

Arkansas Breastfeeding Community Resources –updated August 2017

This list is provided as a resource and does not indicate endorsement of practices outside of the WIC program.

Send resource updates to: wicbreastfeeding@arkansas.gov

| COUNTY | WHO | WHAT | WHEN | WHERE - CITY | COST | CONTACT |
|----------------------------------|--|---|--|---|------|--|
| National Breastfeeding Helpline | United States Department of Health and Human Services | Helpline for breastfeeding questions Available in English and Spanish | Monday-Friday 8-5 pm | Nationwide helpline | Free | 1-800-994-9662 |
| Statewide Breastfeeding Helpline | Answered by staff in WIC State Office, Nutrition and Breastfeeding Section | Breastfeeding assistance for mothers and coordination of WIC breastfeeding support between county health units, hospitals, and WIC participants. Technical assistance provided to health professionals. | Monday through Friday 8-4:30 pm After regular office hours the number is forwarded to Expressly For You at Baptist Hospital. | Freeway Medical Building 5800 West 10th Street Suite 810 Little Rock, AR | Free | 1-800-445-6175 or email wicbreastfeeding@arkansas.gov |
| Arkansas Drug Information Center | UAMS Department of Pharmacy | Information about medications and mother's milk. Also information about general medication concerns. | Operates: 24 hours a day, 7 days a week | Little Rock, AR | Free | Arkansas Drug Information Center 1-800-222-1222 (for parents) 1-800-376-4766 (for health professionals) |
| Arkansas County | La Leche League | Mother to Mother Breastfeeding Support | 2 nd Wednesday of every month 9-10 am | First Baptist Church 2215 South Prairie Stuttgart, AR | Free | Heather Henry 816-506-0527 llhhenry@gmail.com https://www.facebook.com/LLLStuttgart.AR |

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| Baxter | Baxter Regional Medical Center | Breastfeeding Classes Breastfeeding Support Group Pump rentals | Breastfeeding Classes 3 rd Tuesday of every month 6 pm Support Group-Weekly Tuesdays & Fridays 12:30 pm | Baxter Regional Medical Center 624 Hospital Drive Mountain Home | \$10 class (financial assistance available) | Call for information, or to register for classes: 870-508-2345 |
| Baxter | Baxter County Health Unit | Beginning Breastfeeding Class | Tuesdays Call for dates and times | 206 Bucher Drive Mountain Home, AR | Free benefit with WIC participation | Kelly Roberts/Rita Havner 479-325-0380 |
| Benton | Mercy Medical Center | Breastfeeding Your Baby class (can take as a separate class, or as part of the 6 week Prepared Childbirth Education Classes—Dads are welcome) | Call for dates and times | Rogers/Bentonville Mercy Medical Center Rogers, AR | \$35 for the breastfeeding class only, or \$75 for 6 week Prepared Childbirth Education Classes, which includes the breastfeeding class | Cyrece Engelberger/Whitney Noble Mercy.net 479-338-2939 |
| Benton | NW Women's Health Association | Breastfeeding Classes Private, individual consults | 1 st Tuesday of every month 6:30 pm Call for appointment | Bentonville, AR | Free (Insurance filed for payment) | Pam McArthur 479-544-0405 pamobrn@gmail.com |
| Benton | Benton County Health Unit—Lowell WIC Clinic | Breastfeeding Classes Breastfeeding Clinics for individual consult (for weight checks, breastfeeding problems, support) | Call for dates and times Call for appointment | Benton County Health Unit – Lowell 107A South Lincoln Lowell, AR | Free benefit with WIC participation | Linda Zank linda.zank@arkansas.gov 479-770-6232 |

