

Arkansas Breastfeeding Community Resources –updated 5-11-2020

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

Send resource updates to: wicbreastfeeding@arkansas.gov

COUNTY	WHO	WHAT	WHEN	WHERE - CITY	COST	CONTACT
National Breastfeeding Helpline	United States Department of Health and Human Services	Helpline for Breastfeeding Questions (available in English and Spanish)	Monday—Friday 8 a.m.—5 p.m.	Nationwide Helpline	Free	1-800-994-9662
Statewide Breastfeeding Helpline	Answered by staff in WIC State Office	Breastfeeding assistance for mothers and babies and coordination of WIC breastfeeding support between county health units, hospitals, and WIC participants; also provides technical assistance to health professionals	Monday--Friday 8 a.m.--4:30 p.m. After regular office hours the number is answered by Expressly For You at Baptist Hospital.	Freeway Medical Building 5800 W. 10th Street, Suite 300 Little Rock, AR	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 provides information about general medication concerns	Available 24 hours per day, 7 days per week	UAMS Little Rock, AR	Free	Arkansas Drug Information Center 1-800-222-1222 (for parents) 1-800-376-4766 (for health professionals)
Arkansas	Arkansas County Health Unit	Breastfeeding Peer Counselor	Monday – Friday 8 a.m. – 4:30 p.m.	1616 S Madison DeWitt, AR	Free Benefit with WIC participation	Kristen Brickey WIC Breastfeeding Peer Counselor 870-946-2934

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Arkansas	La Leche League	Mother to Mother Breastfeeding Support	Monthly, 2 nd Wednesday of 9 a.m.—10:00 a.m.	First Baptist Church 2215 South Prairie Stuttgart, AR	Free	Heather Henry 1-816-506-0527 llhhenry@gmail.com https://www.facebook.com/LLLStuttgart.AR
Baxter	Baxter Regional Medical Center	Breastfeeding Class	Monthly, 3 rd Tuesday 6 p.m.-- 8:00 p.m.	Baxter Regional Medical Center Schliemann Center 624 Hospital Drive Mountain Home, AR	Free	Call for information or To Register: Megan 870-508-2328
Baxter	Baxter County Health Unit	Beginning Breastfeeding Class	Tuesdays – call for WIC appointment	206 Bucher Drive Mountain Home, AR	Free benefit with WIC participation	870-425-3072
Baxter	LPMG Lactation Clinic	Private Consults for breastfeeding complications	Monday—Thursday 8:30 a.m.—4 p.m. Friday 8:30—11:15 p.m. Call for an appointment	405 Buttercup Dr Mountain Home, AR 72653	Call for prices	Dr. Candy Lincoln Caroline Stevens, RN 870-701-0816 clincoln@lpmgclinic.com
Benton	Mercy Medical Center	Breastfeeding Your Baby Class (this can be a separate class or as part of a 4 week Prepared Childbirth Education Class)	Call for schedule	Rogers/Bentonville Mercy Medical Center Rogers, AR	\$25 for class \$80 for the 4 week Prepared Childbirth Education Class, which includes the breastfeeding class	Cyrece Engelberger 479-338-2072 May also register online at www.Mercy.net

