

Arkansas Breastfeeding Community Resources –updated 4-10-2019

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, English and Spanish	Monday through Friday 8-5	Nationwide helpline	Free	1-800-994-9662
Statewide Breastfeeding Helpline 800-445-6175	Answered by staff at the WIC Central Office Nutrition and Breastfeeding section	Breastfeeding assistance for mothers and babies and coordination of WIC breast feeding support between county health units, hospitals and WIC participants. Technical assistance also provided to health professionals.	Monday through Friday 8-4:30 After regular office hours the number is forwarded to Expressly For You at Baptist Hospital.	Office is located in Little Rock in the Freeway Medic al Building	Free	1-800-445-6175 or email at 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	Free	Arkansas Drug Information Center 800-222-1222 (for parents) 800-376-4766 (for health professionals)
Arkansas County	La Leche League	Mother to Mother Breastfeeding Support	2 nd Wednesday of the 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 Classes – Monthly, 3 rd Tuesday at 6:00-8:00pm	Baxter Regional Medical Center Schliemann Center 624 Hospital Drive Mountain Home	Free	Call for information or to register for classes: Megan 870-508-2328
Baxter	Baxter County Health Unit	Beginning Breastfeeding Classes	Tuesdays – call for WIC appointment	206 Bucher Drive Mountain Home, AR	Free benefit with WIC participation	Rita Havner 870-425-3072
Benton	Mercy Medical Center	Breastfeeding Your Baby class-separate class or as part of 6 wk Prepared Childbirth Ed. Classes-Dad’s welcome	Call for schedule	Rogers/Bentonville Mercy Medical Center in Rogers	\$35 for the breastfeeding class alone or \$75 for the prepared childbirth class including the breastfeeding class	Cyrece Engelberger or Whitney Noble Mercy.net 479-338-2939
Benton	NW Women’s Health Assoc.	Breastfeeding Classes Private consults	Classes 1 st Tues 6:30 Call for appt. for consults	Bentonville – call for info	\$30	Pam McArthur 479-544-0405 pamobrnr@gmail.com
Benton	Benton County Health Unit – Lowell WIC Clinic	Breastfeeding Peer Counselor	Call for appointment	Benton County Health Unit – Lowell 107A South Lincoln, Lowell, AR	Free benefit with WIC participation	WIC Breastfeeding Peer Counselor 479-770-6232
Benton	Benton County Health Unit	Breastfeeding Classes	Call for schedule	Benton County Health Unit - Rogers 1200 W. Walnut St. Suite 2000 Rogers, AR	Free benefit with WIC participation	Janet Siebert 479-986-1300 janet.siebert.@arkansas.gov

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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 Tallman 479-549-3794
Benton	Ashley Stone, APRN, IBCLC	Appointments with a pediatric nurse practitioner and IBCLC, for check-ups and help with any breastfeeding concern or problem.	Call for appointment. Monday - Thursday	Ozark Community Hospital Clinic 1101 Jackson St Southwest Gravette, AR	They will bill your insurance.	Ashley Stone 479-787-5291
Benton	Northwest Health Hospital	Breastfeeding Classes and Breastfeeding Support Groups	Register online	3000 Medical Center Parkway Bentonville AR	Free	https://www.northwesthealth.com/classes-events/breastfeeding-basics-evening-family-birth-place-at-35001
Boone	Boone County Health Unit	Breastfeeding Peer Counselor	Mon – Fri 8 – 4:30 Call for appointment	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Free benefit with WIC participation	Starla Carter WIC Breastfeeding Peer Counselor 870-743-5244
Boone	Boone County Health Unit	Breastfeeding Classes	Mondays - Call for schedule	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Free benefit with WIC participation	Kelly Roberts Family Consumer Science Specialist 870-743-5244
Boone	La Leche League of Boone County	Mother to Mother Support	Third Saturday of the month at 10AM	Boone County Public Library 221 W Stephenson Ave Harrison, AR	Free Mother to Mother support	Leslie Hunter 405-255-2906 Uriel 479-426-2372 Facebook: La Leche League of Boone County
Boone	North Arkansas Regional Medical Center	Breastfeeding classes Mothers support group, The Lactation Club, (TLC)	Call for class schedule. The Lactation Club meets the 2 nd Wed of the month from 11:30 – 12:30 with free lunch.	North Arkansas Regional Medical Center 620 N Main, Harrison	Free	Sandra Guidry 870-414-5324 Sandra.guidry@narmc.com