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| Benton | Benton County Health Unit | Breastfeeding Classes | Call for schedule | Benton County Health Unit - Rogers 1200 W. Walnut Street Suite 2000 Rogers, AR | Free benefit with WIC participation | Janet Siebert 479-986-1300 janet.siebert@arkansas.gov |
| Benton | La Leche League of Northwest Arkansas | Mother to Mother Support | Please text or call one of the leaders for breastfeeding help | NW Arkansas area | Free | Cherry Van Dine 479-366-0997 Tawny Mulikin 479-268-0568 Megan Lane 620-249-3343 |
| Benton | Siloam Springs Health Unit | Breastfeeding Classes | Monthly Call for schedule | Siloam Springs Health Unit 101 West University Siloam Springs, AR | Free benefit with WIC participation | Tabbatha Trammell 479-549-3794 |
| Benton | Ashley Stone, APRN, IBCLC | Home visits by a pediatric nurse practitioner and IBCLC, for breastfeeding concerns or problems | Call for appointment Availability: 7 days a week, within 25 mile radius of Rogers, AR | Rogers, AR | \$100 per visit | Ashley Stone 479-616-0031 |
| Boone | Boone County Health Unit | "Natural Beginnings" Breastfeeding Classes | Last Friday of every month 1 pm | Boone County Health Unit 1622 Campus Drive Harrison, AR | Free benefit with WIC participation | Starla Carter 870-552-5821 |
| Boone | Boone County Health Unit | Breastfeeding Peer Counselor | Monday-Friday 8 – 4:30 pm | Boone County Health Unit 1622 Campus Drive Harrison, AR | Free benefit with WIC participation | Starla Carter 870-743-5245 |

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| Boone | Boone County Health Unit | Breastfeeding Classes | Mondays Call for schedule | Boone County Health Unit 1622 Campus Drive Harrison, AR | Free benefit with WIC participation | Kelly Roberts 479-325-0380 |
| Boone | Cross Roads Medical Clinic | Individual Breastfeeding Consult/Support | Call for appointment | 1420 HWY 62/65 N Harrison, AR | Free | Elaine Arthur 870-741-3600 |
| Boone | North Arkansas Regional Medical Center | Breastfeeding Classes Mothers support group, The Lactation Club, (TLC) | Call for dates and times The Lactation Club 2 nd Wednesday of every month 11:30 – 12:30 (free lunch) | North Arkansas Regional Medical Center 620 N Main, Harrison | Free | Sandra Guidry 870-414-5324 Sandra.guidry@narmc.com |
| Calhoun | Calhoun County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Calhoun County Health Unit 1119 Prestress Drive Hampton, AR | Free benefit with WIC participation | Billie Lanius 870-798-2808 |
| Carroll | Starla Carter WIC Breastfeeding Peer Counselor | Telephone or text for breastfeeding support | Monday-Friday 8-4:30 pm | Available by phone or text in Boone, Carroll and Marion counties | Free benefit with WIC participation | Starla Carter WIC Breastfeeding Peer Counselor 870-552-5821 |
| Clark | Clark County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Clark County Health Unit 605 S 10 th St Arkadelphia, AR | Free benefit with WIC participation | Health Unit 870-246-4471 |

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| Cleveland | Cleveland County Health Unit | Individual Breastfeeding Help | Call for appointment | Cleveland County Health Unit 409 East Magnolia Street Rison, AR | Free benefit with WIC participation | Jamie Hurst 870-325-6311 |
| Columbia | Columbia County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Columbia County Health Unit 207 South Jefferson Magnolia, AR | Free benefit with WIC participation | Twana Hendricks 870-235-3798 |
| Conway | Conway County Health Unit | Breastfeeding Support/Help Individual Consult | Call for appointment | Conway County Health Unit 100 Hospital Drive Morrliton, AR | Free benefit with WIC participation | Chelsey Berry 501-354-4652 |
| Craighead | NEA Memorial Baptist Hospital | Prenatal & Breastfeeding Class | Usually 2 nd Saturday of every month Call for dates 9-4 pm | 4800 East Johnson Avenue Jonesboro, AR | Call for information | Velta Waters 870-936-8000 |
| Craighead | St Bernards Regional Medical Center (SBRMC) | Prenatal & Breastfeeding Class | Monthly 6-8 pm | 1144 East Matthews Jonesboro, AR | \$20 | Sherry Rickard/Roxanna Loggins/Melanie Parks Breastfeeding Helpline 870-897-7335 |
| Craighead | Craighead County Health Unit | Breastfeeding Peer Counselor | Monday-Friday 8-4:30 pm | Craighead County Health Unit 611 E. Washington Suite B Jonesboro, AR | Free benefit with WIC participation | Michelle Mansker 870-933-4585 |
| Craighead | Craighead County Health Unit | Mother to Mother Support Group | 3 rd Thursday of every month 2-3 pm | NEA Baptist Hospital Jonesboro, AR | Free benefit with WIC participation | Michelle Mansker 870-933-4585 |

