Breastfeeding and Prenatal Resource Guide
Capital District Resources

Albany Medical Center
43 New Scotland Avenue, Albany, NY
Delivery and education
(518) 262-5162

Alight Care Center
500 Federal Street, Suite 200, Troy, NY 12180
Provides various educational and support services for individuals and families in need and/or in crisis.
www.alight.org
(518) 270-5540

Alpha Pregnancy Care Center
518 Clinton Avenue, Albany, NY
Pregnancy support and resources, post-abortive support group, parenting classes
www.alphacare.org
(518) 462-2188

Bellevue Women’s Hospital
2210 Troy-Schenectady Road, Niskayuna, NY 12309
Birth Center, childbirth education, breastfeeding education and support
(518) 346-9400

Burdett Care Center
2215 Burdett Avenue, Troy, NY 12180
Birth Center, childbirth education, breastfeeding education and support
www.burdettcarecenter.org
(518) 271-3393
(518) 271-3368 Lactation office

Capital District Child Care Council
91 Broadway, Menands, NY 12204
Childcare resources
www.cdcccc.org
(518) 426-7181

Capital District Moms
Kimberly Mousseau-Young, IBCLC, BD, PPD
Private practice, IBCLC, and a pregnancy, birth, and postpartum doula.
www.capitaldistrictmoms.com
(518) 712-5088

Capital Region Breastfeeding Leadership Alliance
Providing Breastfeeding Knowledge and Support.
www.crbla.org

Capital Region Midwifery, PLLC
Troy office: 2109 15th Street, Troy, NY 12180
Latham office: 145 Vly Road, Suite 8, Niskayuna, NY 12309
Gynecological services and primary care for women from adolescence to menopause.
www.capitalregionmidwifery.com
Troy office: (518) 326-1620
Latham office: (518) 608-4471
**Capital Region Sling Babies**
Helps parents choose and safely use baby carriers
[www.slingbabies.org](http://www.slingbabies.org)
(518) 878-5995

**Catholic Charities Community Maternity Services**
27 North Main Avenue, Albany, NY 12203
Community Maternity Services, an agency of Catholic Charities of the Diocese of Albany, is committed to providing a continuum of services for children, families, and pregnant and parenting adolescents. All services are provided regardless of income, age, gender, disability, race, ethnicity, lifestyle or religious belief.
[www.cccms.org](http://www.cccms.org)
(518) 482-8836

**Catholic Charities Northeastern Albany and Rensselaer Counties**
40 North Main Avenue, Albany, NY 12203
Parental support and education.
[www.ccrcda.org](http://www.ccrcda.org)
(518) 453-6650

**Circles of Mercy**
11 Washington Street, Rensselaer, NY 12144
A center for those in need, particularly women and women with children. Support groups and parenting education.
[www.circleofmercy.org](http://www.circleofmercy.org)
(518) 462-0899

**Commission on Economic Opportunity**
2328 5th Avenue, Troy, NY 12180
WIC, Head Start, financial resources, food pantry, Babies-in-Waiting
[www.ceoempowers.org](http://www.ceoempowers.org)
(518) 272-6012

**Community Cradle – Maternal Infant Network of the Capital Region**
2 EComm Square (324 Broadway) 3rd Floor, Albany, NY 12207
Dedicated to reducing infant mortality and promoting early and continuous prenatal care.
(518) 426-1153

**Cornell Cooperative Extension – Rensselaer County**
61 State Street, Troy, NY 12180
Teen Parenting Program, Teen Stork room, Eat Smart New York, lead prevention and education, organic gardening, and much more.
[www.ccerensselaer.org](http://www.ccerensselaer.org)
(518) 272-4210

**Dr. Mary Kathleen Ditursi**
Harmony Mills Pediatrics
55 Mohawk Street, Cohoes, NY 12047
(518) 233-9500

**The Doula Network of the Capital Region**
Information about and a listing of doulas serving the Capital District.
[www.TheDoulaNetwork.org](http://www.TheDoulaNetwork.org)
East Side Neighborhood Recreation Center Inc.  
Hope 7 Community Center  
596 Pawling Avenue, Troy, NY 12180  
Food Pantry, children’s programs in Troy  
www.hopeseven.com  
(518) 272-8029

Equinox  
95 Central Avenue, Albany, NY 12206  
Community organization in Albany with innovative and effective programs that truly change lives and helping those we serve move forward on their paths to recovery, healing, and independence.  
www.equinoxinc.org  
(518) 434-6135

