

Arkansas Breastfeeding Community Resources – October 2015

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

Send resource updates to: wicbreastfeeding@arkansas.gov

COUNTY	WHO	WHAT	WHEN	WHERE - CITY	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	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 breastfeeding 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 Medical Building	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	Arkansas Drug Information Center 800-222-1222 (for parents) 800-376-4766 (for health professionals)
Arkansas County	Le Leche League	Mother to Mother Breastfeeding Support	2 nd Wednesday of the month 9:30 – 10:30 AM	First Baptist Church 2215 South Prairie Stuttgart, AR	Heather Henry 402-465-5262 llhhenry@gmail.com https://www.facebook.com/LLLStuttgart.AR

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Baxter	Baxter County Health Unit	Beginning Breastfeeding Class	Tuesdays – call for schedule	206 Bucher Drive Mountain Home, AR	Kelly Roberts Family Consumer Science Specialist 479-325-0380
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	Cyrece Engelberger 479-338-2939
Benton	NW Women's Health Assoc.	Breastfeeding Classes	Call for schedule	Bentonville	Pam McArthur 479-544-0405 pamobrnr@gmail.com
Benton	Benton County Health Unit – Lowell WIC Clinic	Breastfeeding Classes Breastfeeding Clinics (by appt. for weight checks/problems)	Call for schedule. Mondays and Wednesdays	Benton County Health Unit – Lowell 107A South Lincoln, Lowell, AR	Lana Ginn Family Consumer Science Specialist lane.ginn@arkansas.gov 479-770-6232
Benton	Benton County Health Unit	Breastfeeding Classes	Call for schedule	Benton County Health Unit - Rogers 1200 W. Walnut St. Rogers, AR	Janet Siebert 479-986-1300 janet.siebert.@arkansas.gov
Benton	La Leche League of Rogers	Mother to Mother Support	Monthly meetings. Please text or call one of the leaders for dates and times if you wish to attend.	First United Methodist Church 307 W Elm St Rogers, AR	Kandess Cossey (479) 713-9035 Cherry Van Dine (479) 366-0997 Tawny Mullikin (479) 268-0568 Megan Lane (620) 249-3343 Jessica Spicer (417) 592-5160

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Benton	Siloam Springs Health Unit	Breastfeeding Classes	Monthly, Call for schedule	Diloam Springs Health Unit 101 West University Siloam Springs, AR	Dawnetta Dawes & Judy Spencer 501-549-3794
Benton	Ashley Stone, APRN, IBCLC	Home visits by a pediatric nurse practitioner and IBCLC, for breastfeeding concerns or problems	Call for appointment. Seven days a week. Within a 25 mile radius of Rogers, AR	Rogers, AR	Ashley Stone 479-616-0031
Boone	Boone County Health Unit	"Natural Beginnings" Breastfeeding Classes	Last Friday at 1	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Starla Carter WIC Breastfeeding Peer Counselor 870-552-5821
Boone	Boone County Health Unit	Breastfeeding Peer Counselor	Mon – Fri 8 – 4:30	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Starla Carter WIC Breastfeeding Peer Counselor 870-743-5245
Boone	Boone County Health Unit	Breastfeeding Classes	Mondays - Call for schedule	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Kelly Roberts Family Consumer Science Specialist 479-325-0380
Boone	Cross Roads Medical Clinic	Breastfeeding Classes - \$40 includes a book and support bag. Short class on BF in childbirth classes also, but in-depth one-on-one covers more information.	Will schedule to meet your needs.	1420 HWY 62/65 N Harrison, AR	Elaine Peterson 870-741-3600
Boone	North Arkansas Regional Medical Center	Free breastfeeding classes for women delivering in their hospital. \$50 dollars, for all others. Call for class registration. Also has a 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	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	Health Unit 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 and Marion counties	Starla Carter WIC Breastfeeding Peer Counselor 870-552-5821
Clark	Clark County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Clark County Health Unit 605 S 10 th St Arkadelphia, AR	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	Jamie Hurst, RN 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 W Calhoun Magnolia, AR	Health Unit 870-325-6311
Conway	Conway County Health Unit	Breastfeeding Classes for pregnant women	2 nd or 3 rd Wed. at 9:30 am and 3:00 pm	Conway County Health Unit 100 Hospital Drive Morritlon, AR	Natalie Andrews WIC Nutritionist 501-354-4652
Craighead	NEA Memorial Baptist Hospital	Prenatal Breastfeeding Classes - free	Call for times and dates	3024 Stadium Blvd Jonesboro	Velta Waters 870-972-7432