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| Crawford | Crawford County Health Unit | Breastfeeding Class for pregnant women Breastfeeding follow-up, problem management | Usually 2 times per month Call for dates and times Individual Consult by appointment | Crawford County Health Unit 2040 Chestnut Avenue Van Buren, AR | Free benefit with WIC participation | Pam Napier/Cheryl Labyer 479-474-6391 |
| Crittenden | Crittenden County Health Unit | Breastfeeding Peer Counselor | Monday-Friday 8-4:30 pm | Crittenden County Health Unit 901 N 7 th Street West Memphis, AR | Free benefit with WIC participation | Cathy Durham 870-735-4334 |
| Crittenden | Crittenden County Health Unit | Breastfeeding Classes Individual Lactation consults | Mondays (twice a month) 2:30-4:30 pm Call for dates Call for lactation consult appointments | Crittenden County Health Unit 901 N 7 th Street West Memphis, AR | Free benefit with WIC participation | Angie Whatley 870-735-4334- health unit 870-636-5231 -cell |
| Crittenden | Angie Whatley Private lactation consultant | Private, individual breastfeeding consults in your home | Call for appointment | West Memphis | \$35 per hour | Angie Whatley 870-636-5231 |
| Dallas | Dallas County Health Unit | Breastfeeding support | Monthly Call for dates and times | Dallas County Health Unit 201 North Spring Fordyce, AR | Free benefit with WIC participation | Cindy Thompson 870-352-7197 |
| Desha | WIC Breastfeeding Peer counselor | Breastfeeding Peer Counselor | Monday-Friday 8-4:30 pm | Desha County Health Unit 751 Hwy 65 South Dumas, AR | Free benefit with WIC participation | Kathy James 870-382-2377 |
| Desha | WIC Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | One day per week Call for an appointment | Desha County Health Unit 200 E Ash McGehee, AR | Free benefit with WIC participation | Kathy James 870-222-3910 |
| Faulkner | La Leche League | Mother to Mother Support | 1 st Thursday of every month 6:30 pm Call to confirm date and time | Conway Regional Hospital Conference Room | Free | Jordan 501-908-4933 |
| Faulkner | Faulkner County Health Unit | Breastfeeding Peer Counselor | Mondays and Wednesdays 9-3 pm Fridays 12-3 pm | Faulkner County Health Unit 811 N Creek Drive Conway, AR | Free benefit with WIC participation | Millie Goins 501-450-4941 |

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| Faulkner | Millie Goins | Comprehensive Lactation Services | Call for appointment | Conway, AR | | Millie Goins 501-350-4416 – Cell number milliegoinsbbdbf@gmail.com |
| Faulkner | Conway Regional Medical Center | Support Group Meetings, Breastfeeding Classes, Telephone Support Outpatient Visits | Great Start Lactation Club – 4 th Saturday of every month except December (no meetings during inclement weather) Call for appointment | Conway Regional Hospital Women’s Center classroom 2302 College Ave Conway, AR | \$25 for classes Free support group and telephone support | Nancy Embry/Barbara Malott 501-513-5721 |
| Franklin | Franklin County Health Unit | Breastfeeding Classes | 1 to 2 meetings per month Tuesday 10:30am Call for dates | Franklin County Health Unit 799 West River Street Ozark, AR | Free benefit with WIC participation | Pam Napier 479-667-2555 |
| Garland | Garland County Health Unit | Breastfeeding Peer Counselor | Monday-Friday 8–4:30 pm | Garland County Health Unit 1425 Malvern Ave Hot Springs, AR | Free benefit with WIC participation | Trenise 501-624-3394 ext. 109 |
| Garland | Garland County Health Unit | Mommy Milk 101 | Monthly Usually 3 rd Wednesday of every month Call for date and time | Garland County Library | Free benefit with WIC participation | Trenise WIC Breastfeeding Peer Counselor 501-624-3394 ext. 109 |
| Garland | La Leche League | Mother to Mother Support | No meetings at this time | Call for assistance | Free | Barbara 501-623-2618 |
| Garland | Milk Bank Depot for Mother’s Milk Bank of North Texas 1-866-810-0071 | Place to drop off donated breastmilk | Monday – Friday 10-5 pm | Hot Springs, AR | Free | Call 501-463-4965 after calling 1-866-810-0071 to sign up for the program |