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Calhoun	Calhoun County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Calhoun County Health Unit 1119 Prestress Dr Hampton, AR	Free benefit with WIC participation	Billie Launius 870-798-2808
Carroll	Starla Carter WIC Breastfeeding Peer Counselor	Telephone or text for breastfeeding support	Monday-Friday 8-4:30	Available by phone or text in Boone, Carroll , Searcy, and Marion counties	Free benefit with WIC participation	Starla Carter WIC Breastfeeding Peer Counselor 870-423-2923
Clark	Clark County Health Unit	WIC Secondary Nutrition Education and Breastfeeding support	Call for appointment	Clark County Health Unit 605 S 10 th St Arkadelphia, AR	Free benefit with WIC participation	Health Unit 870-246-4471
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	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Columbia County Health Unit 207 S Jefferson Magnolia, AR	Free benefit with WIC participation	Traci Bradshaw 870-235-3798
Conway	Conway County Health Unit	Breastfeeding Classes for pregnant women	Usually 1 st , 2 nd , & 3 rd Wed of the month at 3:00 pm Call to confirm dates & times	Conway County Health Unit 100 Hospital Drive Morrliton, AR	Free benefit with WIC participation	Megan Millsaps 501-354-4652
Craighead	NEA Memorial Baptist Hospital	Breastfeeding and Prenatal Class combined	Call for times and dates	4800 East Johnson Ave Jonesboro, AR	Call for info	Diana Roush 870-936-3025

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Craighead	St Bernard's Regional Medical Center Stroud Hall (SBRMC)	Breastfeeding Classes	Monthly classes First Tuesday of the month 6:00 to 8:30 PM	1144 E Matthews Jonesboro, AR	Free	Sherry Rickard and Roxanna Loggins Breastfeeding Helpline 870-897-7335
Craighead	Craighead County Health Unit	Breastfeeding Peer Counselor	Mon, Wed, Thurs, Fri 8-4:30 Tues 9:30-6:00	Craighead County Health Unit 611 E. Washington, Ste. B Jonesboro, AR	Free benefit with WIC participation	Amira Koster WIC Breastfeeding Peer Counselor 870-933-4585 Wk cell 870-253-9168
Crawford	Crawford County Health Unit	Breastfeeding Class for pregnant women Breastfeeding follow-up, problem management	2/Month, Call for schedule By appointment	Crawford County Health Unit 2040 Chestnut Ave Van Buren, AR	Free benefit with WIC participation	Ellen Morris or Pam Napier 479-474-6391
Crittenden	Crittenden County Health Unit	Breastfeeding Peer Counselor	Mon-Fri 8-4:30	Crittenden County Health Unit 901 N 7 th St West Memphis, AR	Free benefit with WIC participation	Cathy Durham WIC Breastfeeding Peer Counselor 870-735-4334 501-554-6798 work cell #
Crittenden	Crittenden County Health Unit	Breastfeeding classes and lactation consults	Breastfeeding Classes every 4 th Wednesday 10am-12pm. Call for lactation consult appointments.	Crittenden County Health Unit 901 N 7 th St West Memphis, AR	Free benefit with WIC participation	Cathy Durham & Angie Whatley 870-735-4334- health unit 870-554-6798 –work cell #
Crittenden	Angie Whatley Private lactation consultant	Private breastfeeding consults in your home	Call for an appointment	West Memphis	\$45 per hour	Angie Whatley 870-636-5231 501-541-8075
Dallas	Dallas County Health Unit	Breastfeeding support	Monthly – Call for info	Dallas County Health Unit 201 N Spring Fordyce, AR	Free benefit with WIC participation	Cindy Thompson 870-352-7197
Desha	WIC Breastfeeding Peer counselor	One on one help with a peer counselor at the Desha County Health Unit-Dumas	Mon, Wed, & Fri 8-4:30	Desha County Health Unit 751 HWY 65 South Dumas, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-382-2377