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Craighead	St Bernards Regional Medical Center (SBRMC)	Prenatal & Breastfeeding Classes - \$20	Monthly classes 6:00 to 8:30 PM,	1144 E Matthews Jonesboro	Sherry Rickard, Roxanna Loggins, & Melanie Parks Breastfeeding Helpline 870-897-7335
Craighead	Craighead County Health Unit	Breastfeeding Peer Counselor	Mon – Fri 8-4:30	Craighead County Health Unit 611 E. Washington, Ste. B Jonesboro, AR	Michelle Mansker WIC Breastfeeding Peer Counselor 870-933-4585
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	Pam Napier/Cheryl Labyer 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	Cathy Durham WIC Breastfeeding Peer Counselor
Crittenden	Crittenden County Health Unit	Breastfeeding classes and lactation consults.	Breastfeeding Classes every other Monday from 2:30-4:30pm. Call for lactation consult appointments.	Crittenden County Health Unit 901 N 7 th St West Memphis, AR	AngieWhatley 870-735-4334 870-464-7685
Crittenden	Angie Whatley Private lactation consultant	Private breastfeeding consults in your home. \$35 per hour.	Call for an appointment	West Memphis	Angie Whatley 870-464-7685
Dallas	Dallas County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Dallas County Health Unit 201 N Spring Fordyce, AR	Health Unit 870-352-7197
Desha	Say Yes To Best Peer counselor	One on one help with a peer counselor at the Desha County Health Unit	Mon – Fri 8-12	Desha County Health Unit 751 HWY 65 South Dumas, AR	Kathy James 870-382-2377

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Faulkner	La Leche League	Mother to Mother Support	Monthly – 1 st Thursday of the month at 6:30 pm	Conference room at Conway Regional Hospital	Jordan Phone number: 501-908-4933
Faulkner	Faulkner County Health Unit	Breastfeeding Peer Counselor	Mon and Wed 9-3 Fri 12-3	Faulkner County Health Unit 811 N Creek Dr Conway, AR	Millie Goins WIC Breastfeeding Peer Counselor 501-450-4941
Faulkner	Birth By Design	Breastfeeding Support In-home and Office visits Personalized Breastfeeding Support/classes/training	PRN & by appt.	Conway, AR	Millie Goins, IBCLC 501-504-6994 –Office number 501-350-4416 – Cell number milliegoinsbbdbf@gmail.com
Faulkner	Sarah Benson, CLC	Telephone support for breastfeeding mothers	Call for availability	Conway, AR	Sarah Benson, CLC 501-269-6261
Faulkner	Conway Regional Med Center	Support Group meetings Breastfeeding Classes Telephone support Out-patient visits by appointment	Call for support group and class meetings times and dates. Classes are \$25 and support group meetings are free. Call for telephone support and out-patient visits.	Conway Regional Hospital 2302 College Ave Conway, AR	Nancy Embry or Barbara Malott 501-513-5721 Call during normal business hours
Franklin	Franklin County Health Unit	Breastfeeding Classes	1 to 2 meetings per month Tues 10:30am Call for dates	Franklin County Health Unit 799 West River St. Ozark, AR	Pam Napier Family Consumer Science Specialist 479-667-2555
Garland	Garland County Health Unit	Breastfeeding Peer Counselor	Daily	Garland County Health Unit 1425 Malvern Ave Hot Springs, AR	Trenise WIC Breastfeeding Peer Counselor 501-650-6285 (cell)

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Garland	Garland County Health Unit	Mommy Milk 101	Monthly Call for date and time	Garland County Library	Trenise WIC Breastfeeding Peer Counselor 501-650-6285 (cell)
Garland	La Leche League	Mother to Mother Support	No meetings at this time.	Call her for assistance.	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 10-5	Hot Springs, AR	Call 501-463-4965 after calling 1-866-810-0071 to sign up for the program
Grant	Breastfeeding Peer Counselor	Mom to Mom Support	Call for an appointment. She is in the health unit every other Tuesday.	Grant County Health Unit 700 East Center Sheridan, AR	Sarita Hendrix 870-942-3157
Greene	Greene County Health Unit	Breastfeeding Peer Counselor and also monthly classes	3 rd Monday 6-7:30	Classes held at the Arkansas Methodist Hosp. One-on-one, held at the health unit	Leisa Kennedy WIC Breastfeeding Peer Counselor 870-637-2225
Greene	Arkansas Methodist Medical Center	Monthly breastfeeding classes - \$50 Call for information if unable to pay.	Call for dates – once a month	Classes held at the Arkansas Methodist Medical Center- Paragould, AR	Pat Dennis 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	Health Unit 870-777-2191
Howard	Howard County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Howard County Health Unit 201 E Hempstead Suite 2 Nashville, AR	Health Unit 870-845-2208