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| Greene | Greene County Health Unit | Breastfeeding Class Individual Consult with Breastfeeding Peer Counselor | 2 nd Monday of every month 1 pm Call for appointment | Classes at Arkansas Methodist Hospital Individual Consult at Greene County Health Unit | Free benefit with WIC participation | Leisa Huskey 870-637-2225 |
| Greene | Arkansas Methodist Medical Center | Breastfeeding classes | Monthly Call for dates and times | Arkansas Methodist Medical Center Paragould, AR | Classes: free to women who deliver at AR Methodist Medical Center Others: call for information | Pat Dennis 870-239-7013 |
| Hempstead | Hempstead County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Hempstead County Health Unit 808 W 5 th Street Hope, AR | Free benefit with WIC participation | Rita Turner Lisa Bullock Stephanie Rafford 870-777-2191 |
| Howard | Howard County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Howard County Health Unit 201 E Hempstead, Suite 2 Nashville, AR | Free benefit with WIC participation | Wendy Williams 870-845-2208 |
| Independence | Independence County Health Unit | Breastfeeding Support | Call for information | Independence County Health Unit 120 Weaver Batesville, AR | Free benefit with WIC participation | 870-793-8847 Roxanna Turney |
| Independence | Independence County Health Unit | Breastfeeding Peer Counselor | Monday-Friday 7:30-4 pm | Independence County Health Unit 120 Weaver Batesville, AR | Free benefit with WIC participation | Taylor Tosh 870-793-8847 |
| Independence | White River Medical Center | Lactation Counselors | Call for appointment | Batesville, AR | Lactation consults have to be ordered by pediatrician's office | Melanie Creighton/Michelle Snow 870-262-2662 |

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| Independence | Independence County Health Unit/Milk Bank Depot for Mother's Milk Bank of North Texas | Place to drop off donated breastmilk | Monday--Friday 8-4:30 pm | Independence County Health Unit 120 Weaver Batesville, AR | No charge for receiving your donated breastmilk | 870-793-8847 after calling 1-866-810-0071 to sign up for the program |
| Jefferson | Jefferson Regional Medical Center | Breastfeeding Classes | Quarterly Call for dates | 1600 W. 40th Avenue Pine Bluff, AR | Free | Lisa Duke/Ashley Kennedy 870-541-3605 www.jrmc.org |
| Johnson | Johnson County Health Unit | Breastfeeding Classes – Offered in English & Spanish | Tuesday afternoons Call for times | Johnson County Health Unit #6 Professional Drive Clarksville, AR | Free benefit with WIC participation | Pam Napier/Eva Robinson/Ashley Mickle 479-754-2949 |
| Lafayette | Lafayette County Health Unit | Breastfeeding Classes - Offered in English & Spanish | Monthly Call for dates and times | Lafayette County Health Unit 1113 Chestnut Street Lewisville, AR | Free benefit with WIC participation | Health Unit 870-921-5744 |
| Lawrence | Lawrence County Health Unit | Individual Consult with Breastfeeding Peer Counselor | Tuesday, Thursday, Friday | Lawrence County Health Unit 1050 W. Free Street Walnut Ridge, AR | Free benefit with WIC participation | Leisa Huskey 870-637-2225 |
| Little River | Little River County Health Unit | Breastfeeding Classes - Offered in English & Spanish | Monthly Call for dates and times | Little River County Health Unit 150 Keller Ashdown, AR | Free benefit with WIC participation | Gayle (Linda) Vermeer 870-898-3831 |
| Logan County-North | North Logan County Health Unit-Paris | Breastfeeding Education, Support, and Classes | Monday-Friday 8-4:30 pm Call for appointment for individual consult. Classes held one Wednesday every month Call for dates and times | North Logan County Health Unit 150 South Lowder Paris, AR | Free benefit with WIC participation | Eva Robinson/Ashley Mickle 479-963-6126 |
| Logan County-South | South Logan County Health Unit-Booneville | Breastfeeding Education Classes & Breastfeeding Support | 3 rd Tuesday of every month 9 am Call for information | South Logon County Health Unit 721 West 1 st Street Booneville, AR | Free benefit with WIC participation | Pam Napier/Ashley Mickle 479-675-2593 |