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Desha	WIC Breastfeeding Peer Counselor	One on one help with a peer counselor at the Desha County Health Unit- McGehee	Tues & Thursday 8-4:30	Desha County Health Unit 200 E Ash McGehee, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-222-3910
Faulkner	La Leche League	Mother to Mother Support	Monthly – 1 st Thursday of the month at 6:30 pm Call to confirm date and time	Classroom 1 of the Women's Center at Conway Regional Hospital	Free	Jordan Phone number: 501-908-4933 jordanbittle@yahoo.com
Faulkner	Faulkner County Health Unit	Breastfeeding Peer Counselor	Mon - Thurs 8:30-4:00 Call for an appointment	Faulkner County Health Unit 811 N Creek Dr Conway, AR	Free benefit with WIC participation	Casandra Bailey-Tackett WIC Breastfeeding Peer Counselor 501-450-4941
Faulkner	Conway Regional Med Center	Support Group meetings Breastfeeding Classes Telephone support Out-patient visits by appointment	Support group meets on the last Saturday at 10AM Breastfeeding classes 3 rd Tues. evening of the month at 6:30 Call for telephone support and out-patient visits.	Conway Regional Hospital Women's Center classroom 2302 College Ave Conway, AR	\$25 for classes Support group and telephone support – free	Nancy Embry or Barbara Malott 501-513-5721 Call during normal business hours Register for classes at www.conwayregional.org/classes
Franklin	Franklin County Health Unit	Breastfeeding Classes	Call for dates and times	Franklin County Health Unit 509 North 29 th Street Ozark, AR	Free benefit with WIC participation	Sherry Cagle 479-667-2555
Garland	Garland County Health Unit	Breastfeeding Peer Counselor	Monday – Friday 8 – 4:30 Call for appointment	Garland County Health Unit 1425 Malvern Ave Hot Springs, AR	Free benefit with WIC participation	Trenise WIC Breastfeeding Peer Counselor 501-624-3394 ext. 109
Garland	Garland County Health Unit	Mommy Milk 101	Monthly- 3 rd Wednesday Call for date and time	Garland County Library	Free benefit with WIC participation	Trenise WIC Breastfeeding Peer Counselor 501-624-3394 ext. 109

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Garland	La Leche League	Mother to Mother Support	No meetings at this time.	Call her 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	Mon – Fri 1pm to 5 pm	Hot Springs, AR	Free	Call 501-463-4965 after calling 1-866-810-0071 to sign up for the program
Greene	Greene County Health Unit	Breastfeeding Peer Counselor and also monthly classes	Mon and Wed Call for appointment	Classes held at the Arkansas Methodist Hosp. One-on-one; held at the health unit	Free benefit with WIC participation	Leisa Huskey WIC Breastfeeding Peer Counselor 870-236-7782
Greene	Arkansas Methodist Medical Center	Monthly breastfeeding classes	Call for dates – once a month	Classes held at the Arkansas Methodist Medical Center-Paragould, AR	Classes are free	Shawna McMinn 870-239-7013
Hempstead	Hempstead County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Hempstead County Health Unit 808 W 5 th St Hope, AR	Free benefit with WIC participation	Lisa Bullock 870-777-2191
Howard	Howard County Health Unit	WIC Secondary Nutrition Education and Breastfeeding support	Call for appointment	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 Peer Counselor	Mon-Fri 8-4:30 Call for appointment	Independence County Health Unit 120 Weaver Batesville, AR	Free benefit with WIC participation	Taylor Tosh WIC Breastfeeding Peer Counselor 870-793-8848
Independence	White River Medical Center	Lactation Counselors	Call for times	Batesville, AR	Lactation consults have to be ordered by the pediatrician's	870-262-2662 Melanie Creighton or Michelle Snow

