactation Counseling
- [ ] Peer Counseling
- [ ] Support Groups

**Address:** N/A  
**Telephone:** (646) 334-3830  
**Hotline:** N/A  
**Beeper:** N/A  
**Fax:** N/A  
**Email:** N/A  
**Website:** [http://www.storkandcradle.com](http://www.storkandcradle.com)  
**Hours:** Evenings and weekends  
**Languages Spoken:** English  
**Serves:** Manhattan, Bronx, and Downtown Brooklyn

### Margot Mann, IBCLC

**Services Provided:**
- [x] Breast Pump Sales and Rental
- [x] Breastfeeding Telephone Support
- [ ] Childbirth Education Courses
- [ ] Community Workshops
- [x] Lactation Counseling
- [ ] Peer Counseling
- [x] Support Groups

**Address:** N/A  
**Telephone:** (718) 601-2939  
**Hotline:** N/A  
**Beeper:** N/A  
**Fax:** N/A  
**Email:** margotmann@aol.com  
**Website:** N/A  
**Hours:** Monday-Friday: by appointment  
**Languages Spoken:** English, French, Hebrew  
**Serves:** New York City and lower Westchester
Leigh Anne O’ Connor, IBCLC

Services Provided:
☑ Breast Pump Sales and Rental
☑ Breastfeeding Telephone Support
☐ Childbirth Education Courses
☐ Community Workshops
☑ Lactation Counseling
☐ Peer Counseling
☑ Support Groups

Address: N/A
Telephone: (212) 529-4691
Hotline: N/A
Beeper: N/A
Fax: (212) 529-4691
Email: leighanne625@rcn.com
Website: N/A
Hours: Monday- Friday: 9am-6pm
Languages Spoken: English
Serves: Manhattan

Freda Rosenfeld, IBCLC, CCE

Services Provided:
☐ Breast Pump Sales and Rental
☐ Breastfeeding Telephone Support
☐ Childbirth Education Courses
☐ Community Workshops
☑ Lactation Counseling
☐ Peer Counseling
☐ Support Groups

Address: N/A
Telephone: (718) 469-5990
Hotline: N/A
Beeper: N/A
Fax: (212) 529-4691
Email: fredaibclc@aol.com
Website: N/A
Hours: Monday- Friday: 8:30am-5:30pm
Languages Spoken: English, Hebrew
Serves: All 5 boroughs
## BREASTFEEDING RESOURCES

**Kate Sharp, IBCLC**

**Services Provided:**
- Breast Pump Sales and Rental
- Breastfeeding Telephone Support
- Childbirth Education Courses
- Community Workshops
- Lactation Counseling
- Support Groups

**Address:** N/A  
**Telephone:** (212) 595-1627  
**Hotline:** N/A  
**Beeper:** N/A  
**Fax:** N/A  
**Email:** N/A  
**Website:** [http://www.katesharpibclc.com](http://www.katesharpibclc.com)  
**Hours:** By appointment only  
**Languages Spoken:** English  
**Serves:** Manhattan