

## CONTACT

Stephanie Sosnowski, BS, IBCLC, ICCE  
Birth and Breastfeeding Education  
and Support  
mhlcmail@gmail.com  
845-325-3382



To be included in the next  
edition, please email your  
information to:  
mhlcmail@gmail.com

# MID-HUDSON LACTATION CONSULTANTS & COUNSELORS DIRECTORY

Although International Board Certified Lactation Consultants (IBCLC) are the Gold Standard for Breastfeeding Help and Support, there are many other levels of assistance available in our region. Visit [www.ibccl.org](http://www.ibccl.org) for a full description of the level of training and experience needed to become an IBCLC. Please note that many support providers may be able to provide virtual support, as well as in-office or home visits. Some providers may accept insurance.

This list is not endorsed by any organization, nor is there any guarantee that the provider chosen will be able to solve all breastfeeding difficulties.

Want to become an  
IBCLC?

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

## MID-HUDSON BREASTFEEDING SUPPORT DIRECTORY



**Looking for help with  
breast/chestfeeding or  
pumping? Check out our  
directory for resources,  
information, and support in  
Orange, Sullivan, Ulster and  
Dutchess Counties.**

*National Breastfeeding Month  
August 2023*

# Orange County

## IBCLCs

Sarah Amer 845-652-0419  
 Kelly Alleque 347-755-3033  
 Erica Brown 845-729-2229  
 Michelle Ferguson 845-866-0385  
 Rene Fisher 845-800-7275  
 Susan Rannestad 845-283-2229  
 Stephanie Sosnowski 845-325-3382  
 Kristin Walicki 845-333-6274

## La Leche League Leaders

Rene Fisher 845-800-7275

## Support Groups

*Virtual and In-Person are available*

Garnet Health Medical Center 845-333-6274  
 Montefiore St. Luke's-Cornwall 845-863-5828  
 Washingtonville Pediatrics 845-325-3382  
 Beloved Birth & Baby Boutique 845-499-8116  
 Mid-Hudson Chocolate Milk 845-381-0916

## Breastfeeding Counselors

Danielle Bianco 845-499-8116  
 Kaitlyn Mazza 845-476-7006  
 Karen McDermott 516-238-9571  
 Kristen O'Loughlin 845-283-6770  
 Chloe Vital 845-381-0916

Visit [www.nysbreastfeeding.org](http://www.nysbreastfeeding.org)  
 for a listing of breastfeeding  
 coalitions across NYS

# Ulster County

## IBCLCs

Donna Bruschi 845-255-1055  
 Doris Preslar-Leveque 845-338-6400  
 Jenn Sullivan 845-240-8399

## La Leche League Leaders

Donna Bruschi 845-255-1055  
 Crystal Middleton 914-471-0075

## Support Groups

*Virtual and In-Person are available*

Baby Cafe/MISN 845-762-6948

## Breastfeeding Counselors

Healthy Families 845-339-8551  
 Maritday Rodriguez 845-399-5456

# Sullivan County

## Breastfeeding Counselors

Lacie Halloran 607-725-5369  
 Ericka Pineda 845-428-1636  
 Stacey Wizwer 845-807-7302

## Support Groups

Baby Cafe/MISN 845-762-6948

# Dutchess County

## IBCLCs

Lauren Lieto 845-730-9255  
 Rasheena Moss 845-418-4657  
 Myrtle Robinson 845-454-1448  
 Jessica Thomas 845-481-1203

## La Leche League Leaders

Desiree Albizu 518-965-7538  
 Kim Bradley 503-791-5049  
 Pat Sexton 845-876-6880  
 Alexa Devlin 347-730-7356

## Breastfeeding Counselors

*All WIC agencies in the region provide  
 Breastfeeding Peer Counselor support for  
 their participants. For a listing, visit  
[https://www.health.ny.gov/prevention/nutriti  
 on/wic/local\\_agencies.htm](https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm)*

*The Healthy Families Programs in each  
 county can also provide breastfeeding  
 supprt for their participants. Visit  
<https://www.healthyfamiliesnewyork.org/>*