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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 after signing up for the program	Mon – Fri 8-4:30	Independence County Health Unit 120 Weaver Batesville, AR	No charge for receiving your donated breastmilk	870-793-8848 after calling 1-866-810-0071 to sign up for the program
Jackson	Jackson County Health Unit	Breastfeeding support	Call for appointment	1505 N Pecan Newport, AR	Free benefit with WIC participation	Angela Clark 870-523-8968
Jefferson	Jefferson Regional Medical Center	Breastfeeding Classes	Quarterly Call for dates	1600 W. 40th Ave. Pine Bluff, AR	Free	Ashley Kennedy 870-541-3605 www.jrmmc.org
Johnson	Johnson County Health Unit	Breastfeeding Classes – Spanish and English	Most Tuesdays at 2:30 Call to confirm	Johnson County Health Unit #6 Professional Dr. Clarksville, AR	Free benefit with WIC participation	Pam Napier/Eva Robinson Shirley Hatchett 479-754-2949
Lafayette	Lafayette County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Lafayette County Health Unit 1113 Chestnut St Lewisville, AR	Free benefit with WIC participation	Health Unit 870-921-5744
Lawrence	Lawrence County Health Unit	Breastfeeding Peer Counselor	Tues, Thur, & Fri Call for appointment	Lawrence County Health Unit 1050 W. Free St. Walnut Ridge, AR	Free benefit with WIC participation	Leisa Huskey WIC Breastfeeding Peer Counselor 870-886-3201
Little River	Little River County Health Unit	Breastfeeding Support	Call for an appointment	Little River County Health Unit 150 Keller Ashdown, AR	Free benefit with WIC participation	Gayle (Linda) Vermeer Vanessa Sneed-Breastfeeding Coordinator 870-898-3831
Logan County-North	North Logan County Health Unit-Paris	Breastfeeding Education Classes & breastfeeding support	Breastfeeding Support Mon.-Fri. 8_4:30 Classes held one Wednesday a month at 2:30 Call for info	North Logan County Health Unit 150 South Lowder, Paris, AR	Free benefit with WIC participation	Eva Robinson WIC Nutritionist 479-963-6126

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Logan County-South	South Logan County Health Unit-Booneville	Breastfeeding Education Classes and Breastfeeding Support	Classes – 1 st Wednesday Breastfeeding Support - Call for info	South Logon County Health Unit 721 West 1 st St, Booneville, AR	Free benefit with WIC participation	Cheryl Labyer WIC Nutritionist 479-675-2593
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	Bobby Kirtley 501-843-7561
Lonoke	Lonoke County Health Unit-Cabot	Breastfeeding Peer Counselor	Monday & Friday 8-4:30 Call for appointment	Cabot Health Unit 118 South First Street Cabot, AR	Free benefit with WIC participation	Brooke Brumley Breastfeeding Peer Counselor 501-843-7561
Lonoke	Lonoke County Health Unit – Lonoke	Breastfeeding Support Breastfeeding Peer Counselor- last Wed of the month	Monday – Friday for breastfeeding support Last Wed of the month – breastfeeding peer counselor, call for apt.	Lonoke Health Unit 306 N Center St Lonoke, AR	Free benefit with WIC participation	Mary Brumley 501-676-2268 Peer Counselor – Brooke Brumley
Madison	Madison County Health Unit	Beginning Breastfeeding Classes	Thursdays – call for schedule	Madison County Health Unit 709 College Huntsville, AR	Free benefit with WIC participation	Kelly Roberts Family Consumer Science Specialist 479-738-2612
Marion	Marion County Health Unit	Beginning Breastfeeding Classes and individual breastfeeding support	3 rd Mondays and 4 th Wednesdays at 1pm. Call for appointment for individual breastfeeding support Mon.-Fri.	Marion County Health Unit 707 HWY 202 West, Yellville, AR	Free benefit with WIC participation	Valerie Jackson and Traci Holmes provide breastfeeding support. Rita Havner teaches the classes and also offers individual appointments for breastfeeding education and support. 870-449-4259
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 Breastfeeding Support Group	Breastfeeding classes bi-Monthly 6:30 pm, call for dates Breastfeeding Support Group meetings on the first	Wadley Education Center Texarkana, TX	Free	Call to register: 1-877-792-3539 or 903-798-8025

