

Arkansas Breastfeeding Community Resources –updated June 2016

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 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	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 Support Group Pump rentals	Breastfeeding Classes – Monthly 3 rd Tuesday at 6:00pm Support Group- Weekly meetings Tues. & Fri. at 12:30pm	Baxter Regional Medical Center 624 Hospital Drive Mountain Home	Classes \$10 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 schedule	206 Bucher Drive Mountain Home, AR	Free benefit with WIC participation	Kelly Roberts and Rita Havner 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	\$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	Free They bill insurance for the fee.	Pam McArthur 479-544-0405 pamobr@gmail.com
Benton	Benton County Health Unit – Lowell WIC Clinic	Breastfeeding Classes Breastfeeding Clinics (by appt. for weight checks/problems)	Call for schedule.	Benton County Health Unit – Lowell 107A South Lincoln, Lowell, AR	Free benefit with WIC participation	Linda Zank Family Consumer Science Specialist linda.zank@arkansas.gov 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 and Judy Spencer 479-986-1300 janet.siebert@arkansas.gov Judith.spencer@arkansas.gov

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Benton	La Leche League of Northwest Arkansas	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	Free	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
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	Judy Spencer & Tabbetha 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. Seven days a week. Within a 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 at 1	Boone County Health Unit 1622 Campus Dr. Harrison, AR	Free benefit with WIC participation	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	Free benefit with WIC participation	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	Free benefit with WIC participation	Kelly Roberts Family Consumer Science Specialist 479-325-0380

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Boone	Cross Roads Medical Clinic	Individual breastfeeding support.	Will schedule to meet your needs.	1420 HWY 62/65 N Harrison, AR	Free to all who call.	Elaine Arthur 870-741-3600
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
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 and Marion counties	Free benefit with WIC participation	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	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

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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	Twana Hendricks 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	Natalie Andrews WIC Nutritionist 501-354-4652
Craighead	NEA Memorial Baptist Hospital	Breastfeeding and Prenatal Class combined	Call to confirm times and dates 2 nd Saturday of the month 9-4	4800 East Johnson Ave Jonesboro, AR	Call for info	Velta Waters 870-936-8000
Craighead	St Bernards Regional Medical Center (SBRMC)	Prenatal & Breastfeeding Classes	Monthly classes 6:00 to 8:30 PM,	1144 E Matthews Jonesboro	\$20	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	Free benefit with WIC participation	Michelle Mansker WIC Breastfeeding Peer Counselor 870-933-4585
Craighead	Craighead County Health Unit	Mother to Mother Support Group	3 rd Thursday 2-3 PM	NEA Baptist Hospital Jonesboro, AR	Free benefit with WIC participation	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	Free benefit with WIC participation	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	Free benefit with WIC participation	Cathy Durham WIC Breastfeeding Peer Counselor 870-735-4334

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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	Free benefit with WIC participation	Angie Whatley 870-735-4334- health unit 870-636-5231 -cell
Crittenden	Angie Whatley Private lactation consultant	Private breastfeeding consults in your home	Call for an appointment	West Memphis	\$35 per hour	Angie Whatley 870-636-5231
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 – Fri 8-12	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	One on one help with a peer counselor at the Desha County Health Unit-McGehee	Once a 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	Monthly – 1 st Thursday of the month at 6:30 pm Call to confirm date and time	Conference room at Conway Regional Hospital	Free	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	Free benefit with WIC participation	Millie Goins WIC Breastfeeding Peer Counselor 501-450-4941
Faulkner	Millie Goins	Comprehensive Lactation Services	Call for appointment	Conway, AR		Millie Goins 501-350-4416 – Cell number milliegoinsbbdbf@gmail.com

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Faulkner	Conway Regional Med Center	Support Group meetings Breastfeeding Classes Telephone support Out-patient visits by appointment	Support group meets on the 4 th Saturday at 10AM Breastfeeding classes - odd months on the 4th Saturday 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
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	Free benefit with WIC participation	Pam Napier Family Consumer Science Specialist 479-667-2555
Garland	Garland County Health Unit	Breastfeeding Peer Counselor	Monday – Friday 8 – 4:30	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
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 10-5	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	2nd Monday 1:00	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 870-637-2225

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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 free to women who deliver in their hospital – others call for info	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	Free benefit with WIC participation	Rita Turner Lisa Bullock Stephanie Rafford 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	Free benefit with WIC participation	Mary Humphreys Wendy Williams 870-845-2208
Independence	Independence County Health Unit	Breastfeeding support	Call for info	Independence County Health Unit 120 Weaver Batesville, AR	Free benefit with WIC participation	870-793-8847 Roxanna Turney
Independence	White River Medical Center	Lactation Counselors	Call for times	Batesville, AR	Lactation consults have to be ordered by the pediatrician's office.	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	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 Ave. Pine Bluff, AR	Free	Lisa Duke or Ashley Kennedy 870-541-3605 www.jrmc.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 479-754-2949

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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	One-on-one with Breastfeeding Peer Counselor	Tues, Thur, & Fri	Lawrence County Health Unit 1050 W. Free St. Walnut Ridge, AR	Free benefit with WIC participation	Leisa Huskey 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	Free benefit with WIC participation	Gayle (Linda) Vermeer 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 9:15AM 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
Logan County-South	South Logan County Health Unit-Booneville	Breastfeeding Education Classes and Breastfeeding Support	Classes - 3 rd Thursday Breastfeeding Support - Call for info	South Logon County Health Unit 721 West 1 st St, Booneville, AR	Free benefit with WIC participation	Joan Divine-Newell 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	Amy Johnson Norma Bishop 501-843-7561
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 479-709-3627
Marion	Marion County Health Unit	Beginning Breastfeeding Class and individual breastfeeding support	Classes 2 nd Friday at 1:00PM Call for appointment for individual breastfeeding support	Marion County Health Unit 707 HWY 202 West, Yellville, AR	Free benefit with WIC participation	Rita Havner 479-325-0380