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Independence	Independence County Health Unit	WIC Breastfeeding Peer Counselors	Mon-Thur 8-3:30 Friday 8-12	Independence County Health Unit 120 Weaver Batesville, AR	Ambra Hannah & Brittany Ottaway WIC Breastfeeding Peer Counselors 870-793-8848
Independence	White River Medical Center	Lactation Consultant	Call for times	Batesville, AR	870-262-2662 Melanie Creighton or Michelle Snow
Independence	Independence County Health Unit/Milk Bank Depot for Mother's Milk Bank of North Texas	Place to drop off donated breastmilk	Mon – Fri 8-4:30	Independence County Health Unit 120 Weaver Batesville, AR	Ambra Hannah 870-793-8848 after calling 1-866-810-0071 to sign up for the program
Jefferson	Jefferson Regional Medical Center	Breastfeeding Classes - free to anyone- call for dates	Quarterly	1600 W. 40th Ave. Pine Bluff, AR	Lisa Duke or Ashley Kennedy 870-541-3605 www.jrmc.org
Johnson	Johnson County Health Unit	Breastfeeding Classes	Most Tuesdays-Call for date & times	Johnson County Health Unit #6 Professional Dr. Clarksville, AR	Pam Napier/Eva Robinson 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	Health Unit 870-921-5744
Lawrence	Lawrence County Health Unit	One-on-one with Breastfeeding Peer Counselor	Tues, Thur, & Fri	Lawrence County Health Unit 1050 W. Free St. Walnut Ridge, AR	Leisa Kennedy WIC Breastfeeding Peer Counselor 870-637-2225
Little River	Little River County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Little River County Health Unit 150 Keller Ashdown, AR	Health Unit 870-898-3831
Logan County-North	North Logan County Health Unit-Paris	Breastfeeding Classes	1 st and 3 rd Wednesdays 2:00 pm	North Logan County Health Unit 150 South Lowder, Paris, AR	Eva Robinson WIC Nutritionist 479-963-6126

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Logan County-South	South Logan County Health Unit-Booneville	Breastfeeding Classes	1 st & 3 rd Tuesday 9:15 am	South Logon County Health Unit 721 West 1 st St, Booneville, AR	Joan Divine-Newell WIC Nutritionist 479-675-2593
Lonoke	Lonoke County Health Unit-Cabot	Support Group for pregnant and breastfeeding women - "BIBS" Breastfeeding is Best Supported.	Once per month Thursday 6-7pm (Call to be added to invitation list)	Lonoke County Health Unit 118 So. 1 st St Cabot, AR	Kim Helmbeck WIC Breastfeeding Peer Counselor 501- 605-3612
Lonoke	Lonoke County Health Unit-Lonoke	Support Group for pregnant and breastfeeding women - "BIBS" Breastfeeding is Best Supported	Once per month Wednesday 1-2pm (Call to be added to invitation list)	Lonoke County Health Unit 306 N. Center St Lonoke, AR	Kim Helmbeck WIC Breastfeeding Peer Counselor 501- 605-3612
Madison	Madison County Health Unit	Beginning Breastfeeding Classes	Thursdays – call for schedule	Madison County Health Unit 709 College Huntsville, AR	Kelly Roberts Family Consumer Science Specialist 479-709-3627
Marion	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 and Marion counties	Starla Carter WIC Breastfeeding Peer Counselor 870-552-5821
Marion	Marion County Health Unit	Beginning Breastfeeding Class	Fridays – call for schedule	Marion County Health Unit 707 HWY 202 West, Yellville, AR	Kelly Roberts and Starla Carter 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	Carlotta Endsley 903-798-8025
Near Miller County	Wadley Regional Medical Center	Breastfeeding Classes \$5 - if deliver here \$15 - otherwise	Bi-Monthly 6:30 pm, call for dates	Wadley Education Center Texarkana, TX	Call to register: 1-877-792-3539