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			Tuesday 5:30-6:30			
Near Miller County – on the Texas side of Texarkana	Christus St. Michael Health System	Breastfeeding Classes	First Tuesday of the month	Christus St. Michael Health System 2600 St. Michael Dr Texarkana, TX	Free breastfeeding classes	Call Tina East to register for classes: 903-614-2630 For Breastfeeding questions: Klorisa Withers or Melissa Duncan 903-614-6202 Mon-Fri 9-5
Mississippi	Mississippi County Health Unit-Osceola	Breastfeeding Peer Counselor	Mon & Wed 8am - 1pm Fri 8am-12 Call for appointment	Mississippi County Health Unit Osceola 720 W Lee Street Osceola, AR	Free benefit with WIC participation	Tiffany Martin WIC Breastfeeding Peer Counselor 870-563-2521
Mississippi	Mississippi County Health Unit-Blytheville	Breastfeeding Peer Counselor	Tues & Thursday 8am-1pm Call for appointment	Mississippi County Health Unit Blytheville 1299 N. 10 th St. Blytheville, AR	Free benefit with WIC participation	Tiffany Martin Breastfeeding Peer Counselor 870-763-7064
Nevada	Nevada County Health Unit	Breastfeeding Basics-One on one	Call for appt.	Nevada County Health Unit 1501 W 1st St. N Prescott, AR	Free benefit with WIC participation	Rita Stokes 870-887-2004
Newton	Newton County Health Unit	Telephone or in person breastfeeding support	Tuesday-Friday 8-4:30 Call for an appt.	Newton County Health Unit 506 West Court St Jasper, AR	Free benefit with WIC participation	Jenny House and Carolyn Humphrey 870-446-2216
Newton	Kelly Roberts Newton County Health Unit	Beginning Breastfeeding Class	Wednesdays – call for schedule	Newton County Health Unit 506 West Court St., Jasper, AR	Free benefit with WIC participation	Kelly Roberts Family Consumer Science Specialist 870-446-2216
Ouachita	Ouachita County Health Unit	WIC Secondary Nutrition Education and Breastfeeding Classes	Call for dates and times	Ouachita County Health Unit 740 California Ave SW Camden, AR	Free benefit with WIC participation	Jacky Johnson, Stephanie Radford, Stefani Monden 870-836-5033

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Perry	Perry County Health Unit	Breastfeeding support	Call for appt.	Perry County Health Unit 1039 North Fourche Ave. Perryville, AR	Free benefit with WIC participation	Paula Smith 501-889-5156
Phillips	Phillips County Health Unit	Individual Breastfeeding Classes	Call for appt.	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	WIC Secondary Nutrition Education Breastfeeding Classes and Breastfeeding support	Monthly – Call for dates and times	Pike County Health Unit 15 Caddo Dr Murfreesboro, AR	Free benefit with WIC participation	Stephanie Radford or Christy Cox 870-285-3154
Poinsett	Poinsett County Health Unit	Breastfeeding support	Breastfeeding Support for WIC participants	Trumann Health Unit 1204 W Main Trumann, AR 72472	Free benefit with WIC participation	Stacey Dickerson 870-483-5761
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 and Lydia Ferguson 479-394-2707
Polk	Mena Regional Health System	Prenatal and Breastfeeding Classes	Every other month Call for dates and times	Mena Regional Health System	Free	Brooke Baldrige MRHS Women’s Services 479-243-2400
Pope	Pope County Health Unit	Breastfeeding classes Baby weight checks and support for breastfeeding mothers and babies	Breastfeeding Classes - Weekly on Mondays- 1:30 pm Wt cks Mon. afternoons	Pope County Health Unit 203 Weir Road Russellville, AR	Free benefit with WIC participation	Eva Robinson Kaila Parker 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
Prairie	Prairie County Health Unit	Individual Breastfeeding Help	Call for appt.	Prairie County Health Unit 204 Main St. Des Arc, AR	Free benefit with WIC participation	Carla Long 870 - 256-4430

