



## Nassau and Suffolk County La Leche League Groups

La Leche League is a non-profit organization dedicated to helping mothers breastfeed their babies through mother-to-mother support and encouragement. Call your local Leader to find out about monthly support groups or with any questions or concerns about breastfeeding.

### **NASSAU COUNTY**

#### **BALDWIN-FREEPORT**

Meets 2<sup>nd</sup> Wed AM  
Regina (516) 546-8287  
Jennifer (516) 489-7226  
Mary (516) 868-4088

#### **FLORAL PARK**

Meets 3<sup>rd</sup> Thurs PM  
Joy (718) 380-9512  
Kathy (516) 354-0550  
Maria (516) 739-0480  
Amanda (516) 358-0848

#### **LYNBROOK-EAST ROCKAWAY**

Meets 1<sup>st</sup> Thurs PM  
Barbara (516) 593-7976

#### **MANHASSET**

Meets 1<sup>st</sup> Sat AM  
Wendy (718) 224-1433

#### **SEAFORD**

Meets 2<sup>nd</sup> Tues PM  
Barbara (516) 826-5110  
Susan (516) 390-4493

### **SUFFOLK COUNTY**

#### **BABYLON-LINDENHURST**

##### ***HaleSite Fire Dept. Location- Halesite***

Meets 2<sup>nd</sup> Thursday PM

##### ***Lindenhurst Location-***

Meets 2<sup>nd</sup> Thurs AM  
Jen (631) 549-2686  
Kristin (631) 661-2448  
Danielle (631) 839-0757  
Kathy (631) 581-4061  
Jeanne (631) 264-9539  
Terri (631) 412 5978

#### **GREENPORT**

Meets 3<sup>rd</sup> Tues AM  
Liz (631) 477-5914

#### **LAKE RONKONKOMA**

Meets 2<sup>nd</sup> Mon PM  
Cindy (631) 696-6575  
Diane (631) 928-6056

#### **NORTH SHORE**

Meets 4<sup>th</sup> Mon PM  
Andrea (631) 675-0485  
Loes (631) 675-0418  
Megan (631) 744-4545  
Jennifer (631) 642-8121  
Lucia (631) 331-3872  
Mary (631) 473-1256  
Astrid (631) 246-8768

#### **SOUTHEAST SUFFOLK**

Meets Saturdays AM  
Call for more information  
Kim (516) 635-4692  
Kathy (631) 730-5666

#### **SOUTHAMPTON**

Meets 1<sup>st</sup> Fri AM  
Deb (631) 653-6535