Families United Network – Albany County  
60 Academy Road, Albany, NY 12208  
Parent-to-parent support around the issues of raising a child with special social, behavioral, and/or emotional needs. Services designed to help families learn better ways to cope with a child’s challenging behaviors, navigate the child-serving systems to access appropriate services, and provide emotional support to parents and caregivers.  
www.parsonscenter.org/program/families-united-network/  
(518) 426-2600

The Family Life Center of Albany  
20 Elm Street, Albany, NY 12202  
The longest standing independent childbirth support center in the Capital Region. Homebirth midwifery, doula support, classes, supporting families through birth and beyond.  
www.albanyfamilylifecenter.org  
(518) 465-0241

Healthy Families New York – Rensselaer County  
The Healthy Families New York Home Visiting Program offers home-based services to expectant families and new parents, beginning prenatally or shortly after the birth of the child. Participants are screened to identify risk factors and stressors that the family may face. Families who participate in the program are offered long-term in-home services until the child is in school or Head Start.  
www.healthyfamiliesnewyork.org  
(518) 591-8610  
Samaritan Hospital: (518) 271-3923

International Cesarean Awareness Network of the Capital Region  
www.ican-online.org  
1-800-686-ICAN (4226) Ext. 164

La Leche League / Greenbush La Leche League  
Daytime Meeting: 10:00AM to 12:00PM on the 2nd Tuesday of the month  
Evening Meeting: 6:30PM to 8:00PM on the 3rd Tuesday of the month  
Blooming Grove Reformed Church, 706 Bloomingrove Drive, Rensselaer, NY 12144  
Strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.  
www.llli.org  
www.capitalregionbreastfeeding.org for local meeting information  
1-800-laleche  
Betsy Belle: (518) 283-1624  
Jennifer: (518) 421-2754  
Kassie: (518) 221-9108
Moms Program
55 Mohawk Street, Cohoes, NY 12047
Prenatal support services
http://www.nehealth.com/Medical_Care/Specialties/SP_Women's_Health/MOMS_Program/
(518) 235-7282

Office of Child and Family Services
40 North Pearl Street, Albany, NY 12207
Parent and family support, child support, financial, childcare, domestic violence
www.ocfs.state.ny.us
(518) 473-7793

Planned Parenthood
200 Broadway, Troy, NY 12180
Information on abortion, birth control, morning-after pill (emergency contraception), STDs, women’s health.
www.plannedparenthood.org
(518) 434-5678
1-800-230-PLAN

Postpartum New York
Focusing on perinatal mood and anxiety disorders support and education.
www.postpartumny.org
(855) 631-0001

Prevent Child Abuse New York
33 Elk Street, Albany, NY 12207
Resources and Education
www.preventchildabuse.ny.org
(518) 445-1273

Shades of Light
25 Morgan’s Run, Schuylerville, NY 12871
Resource offering postpartum support for new mothers and their families afflicted with perinatal mood disorders and postpartum depression.
www.shadesoflightps.org
(518) 955-6770

St. Peter’s Hospital
315 South Manning Blvd, Albany, NY 12208
www.sphcs.org
(518) 525-1550

United Way of the Greater Capital Region
23 Snowberry Road, Ballston Spa, NY 12020
Information and Referral
www.unitedwaygcr.org
(518) 899-5211
Dial 211

Unity House
2431 6th Avenue, Troy, NY 12180
Domestic Violence Services, food Pantry, soup kitchen, thrift store, Unity Sunshine Program, housing and support services
www.unityhousesny.org
(518) 274-2607
Haley: (518) 755-8713
Professional Lactation Support

Lynn Coughlin, RN, BSN, IBCLC
lcx2@verizon.net
(518) 456-4246

Dr. Lorelei’s Healthy Beginnings Breastfeeding Medicine, PLLC
Advanced information, support and inspiration for breastfeeding.
301 South Allen Street, Albany, NY 12208
www.dlhbbreastfeedingmed.com
(518) 763-3312

Kathleen Harrison-Otto, RN, IBCLC
(518) 872-2473

International Lactation Consultant Association (ILCA)
www.ilca.org

Norma Ritter IBCLC, RLC
Breastfeeding consultations and support
www.normaritter.com
Email: breastfeedingmatters@gmail.com
(518) 399-5148

Vivien Weisner, IBCLC
(518) 371-9902

Prenatal & Breastfeeding Websites

Academy of Breastfeeding Medicine
A worldwide organization of physicians dedicated to the promotion, protection, and support of breastfeeding and human lactation.
www.bfmed.org
(914) 740-2115