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Pulaski	WIC State Office	Helpline - resources for moms and health professionals. Answers to breastfeeding questions, common medication questions and help locating resources.	Operates: Mon - Fri, 8 am to 4:30 pm Answer line answered 24 X 7 After hours by Baptist Health	Freeway Medical Building 5800 West 10th St., Suite 810 Little Rock, AR	Free to all	WIC Breastfeeding Helpline 800-445-6175
Pulaski	Baptist Health - Little Rock	Breastfeeding Classes- 501-202-1717 "Expressly For You"- Outpatient support, retail, pump rental and purchases - 501-202-7386 Baby Weigh Station-free weight checks Arkansas Breastfeeding Helpline - 501-202-7378	Monthly call for dates Hours: M-F, 8:30 am - 5pm	Higginbotham Outpatient Center - 2nd floor. 9500 Kanis Rd Little Rock, AR	Call for info	Jessica Donahue 501-202-7378 expresslyforyou.com
Pulaski	Baptist Health/Expressly For You/Milk Bank Depot for Mother's Milk Bank of North Texas	Place to drop off donor breastmilk (after screening process). Must call 1-866-810-0071 to register and go through the screening process.	Call before you go. Mon-Fri 8:30-5	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 and go through the screening process.
Pulaski	Pulaski County Health Unit – West Little Rock	Breastfeeding Peer Counselor	Mon-Fri 8-4:30	11715 Rainwood Rd Little Rock, AR	Free benefit with WIC participation	Amy Robertson WIC Breastfeeding Peer Counselor 501-224-1254
Pulaski	Pulaski County Health Unit - North Little Rock	Breastfeeding Peer Counselor	Mon – Fri 8-4:30	Pulaski County Health Unit 2800 Willow St North Little Rock, AR	Free benefit with WIC participation	Kim Helmbeck WIC Breastfeeding Peer Counselor 501-791-8551

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Pulaski	Pulaski County Health Unit - Pulaski Central	Breastfeeding Peer Counselor	Mon – Fri 8-4:30 Call for appointment	Pulaski County Health Unit 3915 W 8th Street Little Rock, AR	Free benefit with WIC participation	Shauna Conic WIC Breastfeeding Peer Counselor 501-280-3115
Pulaski	Pulaski County Health Unit – Southwest	Breastfeeding Peer Counselor	Call for appointment	Pulaski County Health Unit 8901 Dailey Drive Little Rock, AR	Free benefit with WIC participation	Sarita Hendrix WIC Breastfeeding Peer Counselor 501-565-9311
Pulaski	Pulaski County Health Unit- Southwest	Mother to Mother Breastfeeding Support Group	3 rd Friday at 1:00PM	Pulaski County Health Unit- Southwest - In the conference room 8901 Dailey Drive Little Rock, AR	Free benefit with WIC participation	Sarita Hendrix 501-565-9311
Pulaski	Sarita Hendrix	Breastfeeding Support, in-home visits, personalized breastfeeding support/classes/training. By appt.	Call for info	Little Rock and surrounding areas	Call for info	Sarita Hendrix 501-213-5801
Pulaski	Pulaski County Health Unit - Jacksonville	Breastfeeding Support Mon-Fri 8-4:30 Breastfeeding Peer Counselor – 1 st , 2 nd , 3 rd Wednesdays	Call for appointment	Pulaski County Health Unit 3000 N First St Jacksonville, AR	Free benefit with WIC participation	Wanda Neal 501-982-7477 Peer Counselor – Brooke Brumley
Pulaski	La Leche League	Mother to Mother Support	Monthly 4 th Saturday at 10:00 AM	Hillcrest Farmers Market 2200 Kavanaugh Blvd. Little Rock, AR Enter the building via ramp next to church steps.	Free	Sunday - Monday: Kathryn, kathrynahyde@gmail.com or 501-804-3862 * Tuesday: Heather, llhhenry@gmail.com or 816-506-0527 * Wednesday: Meredith, 501-230-8542 * Thursday - Friday: Kathryn, kathrynahyde@gmail.com or 501-804-3862 * Saturday: Meredith, 501-230-8542 *