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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	Bi-Monthly 6:30 pm, call for dates	Wadley Education Center Texarkana, TX	\$5 –if deliver here \$15 if you deliver elsewhere	Call to register: 1-877-792-3539
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	\$5 fee for breastfeeding classes	Call Tina East to register for classes: 903-614-2630 For Breastfeeding questions: Klorisa Withers or Melissa Duncan 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	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 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	Free benefit with WIC participation	Nikki Carpenter 870-836-5033
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

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Pike	Pike County Health Unit	WIC Secondary Nutrition Education 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 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 WIC Nutritionist 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 and Breastfeeding Support Group meetings	Call for appt. Support Group meets on the 1 st Tuesday at 6:30PM	Prairie County Health Unit 204 Main St. Des Arc, AR	Free benefit with WIC participation	Carla Long 870 - 256-4430
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

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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 - 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 donated breastmilk	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
Pulaski	Pulaski County Health Unit - North Little Rock	Breastfeeding support	Mon – Fri 8-4:30	Pulaski County Health Unit 2800 Willow St North Little Rock, AR	Free benefit with WIC participation	Shanika Henderson Melissa Scoggins 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, A	Free benefit with WIC participation	Stephanie Brown 501-280-3115
Pulaski	Pulaski County Health Unit – Breastfeeding Peer Counselor	Latch On Little Rock Support Group	3 rd Tuesday 11:30 – 1:30	Cox Creative Center, 2 nd Floor 120 River Market Ave, Little Rock	Free benefit with WIC participation	Stephanie Brown 501-280-3115
Pulaski	Stephanie Brown	Breastfeeding Support, in-home visits, personalized breastfeeding support/classes/training. By appt.	Call for info	Little Rock and surrounding areas	Call for info	Stephanie Brown 501-766-8493

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Pulaski	Pulaski County Health Unit – Southwest	Breastfeeding Peer Counselor	Call for times and dates	Pulaski County Health Unit 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 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 501-766-8493
Pulaski	La Leche League	Mother to Mother Support	Monthly 1st Fri at 10:00 AM	Second Presbyterian Church Little Rock, AR	Free	Amy 248-659-2215 Amyvanlll@gmail.com Tanya 501-554-5550 llltanyasmith@gmail.com
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 6 - 8 pm	UAMS - 8th Floor Central Bldg Little Rock, AR	\$20	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	Free	Women are registered through their doctor's office in the UAMS Women's Clinic.

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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 Peer Counselor	Call for appointment	Saline County Health Unit 1612 Edison Ave Benton, AR	Free benefit with WIC participation	Lena Strickland 501-303-5650
Saline	Saline County Health Unit	Breastfeeding Support Group	Call for times and dates	Saline County Health Unit 1612 Edison Ave Benton, AR	Free	Lena Strickland 501-303-5650
Saline	Lena Strickland	Breastfeeding support, in-home visits, personalized breastfeeding support/classes/training. By appointment	Call for info	Benton and surrounding areas	Call for info	Lena Strickland 501-350-2353 or 501-766-8493
Saline	Saline Memorial Hospital	Prepared Childbirth/Breastfeeding Class (no cost)	2 nd Tuesday of each month	Saline Memorial Hospital Benton, AR	Free	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	Free benefit with WIC participation	Pam Napier & Holly Laird 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 group meetings Weekly home visits for participants Call for info	428 Medical Center Parkway Clinton, AR	Free	Melissa Smyth and Alex Churches 501-745-9305

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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 479-325-0380
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	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 6-8PM	Mercy Women's Center 7301 Rogers Ave. Fort Smith, AR	Free Register online on the website – no telephone registration	Mercy.net 479-314-6000 – general info about the website
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	Text Judy at 870-584-2707

Arkansas Breastfeeding Community Resources –updated June 2016

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COUNTY	WHO	WHAT	WHEN	WHERE - CITY	COST	CONTACT
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	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	Free benefit with WIC participation	Jacky Johnson 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 Lending Library and Sling Loaner Program	Mon – Wed 8-3:30 Call for appointment	Van Buren County Health Unit 526 Quality Drive Clinton, AR	Free benefit with WIC participation	Vanessa Martin 501-745-2485
Van Buren	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 info	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 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	La Leche League of Northwest Arkansas	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 Also has virtual meetings	Free	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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Washington	WIC Springdale WIC Clinic	Breastfeeding Classes	Every month 1 st week 2 classes Every Friday at 9am or 3pm	Springdale WIIC Clinic 1772 West Sunset, Springdale, AR	Free benefit with WIC participation	479-927-3667 Husne Begum & Kelly Roberts Family Consumer Science Specialist
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 Kate Allen 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 Calendar of events (bottom right of screen)
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	Free	479-684-3210 Gwyn Barnes Dena Arriela Melissa Cleaveland
White	La Leche League of Searcy	Mother to Mother Support	1 st Tues of the month 10 AM 3 rd Tues of the month at 7PM	Call for info Searcy, AR	Free	Brenna – 501-593-7749 BrennaKtucker@gmail.com Catrina – 501-827-7186 Cjmendoza1407@gmail.com Facebook.com/LaLecheLeagueofSearcy

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White	Unity White County Medical Center	Monthly breastfeeding classes and private lactation consults.	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	\$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	Natalie Andrews WIC Nutritionist 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	Natalie Andrews WIC Nutritionist 479-229-3509