Academy of Lactation Policy and Practice
Strives to promote interdisciplinary, professional knowledge about breastfeeding and human lactation, and thereby to promote, protect, and support breastfeeding for individuals and the society of the United States at large.
www.talpp.org
(508) 833-1500

American Academy of Family Physicians
www.aafp.org
(913) 906-6000
American Academy of Pediatrics
Dedicated to the health of all children.
www.aap.org
(800) 433-9016

American College of Nurse Midwives
www.midwife.org
(240) 485-1800

American Congress of Obstetricians and Gynecologists
www.acog.org
(800) 673-8444

Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN)
Our mission is to improve and promote the health of women and newborns and to strengthen the nursing profession through the delivery of superior advocacy, research, education, and other professional and clinical resources to nurses and other health care professionals.
www.awhonn.org
(800) 673-8499

Baby-Friendly USA
125 Wolf Road Suite 402, Albany, NY 12205
Baby-Friendly USA, Inc. is the accrediting body for the Baby-Friendly Hospital Initiative in the United States.
www.babyfriendlyusa.org
(518) 621-7982

Baby Milk Action
Protecting breastfeeding, protecting babies fed on formula.
www.babymilkaction.org

Birthing From Within
Childbirth preparation.
www.birthingfromwithin.com

Birthing Naturally
Information you need to prepare for natural childbirth.
www.birthingnaturally.net

Birthing Project USA
An international organization and resource center for improving birth outcomes for women of color.
www.birthingprojectusa.org

BirthNet
A non-profit organization in the Capital District whose mission is to educate the public about maternity care in order to improve it. Childbirth is a normal, natural, and profound event in a woman’s life.
www.birthnewyork.org

The Bradley Method
Natural childbirth
www.bradleybirth.com

Breastfeeding Law
Know your legal breastfeeding rights. This is the most comprehensive website available concerning breastfeeding laws in the United States.
www.breastfeedinglaw.com
BreastfeedingPartners.org
Home of the most up-to-date breastfeeding information you need and the only place designed specifically for breastfeeding peer counselors.
www.BreastfeedingPartners.org

Capital District Parent Pages
Local information, events and resources.
www.cdparentpages.com

Centers for Disease Control and Prevention - Breastfeeding
CDC’s Division of Nutrition, Physical Activity, and Obesity is committed to increasing breastfeeding rates throughout the United States and to promoting and supporting optimal breastfeeding practices toward the ultimate goal of improving the public’s health.
www.cdc.gov/breastfeeding
(800) 232-4636

Childbirth Connection
Helping make informed maternity care decisions.
www.childbirthconnection.org

Choices in Childbirth
Recognized as a local and national leader in the maternity care field, known pioneering policy work, behavioral change efforts, and deep connections with consumers and the birth field.
www.choicesinchildbirth.org

Coalition for Improving Maternity Services (CIMS)
Making Mother-Friendly Care a Reality.
www.motherfriendly.org
(866) 424-3635

Cochrane Collaboration
Advocacy for evidence based healthcare. Cochrane exists so that healthcare decisions get better. They have helped to transform the way health decisions are made.
www.cochrane.org

DONA International
Doula Organization
www.dona.org
(888) 788-3662

EatRight.org – Academy of Nutrition and Dietetics
www.eatright.org
(800) 877-0877

Father Focus, INC.
“Building Families through Building Fathers.”
www.fatherfocus.net

Hypnobirthing
Childbirth
www.hypnobirthing.com
Healthy Children’s Center for Breastfeeding
Research and educational institution dedicated to improving child health outcomes in partnership with public, private, and non-profit agencies. Through its Center for Breastfeeding, Healthy Children is the largest national provider of lactation management education for health care providers.

www.healthychildren.cc
(508) 888-8044

Human Milk Banking Association of North America (HMBANA)
HMBANA is a professional association for supporters of non-profit donor human milk banking. They promote the health of babies and mothers through the provision of safe pasteurized donor milk and support of breastfeeding.

www.hmbana.org

International Baby Food Action Network (IBFAN)
Defending breastfeeding.

www.ibfan.org

International Board of Lactation Consultant Examiners (IBLCE)
IBCLE establishes the highest standard in lactation and breastfeeding care worldwide and certifies individuals who meet these standards.

www.iblce.org

KellyMom
Information and resources, also exclusively pumping resources.

www.kellymom.com

Lamaze International for Parents
Lamaze is a nonprofit organization that promotes a natural, healthy, and safe approach to pregnancy, childbirth, and early parenting. Knowing that pregnancy and childbirth can be demanding on a woman’s body and mind, Lamaze serves as a resource for information about what to expect and what choices are available during the child-birthing years.