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Pulaski	St Vincent Center for Women's Health	Breastfeeding classes	Quarterly – call for info	Little Rock Education Center - SW Bell/Arkla Rm Little Rock, AR	Free to all who deliver at our hospital - \$25 for others	Ruthmary Goodhart - Call the Lactation Center for info and to register: 501-552-1173
Pulaski	UAMS	Breastfeeding Classes	2 nd Thursday 5 – 7 pm	UAMS	Free	501-686-8084 Call this # for information and to register.
Pulaski	Arkansas Drug Information Center	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	AR Poison Hotline 800-222-1222 (for parents) Arkansas Drug Information Center 800-376-4766 (for health professionals)
Saline	Saline County Health Unit	Breastfeeding support	Monday 9:30am - 6pm Tuesday - Friday 8-4:30 Call for appointment	Saline County Health Unit 1612 Edison Ave Benton, AR	Free benefit with WIC participation	Katherine King 501-303-5650
Saline	Saline Memorial Hospital	Prepared Childbirth/Breastfeeding Class (no cost) Breastfeeding Support Group	2 nd Tuesday of each month First Friday of each Month at 10am	Saline Memorial Hospital Benton, AR Conference room 3 in the Health Education Building at Saline Memorial Hospital, Benton, AR	Free Free	OB Department 501-776-6300 Registration info available on website tanya@serenitybreastfeedingsupport or call 501-725-1275
Saline	Serenity Breastfeeding Support	In-home breastfeeding consults and telephone support	Call for appointment	Benton and surrounding areas	Call for prices	Tanya Smith tanya@serenitybreastfeedingsupport or call 501-725-1275

Arkansas Breastfeeding Community Resources –updated 4-10-2019

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Scott	Scott County Health Unit	Breastfeeding Classes Breastfeeding follow-up, Problem Management	Every other Wednesday 2:30pm By appointment	Scott County Health Unit 316 Featherston, Waldron, AR	Free benefit with WIC participation	Pam Napier & Holly Laird Family Consumer Science Specialist Ashley Mickle, RD, LD 479-637-2165
Searcy	Searcy County Health Unit	Beginning Breastfeeding Class	Fridays – call for schedule	Searcy County Health Unit 742 Airport Rd Marshall, AR	Free benefit with WIC participation	Kelly Roberts 870-448-3374
Searcy	Ozark Opportunities	Healthy Families Arkansas- Ozark Mountains-support, guidance, education and home visits	Monthly group meetings Weekly home visits for participants Call for info	Satellite office-not open every day: 110 Ruff St Marshall, AR	Free	Melissa Smyth, Brandi Grillot, and Alex Churches Ragland (breastfeeding peer counselor) 870-448-6488
Sebastian	Sebastian County Health Unit	Breastfeeding Classes English Breastfeeding Classes Spanish Breastfeeding follow-up, Problem Management	Engl. – most Thurs at 10:30am Span. – most Mondays at 1:00pm Call for dates By appointment	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	Weekly on Mondays at 2:00 pm	6601 Phoenix Ave, Suite A, Fort Smith	Free benefit with WIC participation	Cheryl Labyer WIC Nutritionist 479-478-3062
Sebastian	Baptist Health Fort Smith	Breastfeeding Basics Classes	Monthly Call for dates and times	First floor of the hospital 1001 Towson Avenue Fort Smith, AR 72901	Call for info	Baptist Health 1-888-227-8478
Sebastian	Mercy Medical Health System	Breastfeeding Classes	4 th Tuesday 6-8:30PM	Mercy Medical Sicard Education Room 7301 Rogers Ave. Fort Smith, AR	Free Register online on the website –or call for info	Candace 479-314-5905
Sebastian	La Leche League	Mom to Mom Support	Call for breastfeeding support	Natural State Parenting Supply Fort Smith, AR	Free	Kim - 479-410-4360 or piersonkim@yahoo.com