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| Lonoke | Lonoke County Health Unit-Cabot | Breastfeeding Support | Call for appointment | Cabot Health Unit 118 South First Street Cabot, AR | Free benefit with WIC participation | Amy Johnson 501-843-7561 |
| Madison | Madison County Health Unit | Beginning Breastfeeding Classes | Thursdays Call for dates and times | Madison County Health Unit 709 College Huntsville, AR | Free benefit with WIC participation | Kelly Roberts 479-709-3627 |
| Marion | Marion County Health Unit | Beginning Breastfeeding Class Individual Consult | 2 nd Friday of every month 1 pm Call for appointment | Marion County Health Unit 707 HWY 202 West, Yellville, AR | Free benefit with WIC participation | Rita Havner 479-325-0380 |
| Near Miller County | Wadley Regional Medical Center | Answers to Breastfeeding Questions | Call for answers to breastfeeding questions | Wadley Regional Medical Center Texarkana, TX | Free | Carlotta Endsley 903-798-8025 |
| Near Miller County | Wadley Regional Medical Center | Breastfeeding Classes | Twice Monthly 6:30 pm Call for dates | Wadley Education Center Texarkana, TX | \$5 if deliver at Wadley Regional Medical Center; \$15 if you deliver somewhere else | Call to register 1-877-792-3539 |
| Near Miller County – on the Texas side of Texarkana | Christus St. Michael Health System | Breastfeeding Classes | 1st Tuesday of every month Call for times | Christus St. Michael Health System 2600 St. Michael Drive Texarkana, TX | \$5 fee for breastfeeding classes | Call Tina East to register: 903-614-2630 For breastfeeding questions: Klorisa Withers or Melissa Duncan 903-614-2630 Monday-Friday 9-5 pm |
| Nevada | Nevada County Health Unit | Breastfeeding Basics-- Individual Consult | Call for appointment | Nevada County Health Unit 1501 W 1st Street N Prescott, AR | Free benefit with WIC participation | Rita Stokes 870-887-2004 |
| Newton | Newton County Health Unit | Breastfeeding Support Phone, or individual, in-person consults | Tuesday-Friday 8-4:30 pm Call for an appointment | Newton County Health Unit 506 West Court Street Jasper, AR | Free benefit with WIC participation | Jenny House/Carolyn Humphrey 870-446-2216 |

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| Newton | Newton County Health Unit | Beginning Breastfeeding Class | Wednesdays Call for dates and times | Newton County Health Unit 506 West Court Street Jasper, AR | Free benefit with WIC participation | Kelly Roberts 479-325-0380 |
| Ouachita | Ouachita County Health Unit | Breastfeeding Classes Offered in English & Spanish | Monthly Call for dates and times | Ouachita County Health Unit 740 California Ave SW Camden, AR | Free benefit with WIC participation | Nikki Carpenter 870-836-5033 |
| Perry | Perry County Health Unit | Breastfeeding support | Call for appointment | Perry County Health Unit 1039 North Fourche Ave. Perryville, AR | Free benefit with WIC participation | Darlene Spinks 501-889-5156 |
| Phillips | Phillips County Health Unit | Individual Breastfeeding Consults | Call for appointment | Phillips County Health Unit 110 Shirley Hicks Dr West Helena, AR | Free benefit with WIC participation | Patience Sylvester 870- 572-9028 |
| Pike | Pike County Health Unit | Breastfeeding Classes | Monthly Call for dates and times | Pike County Health Unit 15 Caddo Dr Murfreesboro, AR | Free benefit with WIC participation | Christy Cox 870-285-3154 |
| Polk | Polk County Health Unit | Breastfeeding Support and Fresh Start Breastfeeding Classes | Call for dates and times | Polk County Health Unit 702 Hornbeck Mena, AR | Free benefit with WIC participation | Stacy Voisin/Mary Cannell/Kathy Powell Classes taught by Jennifer Rollins 479-394-2707 |
| Pope | Pope County Health Unit | Breastfeeding Class Infant weight checks and individual breastfeeding support also available | Breastfeeding Classes Monday afternoons (call for times) Call for appointment | Pope County Health Unit 203 Weir Road Russellville, AR | Free benefit with WIC participation | Eva Robinson/Chelsey Berry 479-968-6004 |
| Pope | Heather Shipley | Breastfeeding Support | Call for appointment | Private, in-home consults | | Heather Shipley 479-222-0213 h.shipley.lc@gmail.com |