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Benton	NW Women’s Health Association	Breastfeeding Class Private Consult	Monthly, 1 st Tuesday 6:30 p.m. Call for appointment	Bentonville, AR	\$30	Pam McArthur 479-544-0405 pamobrnr@gmail.com
Benton	Benton County Health Unit – Lowell WIC Clinic	Breastfeeding Support	Call for appointment	Benton County Health Unit— Lowell 107A South Lincoln Lowell, AR	Free benefit with WIC participation	479-770-6232
Benton	Benton County Health Unit	Breastfeeding Class	Call for schedule	Benton County Health Unit— Rogers 1200 W. Walnut St. Suite 2000 Rogers, AR	Free benefit with WIC participation	479-986-1300
Benton	Siloam Springs Health Unit	Breastfeeding Class	Monthly Call for schedule	Siloam Springs Health Unit 101 West University Siloam Springs, AR	Free benefit with WIC participation	479-549-3794
Benton	Ashley Stone, APRN, IBCLC	Appointment with a pediatric nurse practitioner and IBCLC; check-ups and help with any breastfeeding concern	Monday—Thursday Call for appointment	Ozark Community Hospital Clinic 1101 Jackson St. Southwest Gravette, AR	Billed to your insurance	Ashley Stone 479-787-5291
Benton	Northwest Health Hospital	Breastfeeding Class and/or Breastfeeding Support Group	Register online	Northwest Health 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	Monday – Friday 8 a.m.--4:30 p.m. Call for appointment	Boone County Health Unit 1622 Campus Drive Harrison, AR	Free benefit with WIC participation	Starla Carter WIC Breastfeeding Peer Counselor 870-743-5244

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Boone	Boone County Health Unit	Breastfeeding Class	Mondays Call for schedule	Boone County Health Unit 1622 Campus Drive Harrison, AR	Free benefit with WIC participation	870-743-5244
Boone	La Leche League of Boone County	Mother to Mother Support	Monthly, 3 rd Saturday 10 a.m.	Boone County Public Library 221 W. Stephenson Avenue 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 Class The Lactation Club, (TLC): a mothers' support group	Call for schedule Monthly, 2 nd Wednesday 11:30 a.m.– 12:30 p.m. (Free Lunch)	North Arkansas Regional Medical Center 620 N. Main Harrison, AR	Free	Sandra Guidry 870-414-5324 Sandra.guidry@narmc.com
Calhoun	Calhoun County Health Unit	WIC Breastfeeding Class (offered in English and Spanish)	Monthly Call for schedule	Calhoun County Health Unit 1119 Prestress Drive Hampton, AR	Free benefit with WIC participation	870-798-2808
Carroll	WIC Breastfeeding Peer Counselor	Telephone or text for breastfeeding support	Monday—Friday 8 a.m.--4:30 p.m.	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	Breastfeeding Support	Call for appointment	Clark County Health Unit 605 S 10 th Street Arkadelphia, AR	Free benefit with WIC participation	870-246-4471

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Cleveland	Cleveland County Health Unit	Breastfeeding Support	Call for appointment	Cleveland County Health Unit 409 East Magnolia Street Rison, AR	Free benefit with WIC participation	870-325-6311
Columbia	Columbia County Health Unit	WIC Breastfeeding Class (offered in English and Spanish)	Monthly Call for schedule	Columbia County Health Unit 207 S. Jefferson Magnolia, AR	Free benefit with WIC participation	870-235-3798
Conway	Conway County Health Unit	Breastfeeding Class or Individual Appointment	Call for schedule	Conway County Health Unit 100 Hospital Drive Morriton, AR	Free benefit with WIC participation	501-354-4652
Craighead	NEA Memorial Baptist Hospital	Breastfeeding and Prenatal Class (combined)	Call for schedule	4800 East Johnson Ave Jonesboro, AR	Call for cost information	Diana Roush 870-936-3025
Craighead	St Bernard's Regional Medical Center Stroud Hall (SBRMC)	Breastfeeding Class	Monthly, 1 st Tuesday 6 p.m.--8:30 p.m.	1144 East Matthews Jonesboro, AR	Free	Sherry Rickard or Roxanna Loggins Breastfeeding Helpline 870-897-7335
Craighead	Craighead County Health Unit	Breastfeeding Peer Counselor	Monday, Wednesday, Thursday, Friday 8 a.m.--4:30 p.m. Tuesday 9:30 a.m.-6:00 p.m.	Craighead County Health Unit 611 E. Washington, Ste. B Jonesboro, AR	Free benefit with WIC participation	Amirah Koster WIC Breastfeeding Peer Counselor 870-933-4585 Work Cell: 870-253-9168
Crawford	Crawford County Health Unit	Breastfeeding Class for Pregnant Women Breastfeeding follow-up, problem management	Call for schedule Call for appointment	Crawford County Health Unit 2040 Chestnut Ave Van Buren, AR	Free benefit with WIC participation	479-474-6391