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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
Sevier	Judy Young	Private Lactation Counselor	Call for appointment	De Queen, AR	Free	Call or 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	870-994-5433 Lynn Barber Laura Lute
Union	Union County Health Unit	Breastfeeding support	Call for an appointment	Union County Health Unit 301 American Rd El Dorado, AR	Free benefit with WIC participation	Lindsey Ramey 870-863-5101
Van Buren	Van Buren County Health Unit	Lactation Consultant	Call for an 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 Peer Counselor Has books available in her Lending Library	Mon – Thurs 8am-4pm Call for appointment	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Free benefit with WIC participation	Vanessa Martin WIC Breastfeeding Peer Counselor 501-745-2485 Work cell 501-253-8080
Van Buren	Ozark Opportunities	Healthy Families Arkansas-Ozark Mountains-support, guidance, education and home visits	Monthly group meetings Weekly home visits for participants Call for info	Located inside the Van Buren County Health Unit 526 Quality Dr Clinton, AR	Free	Melissa Smyth, Brandi Grillot, and Alex Churches Ragland (breastfeeding peer counselor) 870-448-6488

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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). Must call 1-866-810-0071 to register and go through the screening process.	Call ahead for information/appointment prior to 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
Washington	WIC Springdale WIC Clinic	Breastfeeding Classes and breastfeeding support	Every month - during the third week of the month Call for an appointment	Springdale WIIC Clinic 1772 West Sunset, Springdale, AR	Free benefit with WIC participation	479-927-3667 Husne Begum & Kelly Roberts
Washington	Washington County Health Unit	Breastfeeding Classes Breastfeeding Support	Call for times and dates of the classes. Breastfeeding support Mon-Fri	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 Sat. of the month, 9:30-4:00 pm 4th Tues. of the month, 6:00-8:00 pm	WRMC Johnelle Hurst Center for Women 3215 N. Northhills Blvd. Fayetteville, AR	\$50 for childbirth class \$20 for breastfeeding class	Tonia Squires tsquires@wregional.com 479-770-6232 May register online: Wreginal.com
Washington	Willow Creek Women's Hospital	Breastfeeding Classes and Outpatient Lactation Consults Support Group meetings They will file for insurance payment.	Call to register 2 nd Wed of the month	Willow Creek Women's Hospital Johnson, AR	Free	479-684-3210 Dana Arrieta Melissa Cleaveland Mary Beth Green

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White	La Leche League of Searcy	Mother to Mother Support	3rd Tues. 7:00PM 1 st Tues 10AM	Searcy, AR	Free	Mona 501- 268-7623 April 501-827-0323 Catrina 501-827-7186 LLL of Searcy on Facebook
White	Unity White County Medical Center	Monthly breastfeeding classes and private lactation consults.	Classes meet from 6:00 – 8:30 on the 3 rd Monday night of the month. Call to register for classes or to request a private consult.	Unity White County Medical Center 3214 E Race St Searcy, AR	\$10 for classes Call for info about private consults.	Marsha Pound 501-380-1277
Yell	Yell County Health Unit--Danville	Breastfeeding classes	1 st and 3 rd Thursday of the month 9:00 AM	Yell County Health Unit 1309 Hwy 10 E. Danville, AR	Free benefit with WIC participation	Lisa Simington 479-495-2741
Yell	Yell County Health Unit- Dardanelle	Breastfeeding Classes	2 or 3 Tuesdays of the month, 9:00 AM	Yell County Health Unit 719 North 5 th St Dardanelle, AR	Free benefit with WIC participation	Amanda McDaniel 479-229-3509