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Near Miller County – on the Texas side of Texarkana	Christus St. Michael Health System	Breastfeeding Classes \$5.00	First Tuesday of the month	Christus St. Michael Hospital Texarkana, TX	Call to register: 903-614-2630 For Breastfeeding questions: Klorisa Withers –Lactation office: 903-614-2630 Mon-Fri 9-5
Nevada	Nevada County Health Unit	Breastfeeding Basics-One on one	Call for appt.	Nevada County Health Unit 1501 W 1st St. N Prescott, AR	Susan Smith 870-887-2004
Newton	Jenny House 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	Jenny House 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	Kelly Roberts Family Consumer Science Specialist 479-325-0380
Ouachita	Ouachita County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Ouachita County Health Unit 740 California Ave SW Camden, AR	Health Unit 870-836-5033
Perry	Perry County Health Unit	Lactation Consultant	Varies – call for appt.	Perry County Health Unit 1039 North Fourche Ave. Perryville, AR	Shannon Autrey, MS RD LD IBCLC 501-472-2913
Phillips	Phillips County Health Unit	Breastfeeding Classes	Call for appt.	Phillips County Health Unit 110 Shirley Hicks Dr West Helena, AR	Mary Davis Mary.Davis3@Arkansas.gov 870- 572-9028
Pike	Pike County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Pike County Health Unit 15 Caddo Dr Murfreesboro, AR	Health Unit 870-285-3154
Polk	Fresh Start Breastfeeding Classes	Breastfeeding Support and classes	Call for dates and times	Polk County Health Unit 702 Hornbeck Russellville, AR	Health Unit 479-394-1186

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Pope	Pope County Health Unit	Breastfeeding classes	Weekly on Mondays- except 5 th Mon 2:00 pm	Pope County Health Unit 203 Weir Road Russellville, AR	Eva Robinson WIC Nutritionist 479-968-6004
Pope	Heather Shipley, IBCLC	Breastfeeding Support	Call for appointment	Private In-home consults	Heather Shipley 479-222-0213 h.shipley.lc@gmail.com Website: Rivervalleylactationconsult.com
Prairie	Prairie County Health Unit	Individual Breastfeeding Help	Call for appt.	Prairie County Health Unit 204 Main St. Des Arc, AR	Carla Long 870 - 256-4430
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 Breastfeeding Warmline - 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	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 donated breastmilk	Mon-Fri 8:30-5	Little Rock, AR	Jessica Donahue 501-202-7378 after calling 1-866-810-0071 to sign up for the program

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Pulaski	Baptist Medical Center -NLR Springhill	Breastfeeding Classes \$40	3rd Thurs at 6:30 - 9:30 pm	3333 Springhill Dr. North Little Rock, AR	Call the Healthline for availability & location. 501-227-8478 or 1-888-Baptist
Pulaski	Pulaski County Health Unit - North Little Rock	Breastfeeding Peer Counselor	Wed-Fri 8:30 – 2:30	Pulaski County Health Unit 2800 Willow St North Little Rock, AR	Tara Severic WIC Breastfeeding Peer Counselor 501-791-8551
Pulaski	Pulaski County Health Unit - Pulaski Central – Breastfeeding Peer Counselor	Breastfeeding Peer Counselor	Mon – Fri 8-4:30	Pulaski County Health Unit 3915 W 8th Street Little Rock, AR	Stephanie Brown WIC Breastfeeding Peer Counselor 501-280-3160
Pulaski	Pulaski County Health Unit – Breastfeeding Peer Counselor	Latch On Little Rock Support Group	3 rd Thursday of the month 11 -1 Please call for more information.	Fletcher Library Little Rock, AR	Stephanie Brown WIC Breastfeeding Peer Counselor 501-280-3160
Pulaski	Pulaski County Health Unit – Southwest	Breastfeeding Peer Counselor	Tues – Fri 8-4:30	Pulaski County Health Unit 8901 Dailey Drive Little Rock, AR	Sarita Hendrix WIC Breastfeeding Peer Counselor 501-565-9311
Pulaski	Pulaski County Health Unit- Southwest	Mother to Mother Breastfeeding Support Group	Every third Friday at 1PM	Pulaski County Health Unit- Southwest - In the conference room 8901 Dailey Drive Little Rock, AR	Sarita Hendrix WIC Breastfeeding Peer Counselor 501-565-9311
Pulaski	La Leche League	Mother to Mother Support	Monthly 1st Fri at 10:00 AM	Second Presbyterian Church Little Rock, AR	Mary Christine 479-330-1825 marychristineneal@gmail.com Amy 248-659-2215 AmyvanIII@gmail.com Tanya 501-554-5550 llltanyasmith@gmail.com