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| Prairie | Prairie County Health Unit | Individual Breastfeeding Help and Breastfeeding Support Group meetings | Call for appointment Support Group meets the 1 st Tuesday of every month 6:30 pm | Prairie County Health Unit 204 Main Street Des Arc, AR | Free benefit with WIC participation | Carla Long 870-256-4430 |
| Pulaski | WIC State Office | Helpline-a resource for moms & health professionals--answers breastfeeding questions, common medication questions, and assists with locating resources. | Phone line is answered 24 hours a day, 7 days a week; AR WIC Program answers it 8-4:30 pm Monday-Friday & Baptist Health answers evenings and weekends | Freeway Medical Building 5800 West 10th Street Suite 810 Little Rock, AR | Free to anyone (do not have to be a WIC participant to call the helpline) | WIC Breastfeeding Helpline 800-445-6175 |
| Pulaski | Baptist Health - Little Rock | Breastfeeding Classes- 501-202-1717 Mom & Me Support Group "Expressly For You"- Outpatient support, retail, pump rental and purchases - 501-202-7386 Baby Weigh Station-free weight checks Arkansas Breastfeeding Helpline | Monthly Call for dates and times Monday-Friday, 8:30-5 pm 24 hours a day, 7 days per week | Higginbotham Outpatient Center, 2nd floor 9500 Kanis Road Little Rock, AR | Call for information | Jessica Donahue 501-202-7378 expresslyforyou.com 501-202-7378 |
| Pulaski | Baptist Health/Expressly For You/Milk Bank Depot for Mother's Milk Bank of North Texas | Place to drop off donated breastmilk | Monday--Friday 8:30-5 pm | Little Rock, AR | No charge for receiving your milk donation | Jessica Donahue 501-202-7378 after calling 1-866-810-0071 to sign up for the program |
| Pulaski | Pulaski Central Health Unit | Breastfeeding Peer Counselor | Monday--Friday 8-4:30 pm | Pulaski Central Health Unit 3915 W 8 th St Little Rock, AR | Free benefit with WIC participation | Shauna Conic WIC Breastfeeding Peer Counselor 501-280-3115 |

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| Pulaski | Pulaski County Health Unit - North Little Rock | Breastfeeding support | Monday–Friday 8-4:30 pm | Pulaski County Health Unit 2800 Willow Street North Little Rock, AR | Free benefit with WIC participation | Shanika Henderson 501-791-8551 |
| Pulaski | Pulaski County Health Unit – Southwest | Breastfeeding Peer Counselor | Tuesday-Friday 8-4:30 pm | Pulaski County Health Unit-Southwest 8901 Dailey Drive Little Rock, AR | Free benefit with WIC participation | Sarita Hendrix 501-565-9311 |
| Pulaski | Pulaski County Health Unit- Southwest | Mother to Mother Breastfeeding Support Group | 3 rd Friday of every month 1 pm | Pulaski County Health Unit-Southwest 8901 Dailey Drive Little Rock, AR | Free benefit with WIC participation | Sarita Hendrix 501-565-9311 |
| Pulaski | Sarita Hendrix | In-home visits, personalized breastfeeding support, classes, training | By appointment only | Little Rock and surrounding areas | Call for information | Sarita Hendrix 501-766-8493 |
| Pulaski | La Leche League | Mother to Mother Support | 1st Friday of every month 10 am | Second Presbyterian Church Little Rock, AR | Free | Amy 248-659-2215 AmyvanIII@gmail.com Tanya 501-554-5550 llltanyasmith@gmail.com |
| Pulaski | St Vincent Center for Women's Health | Breastfeeding classes | Quarterly Call for dates and times | Little Rock Education Center - SW Bell/ARKLA Room Little Rock, AR | Free to women who deliver at St. Vincent's Hospital; \$25 for women who deliver somewhere else | Call the Lactation Center to register and for additional information 501-552-1173 |
| Pulaski | UAMS | Breastfeeding Classes | 2 nd Thursday of every month 6-8 pm | UAMS 8th Floor Central Building Little Rock, AR | \$20 | Call to register 501-686-8084 |

