Resource list

URMC Breastfeeding Clinic information page: This page has information about lactation and human milk feeding topics and links to online and in-person support options for all levels of need in our region. <https://www.urmc.rochester.edu/childrens-hospital/breastfeeding-lactation-medicine.aspx>

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| **WIC offices** | Wicstrong.com |
| Allegany County | 585 593 2533 |
| Livingston/Wyoming | 585 243 7530 |
| Steuben | 607 776 2125 ext. 220 |
| Chemung/Schuyler | 607 737 2039 |
| Ontario/Newark/Seneca/Yates | 585 394 9240 |
| Genesee | 585 344 2203 |

La Leche League International: This group offers free peer support for basic breastfeeding concerns and support groups that meet in various locations across the region. <https://llli.org/>

Noyes First Steps: This program supports new parents with education on birth, feeding, and infant care. Childbirth and infant feeding classes are offered through this program and are open to both program participants and the general public. <https://www.urmc.rochester.edu/noyes/community-outreach/are-you-expecting/first-steps.aspx>

Healthy Families: This organization is open to all new parents and offers parenting education and support for basic breastfeeding concerns. All counties in NY now have a Healthy Families program. <https://www.healthyfamiliesnewyork.org/>