

# Breastfeeding Help

**Breastmilk is one of the most important gifts you can give your baby -  
and WIC is here to support you.**

Revision date: July 19, 2019

## Local WIC Breastfeeding Resources

### Breastfeeding Counselors

Clinic Hours: M-F 9:00 am-5:30 pm Sat 8:30 am-3:45 pm  
After Hours: M-F 5:30 pm-9:00 pm Sat 3:45 pm-9:00 pm  
and Sun. 10:00 am-9:00 pm. Call or text (806)678-0870

- Claudia Guzman (806)371-1119 English/Spanish
- Elizabeth Thipaphay (806)-371-1119 English/Lao

### Texas Tech Breastfeeding Clinic

M-F 8:00 am- 5:00 pm  
(806)352-2519

## Texas Lactation Support Hotline

1-855-550-6667

## Texas Lactation Support Centers

### **Mom's Place – Austin**

512-972-6700

Momsplace.org

### **Lactation Care Center – Dallas**

214-670-7222

Lactationcarecenterdallas.com

### **Lactation Foundation – Houston**

713-500-2800, option 1

Lactationfoundation.org

### **Lactation Care Center – McAllen**

956-292-7711

Co.hidalgo.tx.us/LCCRGV

### **Lactation Care Center – San Antonio**

210-207-7138

Sanantonio.gov/Health/HealthServices/SanAntonioLactationSupportCenter

## Community Resources

### Hospital Breastfeeding Support

#### **BSA Healthcare System**

Hours: M-F 8:00 am-7:00 pm Sat. & Sun. 8:00 am-5:00 pm

- Tiffany Bateman (806)212-5548

#### **Baby Café BSA**

2<sup>nd</sup> & 4<sup>th</sup> Monday 10:00 am-12:00 pm (806)212-5548

#### **Northwest Texas Healthcare System**

Hours M-F 8:00 am-4:30 pm Sat. & Sun. 8:00 am-1:00pm

- Krista Savage (806)354-1394
- Amanda Castillo (806)354-1394 English/Spanish
- NWTHS Breastfeeding Hotline (806)354-1394

#### **Baby Café NWTX**

1<sup>st</sup> and 3<sup>rd</sup> Monday 4:00 pm-6:00 pm (806)354-1394

#### **La Leche League Support**

**1-800-525-3243**

## Helpful Websites

### General Info

Breastmilkcounts.com

TexasWIC.org

Kellymom.com

### Breastmilk Donations

Texasmilkbank.org (Dallas)

Milkbank.org (Austin)

### Medication Questions

Infantrisk.com



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