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| Category | Business Name | Contact Name | | Phone Number | Address | Email | Website |
| Abused Women shelters & Support Groups | Haven House Child & Family Services | |  | 716-842-2750 |  |  | http://www.cfsbny.org/programs/haven-house/ |
| Addiction Services & Support Groups | Horizon Health Services | |  | 716-831-1800 | Multi- locations  699 Hertel Ave Buffalo, NY 14207 |  | https://www.horizon-health.org/blog/2014/06/postpartum/ |
| Birth Centers | Birthing Center of Buffalo | | Dr. Catherine Morrison | 716-835-2510 | 2500 Main St buffalony14214 |  | www.birthingcenterofbuffalo.com |
| Birth & Postpartum Doulas | Calming Nature Doula | | Shannon Johns | 716-909-0074 |  | calmingnaturedoula@gmail.com | www.calmingnaturedoula.com |
|  | Amethyst Bumblebee Services | | Frankie Frett | 716-327-1062 | Buffalo, NY | frankie@amethystbumblebee.com | www.amethystbumblebee.com |
|  | Buffalo Doula Services LLC | | Jennifer Lombardo | 716-599-0312 | 2740 Main St. Buffalo, NY 14214 | [hello@buffalodoulaservices.com](mailto:hello@buffalodoulaservices.com) | www.buffalodoulaservices.com |
| Breastfeeding Pump & Equipment Suppliers | The Care Connections | |  | 716-725-6370 | 3991 Harlem Rd Buffalo, NY 14226 |  | https://careconnectiononline.com/ |
| Breastfeeding Classes | Same As Above | |  |  |  |  |  |
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| Breastfeeding Support Groups | Le Leche League | |  |  |  | Facebook Group : Le Leche League Amherst | https://www.llli.org/ |
| Breastfeeding Nutrition Prenatal/ Postnatal/ Support | International Board Certified Lactation Consultatnt | |  |  |  |  | https://www.ilca.org/why-ibclc/falc |
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| Childbirth Educators |  | |  |  |  |  |  |
| Children's Hospitals | Oishei Children’s Hospital | |  | 716-323-2000 | 818 Ellicott St Buffalo, NY 14203 |  | www.ochbuffalo.org |
| Chiropractors | Genesis Chiropractic | |  | 716-882-8800 | 313 Elmwood Ave Buffalo, NY 14221 |  | https://genesischiropractic.org/ |
| Family Doctors / Pediatricians | Trinity Pediatrics | | Dr. Gloria | 716-332-7377 | 2730 Union Rd. Cheektowaga, NY 14227 | [Trinipeds3@gmail.com](mailto:Trinipeds3@gmail.com) | www.trinitypedsbuffalo.com |
| Health Food Stores | Whole Foods | |  |  | Multi Locations: Sheridan Dr. Amherst |  |  |
| Hospitals | Catholic & Kaleida Health  Mercy Hospital, Sisters Hospital. Oshei Hospital | |  |  |  |  |  |
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| Infant Massage Education | Amanda Rayburg LMT | | Amanda | 716-604-7276 | 85 Garner Ave Buffalo, NY 14213 | [Amanda.rayburg@gmail.com](mailto:Amanda.rayburg@gmail.com) |  |
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| Lactation Consultants |  | |  |  |  |  |  |
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| Libraries | Buffalo & Erie County Public Library | |  | 716-858-8900 |  |  | https://www.buffalolib.org/ |
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| Massage Therapists | Ebb & Flow Wellness | | Deidre Medina | (716)292-6113 | 289 Summer St. Buffalo, NY | dee@ebbandflowbirth.com | Ebbandflowbirth.com |
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| Midwives | Fika Midwifery | | Maura Winkler CNM | 716-427-4541 | 414 Virginia St Buffalo, NY 14210 | christina@fikamidwery.com | www.fikamidwifery.com |
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| Placenta Encapsulation | Amy Blundzell | | Amy | (716) 245-9177 | Kenmore, NY | Facebook @ Nicklecitydoulas | Nicklecitydoulas.com |
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| Postpartum yoga / mommy & me yoga | Yoga Parkside | |  | 716-772-8096 | 2 Wallace Ave Buffalo, NY 14214 |  | https://www.yogaparkside.org/ |
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| Postpartum Support & Resources | WNY Postpartum Connection | |  |  |  |  | https://www.wnypostpartum.com/support-groups |
| Postpartum depression resources & support groups | Postpartum Resource Center of New York | |  | 855-631-0001 |  |  | https://postpartumny.org/ |