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Pulaski	St Vincent Center for Women's Health	Breastfeeding classes	Monthly 2nd Wed at 6:30 - 8:30 Mon - Fri	Little Rock Education Center - SW Bell/Arkla Rm Little Rock, AR	Evelyn Hart or Ruthmary Goodhart - Call the Baby Line for info and to register: 501-552-2229
Pulaski	UAMS	Breastfeeding Classes - \$20	Monthly Call for dates 6 - 8 pm	UAMS - 8th Floor Central Bldg Little Rock, AR	501-686-8084 Call this # to register.
Pulaski	UAMS	Breastfeeding Classes	Every Thursday morning from 8-10 Every other week the class is taught in Spanish	Pulaski Central Health Unit UAMS Women's Clinic 3915 W 8th Street Little Rock, AR	Women are registered through their doctor's office in the UAMS Women's Clinic.
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	Freeway Medical Building 5800 West 10th St., Suite 810 Little Rock, AR	WIC Breastfeeding Helpline 800-445-6175
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	AR Poison Hotline 800-222-1222 (for parents) Arkansas Drug Information Center 800-376-4766 (for health professionals)

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Pulaski	Birth By Design	Breastfeeding Support, in-Home and office visits, personalized breastfeeding support/classes/training. By appt.	Check website for class Info: birthbydesigndouglas.com	Little Rock	Stephanie Brown, CLC Office 501-504-6994 Cell 501-766-8493 Stephaniebrownbbd@gmail.com
Saline	Saline County Health Unit	Breastfeeding Peer Counselor	Wed & Thursday 10:30 – 4:30 Call for appointment	Saline County Health Unit 1612 Edison Ave Benton, AR	Lena Strickland WIC Breastfeeding Peer Counselor 501-303-5650
Saline	Saline County Health Unit	Breastfeeding Support Group	Monthly	Saline County Health Unit 1612 Edison Ave Benton, AR	Lena Strickland WIC Breastfeeding Peer Counselor 501-303-5650
Saline	Saline Memorial Hospital	Prepared Childbirth/Breastfeeding Class (no cost)	2 nd Tuesday of each month	Saline Memorial Hospital Benton, AR	OB Department 501-776-6300 Registration info available on website
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	Pam Napier Family Consumer Science Specialist Ashley Mickle, RD, LD 479-637-5660
Searcy	Ozark Mtn. Health Network - Searcy & Van Buren Counties	Young Moms Healthy Families Program - support, guidance & education, home visits.	Monthly	245 Quality Drive, Clinton, AR	Kristen Smith 501-745-7004 ext. 121 Kristen.smith@myozarkhealth.com
Searcy	Searcy County Health Unit	Beginning Breastfeeding Class	Fridays – call for schedule	Searcy County Health Unit HWY 65 North, Marshall, AR	Kelly Roberts Family Consumer Science Specialist 479-325-0380

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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	Pam Napier Family Consumer Science Specialist Ashley Mickle, RD, LD 479-452-8600
Sebastian	Ft. Smith WIC Clinic	Breastfeeding Classes	Weekly on Mondays at 2:00 pm	6601 Phoenix Ave, Suite A, Fort Smith	Cheryl Labyer WIC Nutritionist 479-478-3062
Sebastian	Ft. Smith WIC Clinic	Breastfeeding Peer Counselor Milk Talk – Breastfeeding Support Group	Mon – Fri 8-4:30 Last Tues of month 5:30 pm	Ft Smith WIC Clinic 6601 Phoenix Ave, Suite A Fort Smith, AR	Stephani Underwood WIC Breastfeeding Peer Counselor 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	Beginning January 2015, call for info. Or check website	Mercy Women's Center 7301 Rogers Ave. Fort Smith, AR	Mercy.net 479-314-6000
Sevier	Sevier County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – Call for dates and times	Sevier County Health Unit 304 N 4 th St DeQueen, AR	Health Unit 870-642-2535
Sharp	New Beginnings Pregnancy Center	Bf Classes & Support Group	Call for dates	23 W Main St. Ash Flat, AR	870-994-5433 Lynn Barber Dir.nbphc@yahoo.com

