

VT/NH Family Frenectomy Resources

Local IBCLCs (International Board Certified Lactation Consultants)

***many IBCLCs will do home visits**

Alice Gonyar, IBCLC
Williston, VT

www.facebook.com/Nanaknowsbreast

Sally Pennington, IBCLC
Brattleboro, VT
(802) 257-7852

Wendy Beals, IBCLC
Online- lives in NH
bealsbunch@ne.rr.com

Laura McCormick
Addison/Chittendon Counties, VT
www.lauramccormickibcl.com
(802) 233-2110

Sue Martin, IBCLC
Nashua/Southern NH
www.suemartinibcl.com
(978) 758-2325

Wendy Jordan, IBCLC
Seacoast, NH
www.seacoastlactation.com
(603) 531-3628

Teri D'Onofrio, IBCLC
Manchester/Concord, NH
www.stjosephhospital.com
tdonofrio@sjnh.org

Vicki Rich, IBCLC
Northern, VT
www.lactationandbirthingsolutions.com
(802) 888-3470

Ariel Louis, IBCLC
Woodstock, VT
www.woodstocklactation.com
(281) 731-7313

Judith Fayre, RN, IBCLC
Southeastern NH
Jwrenfayre44@gmail.com
(603) 658-8282

Maryann Lessard, RN, IBCLC
Lakes Region, NH
willardmaryann5@gmail.com
(603) 496-2073

Sara Ann Hiland, RN, IBCLC, RLC
Bedford, NH area
www.nourishlactationnh.com
nourishlactationnh@gmail.com
(646) 653-1642

Hospital-Based Lactation Support

Alice Peck Day Memorial Hospital, Lebanon NH: (603)448-3121
Catholic Medical Center, Manchester NH: (603)663-6686
Cheshire Medical Center, Keene NH: (603)354-5480
Concord Hospital, Concord NH: (603)225-2711
Dartmouth Hitchcock Medical Center, Lebanon NH: (603)650-6159
Elliot Hospital, Manchester NH: (603)669-5300
Exeter Hospital, Exeter NH: (603)778-7311
Lakes Region General Hospital, Laconia NH: (603)524-3211
Littleton Regional Hospital, Littleton NH: (800)464-7731
Memorial Hospital, North Conway NH: (603)356-5461
Monadnock Hospital, Peterborough NH: (603)924-4699 x4174
Parkland Medical Center, Derry NH: (603)432-1500
Portsmouth Regional Hospital, Portsmouth NH: (603)436-5110
Saint Joseph Hospital, Nashua NH: (603)882-3000
Southern NH Medical Center, Nashua NH: (603)557-2662
Wentworth-Douglass Hospital, Dover NH: (603)742-5252

Local WIC offices may also have IBCLC support and/or peer counselors available.

Bodyworkers

Amber McClelland, DC
Upper Valley/Lebanon, NH
www.uppervalleychiro.com
(603) 298-7400

Carolyn Kohler-Damron, DC
Milford, NH
www.thehealingroomchiropractic.com
(603) 672-7266

Chelsea Doughty, DC
Concord, NH
www.drchelseadc.com
(603) 860-1910

Erin Sepic, DC
Richmond, VT
www.synergichealth.com
(802) 434-5437

John Bomhoff, DC
Pembroke, NH
www.nhcranosacral.com
(603) 230-0614

Sally Thursby
Wilderness, VT/Lyme, NH
www.sallythursby.abmp.com
(603) 795-4444

Angelique Priscilla, PT
White River Junction, VT
www.angeliquepriscilla.com
(802) 722-4023

Irvin Eisenberg, LMT
Montpelier, VT
www.montpeliersi.com
(607) 837-5240

Sparrow Stevens, PT
Brattleboro, VT
www.holisticwomenscare.com
(802) 258-7557

Kelly Piche, PT
Bedford, NH
www.hohphysicaltherapy.com
(617) 721-7453

Debra Beckley, Chiropractor
Derry, NH
www.beckleyfamilychiropractic.com
603-537-9988

Brett Ashenfelter, PT
Amherst, NH
603-417-3872

Morgan MacBean, DC
Hollis, NH
www.hollisfamilychiropractic.com
603-465-2235

Kelly Toler, PT
Bow, NH
www.ptsnh.com
603-228-7711

Jill Marquess, DC
Westminster, VT
www.sojourns.org
(802) 722-4023

Denise Ingrando, DC
Concord, NH
www.functionalchiropracticcareofnewengland.com
603-227-6138

Speech Language Pathologists (SLP), Feeding Specialists, Occupational Therapists

Chayah Lichtig, MS OTR/L
Montpelier, VT
chayah.lichtig@gmail.com

Janine Johnson, MS OTR/L
Bedford, NH (SERESC)
jjohnson@seresc.net

Judy Mikami, SLP
Manchester, NH
www.seresc.net
(603) 206-6800

Denise Mitchell, SLP
Lebanon, NH
(603) 448-5218

Janice Freethy O'Shea, M.S., SLP
Manchester, NH
<http://littlebitesfeedingtherapy.com/>
(603) 345-8710

Oral Myofunctional Therapy (OMT)-

Cindy Burr (this office- Claremont, NH)
(603) 287-1300

Michelle Hall (Montpelier, VT)
(802) 223-2244

*Amy Ludemann Lazar's (online)
www.kidstowndentist.com

*Lisa Lahey (online)
lahey.lc@gmail.com

*Sandra Coulson (online)
www.sandracoulson.com

*Michale Fetzik (online)
Fetzik7@hotmail.com

*Sarah Hornsby (online)
www.myfaceology.com

*Jennifer Tow (online)
iparentllc@aol.com