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| Pulaski | UAMS | Breastfeeding Classes | Thursdays, 8-10 am Class is also available in Spanish (call for Spanish class schedule) | Pulaski Central Health Unit UAMS Women's Clinic 3915 W 8th Street Little Rock, AR | Free | Women seeing an OB at UAMS Women's Clinic can register at their doctor's appointment |
| Pulaski | Arkansas Drug Information Center | Information about interaction of medicines with breastfeeding; also information about general medication concerns | Operates: 24 hours a day, 7 days a week | Little Rock, AR | Free | AR Poison Hotline 800-222-1222 (for parents) Arkansas Drug Information Center 800-376-4766 (for health professionals) |
| Saline | Saline County Health Unit | Breastfeeding Peer Counselor | Call for appointment | Saline County Health Unit 1612 Edison Ave Benton, AR | Free benefit with WIC participation | 501-303-5650 |
| Saline | Saline County Health Unit | Breastfeeding Support Group | Call for dates and times | Saline County Health Unit 1612 Edison Ave Benton, AR | Free | 501-303-5650 |
| Saline | Tanya Smith | Breastfeeding support, in-home visits, personalized breastfeeding training. By appointment | Call for information | Benton and surrounding areas | Call for information | Tanya Smith 501-725-1275 www.serenitybreastfeedingsupport.com |
| Saline | Saline Memorial Hospital | Prepared Childbirth/Breastfeeding Class | 2 nd Tuesday of every month | Saline Memorial Hospital Benton, AR | Free | OB Department 501-776-6300 Registration information available on website |
| Scott | Scott County Health Unit | Breastfeeding Classes Breastfeeding follow-up, Problem Management | Most Wednesdays, 2:30 pm (Call for dates) Individual Consult: call for appointment | Scott County Health Unit 10 North Main Waldron, AR | Free benefit with WIC participation | Pam Napier/Holly Laird/Ashley Mickle 479-637-2165 |

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| Searcy | Ozark Mtn. Health Network - Searcy & Van Buren Counties | Young Moms Healthy Families Program - support, guidance, education, & home visits | Monthly group meetings Weekly home visits for participants Call for information | 428 Medical Center Parkway Clinton, AR | Free | Melissa Smyth/Alex Churches 501-745-9305 |
| Searcy | Searcy County Health Unit | Beginning Breastfeeding Class | Fridays—dates will vary each month Call for dates and times | Searcy County Health Unit 742 Airport Rd Marshall, AR | Free benefit with WIC participation | Kelly Roberts 479-325-0380 |
| Sebastian | Sebastian County Health Unit | Breastfeeding Classes Offered in English & Spanish Breastfeeding support, problem management | English—most Thursdays 10:30 am; Spanish-most Mondays 1 pm (Call for dates) Individual Consult by appt. | Sebastian County Health Unit 3112 South 70 th Fort Smith, AR | Free benefit with WIC participation | Pam Napier Ashley Mickle 479-452-8600 |
| Sebastian | Ft. Smith WIC Clinic | Breastfeeding Classes | Mondays 2 pm | 6601 Phoenix Ave, Suite A Fort Smith | Free benefit with WIC participation | Cheryl Labyer 479-478-3062 |
| Sebastian | Sparks Health System Center | Breastfeeding Basics Classes | Monthly Check website, or call for dates and times | Nancy Orr Family Center 1001 Towson Ave-Room 3 South Fort Smith, AR | | Sparkshealth.com 479-709-3627 |
| Sebastian | Mercy Medical Health System | Breastfeeding Classes | 4 th Tuesday of every month 6-8 pm | Mercy Women's Center 7301 Rogers Ave. Fort Smith, AR | Free Register online (no telephone registration available) | Mercy.net 479-314-6000 (phone number for assistance) |
| Sevier | Sevier County Health Unit | Breastfeeding Support | Call for appointment | Sevier County Health Unit 304 N 4 th St De Queen, AR | Free benefit with WIC participation | Marcy McCullough 870-642-2535 |

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Send resource updates to: wicbreastfeeding@arkansas.gov