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Crittenden	Crittenden County Health Unit	Breastfeeding Peer Counselor	Monday--Friday 8 a.m.--4:30 p.m.	Crittenden County Health Unit 901 N. 7 th Street West Memphis, AR	Free benefit with WIC participation	Cathy Durham WIC Breastfeeding Peer Counselor 870-735-4334 Work Cell: 501-554-6798
Crittenden	Crittenden County Health Unit	Breastfeeding Class Individual Breastfeeding Consult	Monthly, 4 th Wednesday 10 a.m.—12:00 p.m. Call for appointment	Crittenden County Health Unit 901 N. 7 th Street West Memphis, AR	Free benefit with WIC participation	Cathy Durham or Angie Whatley 870-735-4334 Work Cell: 870-554-6798
Crittenden	Private lactation consultant	Private breastfeeding consults in your home	Call for appointment	West Memphis	\$45 per hour	Angie Whatley 870-636-5231 501-541-8075
Dallas	Dallas County Health Unit	Breastfeeding Support	Call for schedule	Dallas County Health Unit 201 N. Spring Fordyce, AR	Free benefit with WIC participation	870-352-7197
Desha	Desha County Health Unit--Dumas	Breastfeeding Peer Counselor	Monday, Wednesday, and Friday 8 a.m.--4:30 p.m.	Desha County Health Unit 751 Hwy 65 South Dumas, AR	Free benefit with WIC participation	Kathy James WIC Breastfeeding Peer Counselor 870-382-2377
Desha	Desha County Health Unit--McGehee	Breastfeeding Peer Counselor	Tuesday and Thursday 8 a.m.--4:30 p.m.	Desha County Health Unit 200 East 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 6:30 p.m. (call to confirm schedule)	Classroom 1 of the Women's Center at Conway Regional Hospital Conway, AR	Free	Jordan 501-908-4933 jordanbittle@yahoo.com
Faulkner	Faulkner County Health Unit	Breastfeeding Peer Counselor	Monday--Thursday 8:30 a.m.--4:00p.m. Call for an appointment	Faulkner County Health Unit 811 N. Creek Drive Conway, AR	Free benefit with WIC participation	Casandra Bailey-Tackett WIC Breastfeeding Peer Counselor 501-450-4941

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Faulkner	Conway Regional Medical Center	Breastfeeding Support Group Breastfeeding Class Telephone support Out-patient appointment	Monthly, last Saturday 10:00 a.m. Monthly, 3 rd Tuesday 6:30 p.m. Call for support Call to schedule	Conway Regional Hospital Women’s Center Classroom 2302 College Avenue Conway, AR	Free \$25 for classes Call for cost information	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 Class	Call for schedule	Franklin County Health Unit 509 North 29 th Street Ozark, AR	Free benefit with WIC participation	479-667-2555
Garland	Garland County Health Unit	Breastfeeding Peer Counselor	Monday–Friday 8 a.m.–4:30 p.m. Call for appointment	Garland County Health Unit 1425 Malvern Avenue 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 to confirm schedule)	Garland County Library	Free benefit with WIC participation	Trenise WIC Breastfeeding Peer Counselor 501-624-3394 ext. 109
Garland	Milk Bank Depot for Mother’s Milk Bank of North Texas 1-866-810-0071	Place to drop off donated breastmilk after signing up for the program	Monday – Friday 1 p.m.–5:00 p.m.	Hot Springs, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-463-4965
Greene	Greene County Health Unit	Breastfeeding Class Individual Breastfeeding Consult	Monday and Wednesday Call for appointment	Classes at Arkansas Methodist Hospital, Paragould, AR Individual Consult: Greene County Local Health Unit, Paragould, AR	Free benefit with WIC participation	Leisa Huskey WIC Breastfeeding Peer Counselor 870-236-7782