www.lamaze.org

March of Dimes – Saving Babies Together
Parenting education, resources and referrals. Our mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.

www.marchofdimes.org

Mom-mentum
4940 Merrick Road #300, Massapequa, NY 11762
A non-profit organization providing leadership, education, and advocacy to support mothers in meeting today’s personal and professional challenges.

www.mom-mentum.org
1-877-939-MOMS

Mothers of Preschoolers (MOPS)

www.mops.org

Maternal and Child Health Bureau (MCHB)
Health resources and services administration

www.mchb.hrsa.gov

Midwives Alliance of North America (MANA)
A professional membership organization that promotes excellence in midwifery practice and seeks to increase access to quality health care and improve outcomes for women, babies, families, and communities.

www.mana.org
MilkShare
The original milk sharing and milk seeking resource. MilkShare is not a milk bank. It is simply an informational resource to help you learn about milk donation and to connect families who can help each other.
http://Milkshare.birthingforlife.com

National Alliance for Breastfeeding Advocacy (NABA)
NABA was formed to fill the existing gaps in breastfeeding protection, promotion, and support.
www.naba-breastfeeding.org

National Milk Bank (NMB)
A nationwide organization that collects donated human milk, ensures milk safety and quality and makes it available for infants in need. NMB strives to provide a confidential way for mothers across the U.S. to donate their milk, to build a network of support for breastfeeding mothers and parent of premature infants, to ensure safety and quality of human milk through screening and processing, and to provide supporting scientific studies of the benefits of breast milk for all, especially premature infants.
www.nationalmilkbank.org
1-(866) 522-MILK (6455)

National WIC Association (NWA)
NWA is the non-profit education arm and advocacy voice of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
www.nwica.org

New York State Breastfeeding Coalition, Inc. (NYSBC)
P.O. Box 61, Delmar, NY 12054
They NYSBC is an advocacy, not for profit organization focusing on issues that affect breastfeeding. Their motto is: Protect, Promote, and Support Breastfeeding.
www.nysbreastfeeding.org

North American Registry of Midwives
Sets standards for competency-based certification that allow a midwife to support a woman’s right to choose her birth attendants and place of birth and to involve those she identifies as her family in the birth experience.
www.narm.org

Parent Network of the Capital Region
A provider of special education supports and resources to parents of children with disabilities.
www.pncrny.org

Safecar.gov
Child Car Safety, recalls, vehicle information and car seat installation.
www.SaferCar.gov

UNICEF
UNICEF is a leading humanitarian and development agency working globally for the rights of every child. Child rights begin with safe shelter, nutrition, protection from disaster and conflict and traverse the life cycle: prenatal care for healthy births, clean water and sanitation, health care and education.
www.unicef.org

The United States Breastfeeding Committee
Their goal is to drive collaborative efforts for policy and practices in order to create a landscape of breastfeeding support across the United States.
www.usbreastfeeding.org
U.S. Department of Agriculture (USDA)
The USDA provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, the best available science, and effective management.
www.usda.gov

Water-birth International
“Waterbirth: Easier for moms… Better for babies.”
www.waterbirth.org

Women’s Health
www.womenshealth.gov
OWH Help Line: (800) 994-9662

World Alliance for Breastfeeding Action (WABA)
A global network of organizations and individuals who believe breastfeeding is the right of all children and mothers and who dedicate themselves to protect, promote, and support this right.
www.waba.org.my

World Health Organization
www.who.org

Yummy Mummy
Resources, information, breastfeeding supplies and breast pump insurance orders.
http://old.yummymummystore.com/

Books
The Womanly Art of Breastfeeding by La Leche League
The Nursing Mother’s Companion by Kathleen Huggins
The Breastfeeding Book by Martha Sears
The Ultimate Breastfeeding Book of Answers by Jack Newman
Breastfeeding with Confidence by Sue Cox
Ina May’s Guide to Breastfeeding by Ina May Gaskin
The Breastfeeding Answer Book by La Leche League
So That’s What They’re For! By Janet Tamaro
Breastfeeding Made Simple by Kathleen Kendall-Tackett and Nancy Mohrbacher
Facebook Pages

Facebook.com/CEOWICBreastfeeding
CEO WIC Facebook page, like us, ask questions, share stories, laugh!