| COUNTY | WHO | WHAT | WHEN | WHERE - CITY | COST | CONTACT |
|-----------|--|--|---|---|--|--|
| Sevier | Judy Young | Private Lactation Counselor | Call for appointment | De Queen, AR | Free | Text Judy at 870-584-2707 |
| Sharp | New Beginnings Pregnancy Center | Breastfeeding Classes | Call for dates and times | 23 W Main St. Ash Flat, AR | Free | Lynn Barber Laura Lute 870-994-5433 |
| Union | Union County Health Unit | Breastfeeding Classes - Offered in English & Spanish | Monthly Call for dates and times | Union County Health Unit 301 American Rd El Dorado, AR | Free benefit with WIC participation | Jacky Johnson 870-863-5101 |
| Van Buren | Van Buren County Health Unit | Lactation Consultant | Call for appointment | Van Buren County Health Unit 526 Quality Drive Clinton, AR | Free benefit with WIC participation | Teresa Gates 501-745-2485 |
| Van Buren | Van Buren County Breastfeeding Resource Center | Breastfeeding Support, Lending Library, and Sling Loaner Program | Monday–Thursday 8 am–4 pm Call for appointment | Van Buren County Health Unit 526 Quality Drive Clinton, AR | Free benefit with WIC participation | Vanessa Martin Breastfeeding Peer Counselor 501-745-2485 |
| Van Buren | Ozark Mountain Health Network - Searcy & Van Buren Counties | Young Moms Healthy Families Program - support, guidance, education, & home visits | Monthly group meetings; Weekly home visits for participants Call for information | Van Buren County Health Unit 428 Medical Center Parkway Clinton, AR | Free | Melissa Smyth /Alex Churches 501-745-9305 Melissa.Smyth@myozarkhealth.com Alex.churches@myozarkhealth.com |
| Van Buren | Van Buren County Health Unit/Milk Bank Depot for Mother's Milk Bank of North Texas | Place to drop off donor breastmilk (after screening process) | Call for information/appointment <i>before</i> donating your milk | Van Buren County Health Unit 245 Quality Drive Clinton, AR | No charge for receiving your donated breastmilk | Vanessa Martin or Teresa Gates Call 501-745-2485 after calling 1-866-810-0071 to sign up for the program |

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|------------|---------------------------------------|--|---|---|---|--|
| Washington | La Leche League of Northwest Arkansas | Mother to Mother Support | Text or call a breastfeeding leader for help | NW Arkansas area | Free | Cherry Van Dine 479-366-0997 Tawny Mulikin 479- 268-0568 Megan Lane 620-249-3343 |
| Washington | Springdale WIC Clinic | Breastfeeding Classes | Classes provided monthly Call for dates—morning and afternoon times available | Springdale WIIC Clinic 1772 West Sunset, Springdale, AR | Free benefit with WIC participation | Husne Begum/Mary Wise 479-927-3667 |
| Washington | Washington County Health Unit | Breastfeeding Classes Breastfeeding Support | Call for dates & times of classes Breastfeeding support Monday—Friday 8 am-4:30 pm | Washington County Health Unit 3270 Wimberly Drive, Fayetteville, AR | Free benefit with WIC participation | Marelisa Colberg-Beers 479-521-8181 |
| Washington | Washington Regional Medical Center | Baby Basics/Breastfeeding Classes Breastfeeding Classes | 3 rd Saturday every month 9:30 am-4 pm 4th Tuesday every month 6-8 pm | WRMC Johnelle Hurst Center for Women 3215 N. North Hills Blvd. Fayetteville, AR | \$50 for childbirth class \$20 for breastfeeding class | Tonia Squires tsquires@wregional.com Breastfeeding Helpline: 479-463-1619 Call to register for classes: 479-463-5141 May register online: www.Wregional.com Women’s health; classes and education |
| Washington | Willow Creek Women’s Hospital | Breastfeeding Classes, Outpatient Lactation Consults (Will file with insurance for payment) | Call to register | Willow Creek Women’s Hospital Johnson, AR | Free | Gwyn Barnes Dena Arriela Melissa Cleaveland 479-684-3210 |

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|--------|-------------------------------------|---|---|---|--|--|
| White | La Leche League of Searcy | Mother to Mother Support | 1 st Tuesday every month 10 am 3 rd Tuesday every month 7 pm | Call for information Searcy, AR | Free | Brenna – 501-593-7749 BrennaKtucker@gmail.com Catrina – 501-827-7186 Cjmendoza1407@gmail.com Facebook.com/LaLecheLeagueofSearcy |
| White | Unity White County Medical Center | Monthly breastfeeding classes and private lactation consults. | Class: 6:30 pm—9 pm, 3 rd Monday every month Call to register for class, or to request a private consult | Unity White County Medical Center 3214 E Race Street Searcy, AR | \$10 Call for info about private consults | Marsha Pound 501-380-1277 |
| Yell | Yell County Health Unit--Danville | Breastfeeding classes | Tuesdays--1 or 2 times every month at 2 pm Call for information | Yell County Health Unit 1309 Hwy 10 East Danville, AR | Free benefit with WIC participation | Chelsey Berry/Eva Robinson 479-495-2741 |
| Yell | Yell County Health Unit- Dardanelle | Breastfeeding Classes | Tuesdays--1 or 2 times every month at 2 pm Call for information | Yell County Health Unit 719 North 5 th Street Dardanelle, AR | Free benefit with WIC participation | Chelsey Berry 479-229-3509 |