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Greene	Arkansas Methodist Medical Center	Breastfeeding Class	Monthly (call to confirm schedule)	Class at Arkansas Methodist Medical Center-Paragould, AR	Free	Shawna McMinn 870-239-7013
Hempstead	Hempstead County Health Unit	Breastfeeding Support	Call for appointment	Hempstead County Health Unit 808 West 5 th Street Hope, AR	Free benefit with WIC participation	870-777-2191
Howard	Howard County Health Unit	Breastfeeding Education and Support	Call for appointment	Howard County Health Unit 201 E Hempstead, Suite 2 Nashville, AR	Free benefit with WIC participation	870-845-2208
Independence	Independence County Health Unit	Breastfeeding Peer Counselor	Monday--Friday 8 a.m.--4:30 p.m. 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	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	Monday– Friday 8 a.m.--4:30 p.m.	Independence County Health Unit 120 Weaver Batesville, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-463-4965 Taylor Tosh, WIC Breastfeeding Peer Counselor
Jackson	Jackson County Health Unit	Breastfeeding Support	Call for appointment	1505 N. Pecan Newport, AR	Free benefit with WIC participation	870-523-8968
Jefferson	Jefferson Regional Medical Center	Breastfeeding Class	Call for schedule	1600 W. 40th Avenue Pine Bluff, AR	Free	Ashley Kennedy 870-541-3605 www.jrmc.org
Johnson	Johnson County Health Unit	Breastfeeding Class (offered in English and Spanish)	Most Tuesdays (call to confirm schedule) 2:30 p.m.	Johnson County Health Unit #6 Professional Drive Clarksville, AR	Free benefit with WIC participation	479-754-2949

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Lafayette	Lafayette County Health Unit	Breastfeeding Class (offered in English and Spanish)	Monthly (call to confirm schedule)	Lafayette County Health Unit 1113 Chestnut Street Lewisville, AR	Free benefit with WIC participation	870-921-5744
Lawrence	Lawrence County Health Unit	Breastfeeding Support	Tuesday, Thursday, and Friday Call for appointment	Lawrence County Health Unit 1050 W. Free Street 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 appointment	Little River County Health Unit 150 Keller Ashdown, AR	Free benefit with WIC participation	870-898-3831
North Logan	North Logan County Health Unit-Paris	Breastfeeding Support Breastfeeding Class	Monday--Friday 8 a.m.--4:30 p.m. Wednesday (once a month) 2:30 p.m. Call for schedule	North Logan County Health Unit 150 South Lowder Paris, AR	Free benefit with WIC participation	479-963-6126
South Logan	South Logan County Health Unit-Booneville	Breastfeeding Class Breastfeeding Support	Monthly, 1 st Wednesday Call for appointment	South Logan County Health Unit 721 West 1 st Street Booneville, AR	Free benefit with WIC participation	479-675-2593
Lonoke	Lonoke County Health Unit-Cabot	Breastfeeding Peer Counselor	Monday and Friday 8 a.m.--4:30 p.m. Call for appointment	Lonoke County Health Unit- Cabot 118 South First Street Cabot, AR	Free benefit with WIC participation	Kim Helmbeck WIC Breastfeeding Peer Counselor 501-843-7561
Lonoke	Lonoke County Health Unit-Lonoke	Breastfeeding Support	Monday – Friday 8 a.m.—4:30 p.m.	Lonoke County Health Unit- Lonoke 306 N Center Street Lonoke, AR	Free benefit with WIC participation	501-676-2268
Madison	Madison County Health Unit	Beginning Breastfeeding Class	Thursday (call to confirm schedule)	Madison County Health Unit 709 College Huntsville, AR	Free benefit with WIC participation	479-738-2612