Facebook.com/NewYorkStatewideBreastfeedingCoalition

Facebook.com/BreastfeedingUSA:CapitalRegionNYChapter

Facebook.com/BreastfeedingUSA

Facebook.com/CommunityCradle

Facebook.com/KellyMom.com

Facebook/AcademyofBreastfeedingMedicine

Facebook.com/Breastfeeding

Facebook.com/BreastfeedingMattersintheCapitalRegion

Facebook.com/WorldBreastfeedingWeek
World Breastfeeding week is celebrated every year from August 1st-7th

Facebook.com/AskDr.Sears

Facebook.com/CapitaldistrictMoms

Prenatal and Breastfeeding Apps

The American Congress of Obstetricians and Gynecologists (ACOG)
Free
All new EDD calculator which will re-calculate the due date according to guidelines jointly developed by ACOG, AIUM, and SMFM. Helps providers determine their patients’ estimated due dates.

Baby Nursing/Breastfeeding
Free
Track your babies nursing progress for example, how long and which side.

ibreastfeed
Free
Medela’s app for breastfeeding, pumping and breast milk storage information.

LactMed
Free
Information on how medications or dietary supplements can affect breastfeeding. Including, maternal and infant drug levels, possible effects on lactation and on breastfed infants.
Lamaze Mobile App
Free
Pregnancy to Parenting: The most comprehensive pregnancy app available for weekly information, tools, and trackers. Features information based on the best available research from Lamaze childbirth education experts.

Milkmaid
$2.99
Help pumping moms manage their stash of breast milk. Among a few things; record pumping sessions, track volume and history.

Nursing Notebook
Free
Track your babies feeding schedule for example, how long and which side.

Successful Breastfeeding
Basic version free, full content is $4.99
This app has extensive information on how breastfeeding works, tips, FAQ, weaning, problems and “golden rules.”

Breastfeeding Support Groups

CEO-WIC
Facilitated by WIC Breastfeeding Peer Counselors
3rd Thursday of the month from 4:30pm – 6:00pm
WIC office located in the CEO building
2328 5th Avenue, Troy, NY 12180
(518) 272-6159

Breastfeeding USA Meetings
www.breastfeedingusa.org
anne.o@breastfeedingusa.org

Burdett Care Center
Facilitated by Ginny Dunigan, RN, CLC
1st and 3rd Tuesday of each month from 10:00am – 12:00pm
4th floor, south building, Samaritian Hospital
2215 Burdett Avenue, Troy, NY 12180
(518) 271-3368

La Leche League / Greenbush La Leche League
Daytime Meeting: 10:00AM to 12:00PM on the 2nd Tuesday of the month
Evening Meeting: 6:30PM to 8:00PM on the 3rd Tuesday of the month
Blooming Grove Reformed Church, 706 Bloomingrove Drive, Rensselaer, NY 12144
Strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.
www.llli.org
www.capitalregionbreastfeeding.org for local meeting information
1-800-laleche
Betsy Belle: (518) 283-1624
Jennifer: (518) 421-2754
Kassie: (518) 221-9108
Support Groups

After the Loss
A free support group provided by Ellis Hospital for pregnancy loss and infant death. Meets the third Thursday of even numbers months at 7:00pm – 8:30pm at McClellan campus conference room in Schenectady.
Jill Hagan (518) 346-9414
aftertheloss@ellismedicine.org

Capital District Mamas
Social and support network
www.meetup.com/CDMAMAS

Capital District Mothers of Twins Club
Non-profit group for parents of multiples for emotional support and exchange of ideas related to the raising of multiple birth children.
https://www.bigtent.com/groups/cdmotc

Empty Arms Support Effort-EASE
A support group for those who have suffered a miscarriage, stillbirth or infant death. Held the third Tuesday of the month at the Ronald McDonald House in Albany from 7:00p – 8:30pm.
Amy (518) 782-7038
Berry (518) 237-5553

Mothers of Preschoolers (MOPS)
Social network
www.mops.org

Parents Anonymous
Free self-help group open to all parents who want to improve their relationships with their children. YWCA offers Parents Anonymous groups.
(518) 374-3394 ext. 128

Shades of Light Postpartum Support
Peer support groups for moms during their first year postpartum who are experiencing a postpartum mood disorder or are struggling during the postpartum period. Troy group meets the fourth Wednesday of every month, 9:00am – 11:00am at Three Sisters, 406 Fulton Street, Suite 51, Troy, NY 12180.
Amy Breese (518)469-8704
Email: abbreese@yahoo.com

Single Parent Network
Single Parent Network is an organization that has activities for single parents, single grandparents and their children.
(518) 392-3911

The Tears Foundation
An organization that seeks to help lift the financial and emotional burden from families that have suffered the loss of a child between 20 weeks gestation and 1 year of life.
www.thetearsfoundation.org
Brenna (518) 512-1940
newyorkwalk@thetearsfoundation.org