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Union	Union County Health Unit	WIC Secondary Nutrition Education Breastfeeding Classes - Offered in English & Spanish	Monthly – call for dates and times	Union County Health Unit 301 American Rd El Dorado, AR	Health Unit 870-863-5101
Union	La Leche League	Mother to Mother Support	Monthly 2 nd Tues. at 10:30 am	Magnolia Library Covers Magnolia, El Dorado & Camden	Bethany Willis, IBCLC 318-624-2243 Lives in Louisiana, near the state line.
Van Buren	Van Buren County Health Unit	Lactation Consultant	Call for an appointment	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Teresa Gates, BSN, RN, IBCLC 501-745-2485
Van Buren	Van Buren County Breastfeeding Resource Center	Breastfeeding Peer Counselor Lending Library and Sling Loaner Program	Mon – Wed 8-3:30 Call for appointment	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Vanessa Martin WIC Breastfeeding Peer Counselor 501-745-2485
Van Buren	Ozark Mtn. Health Network - Searcy & Van Buren Counties	Young Moms Healthy Families Program - support, guidance & education, home visits.	Monthly	Van Buren County Health Unit 245 Quality Drive, Clinton, AR	Kristen Smith 501-745-7004 ext. 121 Kristen.smith@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 ahead for information/appointment prior to donating your milk.	Van Buren County Health Unit 245 Quality Drive, Clinton, AR	Vanessa Martin or Teresa Gates Call 501-745-2485 after calling 1-866-810-0071 to sign up for the program

Arkansas Breastfeeding Community Resources – October 2015

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Washington	La Leche League of Fayetteville	Mother to Mother Support	Monthly meetings. Please text or call one of the leaders for meeting dates and times if you wish to attend.	St. Paul's Episcopal Church, 224 N. East Ave in Fayetteville, AR	Kandess Cossey (479) 713-9035 Cherry Van Dine (479) 366-0997 Tawny Mullikin (479) 268-0568 Jessica King (479) 409-6889 Megan Lane (620) 249-3343 Jessica Spicer (417) 592-5160
Washington	WIC Springdale Clinic	Breastfeeding Classes	Every Wed. at 10 am & 2:30pm Every Friday at 9am & 3pm	Springdale WIIC Clinic 1772 West Sunset, Springdale, AR	479-927-3667 Husne Begum Family Consumer Science Specialist
Washington	Washington County Health Unit	Breastfeeding Classes	Every Tuesday	Washington County Health Unit 3270 Wimberly Drive, Fayetteville, AR	Marelisa Colberg-Beers, IBCLC Family Consumer Science Specialist 479-521-8181
Washington	Washington Regional Medical Center	Baby Basics/Breastfeeding Classes Breastfeeding Classes	3 rd Sat. of the month, 9:00-2:00 pm 1 st Tues. of the month, 6:00-8:00 pm	WRMC Johnelle Hurst Center for Women 3215 N. Northhills Blvd. Fayetteville, AR	Tonia Squires tsquires@wregional.com 479-770-6232
Washington	Willow Creek Women's Hospital	Breastfeeding Classes and Outpatient Lactation Consults They will file for insurance payment.	Call to register	Willow Creek Women's Hospital Johnson, AR	479-684-3210 Gwyn Barnes Dena Arriela

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White	La Leche League of Searcy	Mother to Mother Support	3rd Tues. 7:00	Searcy, AR	Mona Lee Garner 501- 268-7623 April Lockhart 501-827-0323 LLL of Searcy on Facebook
White	Unity White County Medical Center	Monthly breastfeeding classes and private lactation consults. The fee for the classes is \$10. The private consults are at no cost.	Classes meet from 6:30 – 9:00 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	Marsha Pound 501-380-1277
Yell	Yell County Health Unit--Danville	Breastfeeding classes	1 st and 3 rd Thursday of the month 1:00 pm 2 nd Thursday of the month 9:30 am	Yell County Health Unit 1309 Hwy 10 E. Danville, AR	Natalie Andrews WIC Nutritionist 479-495-2741 Eva Robinson WIC Nutritionist 479-495-2741
Yell	Yell County Health Unit- Danville	Breastfeeding Classes	2 nd or 3 rd Tuesday of the month, 9:30 a.m.	Yell County Health Unit 719 North 5 th St Dardanelle, AR	Natalie Andrews WIC Nutritionist 479-229-3509