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Marion	Marion County Health Unit	Beginning Breastfeeding Class Individual breastfeeding support	Monthly, 3 rd Monday and 4 th Wednesday 1 p.m. Call for appointment	Marion County Health Unit 707 Highway 202 West Yellville, AR	Free benefit with WIC participation	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 Class Breastfeeding Support Group	Twice a Month (call to confirm schedule) 6:30 p.m. Monthly, 1 st Tuesday 5:30 p.m.--6:30 p.m.	Wadley Education Center Texarkana, TX	Free	Call to Register 1-877-792-3539 or 903-798-8025
Near Miller County (on Texas side of Texarkana)	Christus St. Michael Health System	Breastfeeding Class Answers to Breastfeeding Questions	Monthly, 1 st Tuesday Monday—Friday 9 a.m.—5:00 p.m.	Christus St. Michael Health System 2600 St. Michael Drive Texarkana, TX	Free	Call to Register Tina East: 903-614-2630 Answering Breastfeeding Questions: Klorisa Withers or Melissa Duncan 903-614-6202
Mississippi	Mississippi County Health Unit-Osceola	Breastfeeding Peer Counselor	Monday and Wednesday 8 a.m.—1:00 p.m. Friday 8 a.m.—12:00 p.m. 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	Tuesday and Thursday 8 a.m.—1:00 p.m. Call for appointment	Mississippi County Health Unit-Blytheville 1299 N. 10 th Street Blytheville, AR	Free benefit with WIC participation	Tiffany Martin WIC Breastfeeding Peer Counselor 870-763-7064
Nevada	Nevada County Health Unit	Breastfeeding Basics (individual consult)	Call for appointment	Nevada County Health Unit 1501 W. 1st Street N Prescott, AR	Free benefit with WIC participation	870-887-2004

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Newton	Newton County Health Unit	Telephone or in person breastfeeding support	Tuesday--Friday 8 a.m.--4:30 p.m. Call for appointment	Newton County Health Unit 506 West Court Street Jasper, AR	Free benefit with WIC participation	870-446-2216
Newton	Newton County Health Unit	Beginning Breastfeeding Class	Wednesdays Call for schedule	Newton County Health Unit 506 West Court Street Jasper, AR	Free benefit with WIC participation	870-446-2216
Ouachita	Ouachita County Health Unit	Breastfeeding Class	Call for schedule	Ouachita County Health Unit 740 California Avenue SW Camden, AR	Free benefit with WIC participation	870-836-5033
Perry	Perry County Health Unit	Breastfeeding Support	Call for appointment	Perry County Health Unit 1039 North Fourche Avenue Perryville, AR	Free benefit with WIC participation	501-889-5156
Phillips	Phillips County Health Unit	Individual Breastfeeding Classes Breastfeeding Peer Counselor	Call for appointment	Phillips County Health Unit 110 Shirley Hicks Drive West Helena, AR	Free benefit with WIC participation	870- 572-9028 Brook Bourland WIC Breastfeeding Peer Counselor
Pike	Pike County Health Unit	Breastfeeding Class Breastfeeding Support	Monthly Call for schedule Monday--Friday 8 a.m.—4:30 p.m.	Pike County Health Unit 15 Caddo Dr Murfreesboro, AR	Free benefit with WIC participation	870-285-3154
Poinsett	Poinsett County Health Unit	Breastfeeding Support	Monday—Friday 8 a.m.—4:30 p.m.	Poinsett County Health Unit-- Trumann 1204 W Main Trumann, AR 72472	Free benefit with WIC participation	870-483-5761
Polk	Polk County Health Unit	Breastfeeding Support	Call for appointment	Polk County Health Unit 702 Hornbeck Mena, AR	Free benefit with WIC participation	479-394-2707

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Polk	Mena Regional Health System	Prenatal and Breastfeeding Classes	Call for schedule	Mena Regional Health System	Free	Brooke Baldrige MRHS Women's Services 479-243-2400
Pope	Pope County Health Unit	Breastfeeding class Infant weight checks	Monday 1:30p.m. Monday Afternoons	Pope County Health Unit 203 Weir Road Russellville, AR	Free benefit with WIC participation	479-968-6004
Pope	Heather Shipley	Breastfeeding Support	Call for appointment	Private In-home consults	Call for cost information	Heather Shipley 479-222-0213 h.shipley.lc@gmail.com
Prairie	Prairie County Health Unit	Breastfeeding Support	Call for appointment	Prairie County Health Unit 204 Main Street Des Arc, AR	Free benefit with WIC participation	870-256-4430
Pulaski	WIC State Office	Telephone Helpline - resource for moms and health professionals; Answers breastfeeding questions, common medication questions, and helps locate resources	Monday—Friday 8 a.m.—4:30 p.m.	Freeway Medical Building 5800 W. 10th Street, Suite 300 Little Rock, AR	Free to all	WIC Breastfeeding Helpline 1-800-445-6175
Pulaski	Baptist Health— Little Rock	Breastfeeding Class 501-202-1717 "Expressly For You"- Outpatient support, retail, pump rental and purchases Infant weight checks Arkansas Breastfeeding Helpline	Monthly Call for schedule Monday--Friday 8:30 a.m.--5 p.m.	Higginbotham Outpatient Center - 2nd floor 9500 Kanis Road Little Rock, AR	Call for cost information Free Free	Jessica Donahue 501-202-7378 expresslyforyou.com 501-202-7378

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Pulaski	Baptist Health/Milk Bank Depot for Mother's Milk Bank of North Texas	Place to drop off donated breastmilk after signing up for the program	Monday--Friday 8:30 a.m.--5 p.m.	Little Rock, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-202-7378 Jessica Donahue
Pulaski	Pulaski County Health Unit--West Little Rock	Breastfeeding Peer Counselor	Monday-Friday 8 a.m.--4:30 p.m.	11715 Rainwood Road 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 Support	Monday – Friday 8 a.m.--4:30 p.m.	Pulaski County Health Unit 2800 Willow Street North Little Rock, AR	Free benefit with WIC participation	501-791-8551
Pulaski	Pulaski County Health Unit--Pulaski Central	Breastfeeding Support	Monday–Friday 8 a.m.--4:30 p.m. Call for appointment	Pulaski County Health Unit 3915 W. 8th Street Little Rock, AR	Free benefit with WIC participation	501-280-3100
Pulaski	Pulaski County Health Unit--Southwest	Breastfeeding Support	Wednesday, Thursday, and Friday 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	Monthly, 3 rd Friday 1:00p.m.	Pulaski County Health Unit-Southwest (Conference Room) 8901 Dailey Drive Little Rock, AR	Free benefit with WIC participation	Sarita Hendrix 501-565-9311
Pulaski	Sarita Hendrix	In-Home Visits; Personalized Breastfeeding Support; Classes; Training	Call for information	Little Rock and surrounding areas	Call for cost information	Sarita Hendrix 501-213-5801
Pulaski	Pulaski County Health Unit--Jacksonville	Breastfeeding Support Mon-Fri 8-4:30	Monday—Friday 8 a.m.—4:30 p.m. Call for appointment	Pulaski County Health Unit 3000 N First St Jacksonville, AR	Free benefit with WIC participation	501-982-7477

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Pulaski	La Leche League	Mother to Mother Support	Monthly, 4 th Saturday 10 a.m.	Hillcrest Farmers Market 2200 Kavanaugh Blvd. Little Rock, AR (enter the building via ramp next to church steps)	Free	Kathryn: kathrynahyde@gmail.com or 501-804-3862 Heather: llhhenry@gmail.com or 816-506-0527 Meredith: 501-230-8542
Pulaski	UAMS	Breastfeeding Class	Monthly, 2 nd Thursday 5 p.m.– 7:00 p.m.	UAMS Little Rock, AR	Free	501-686-8084 Call to Register
Pulaski	Arkansas Drug Information Center	Information about medications and mother’s milk; also information about general medication concerns	Available 24 hours a day, 7 days a week.	Little Rock, AR	Free	Arkansas Poison Hotline 1-800-222-1222 (for parents) Arkansas Drug Information Center 1-800-376-4766 (for health professionals)
Saline	Saline County Health Unit	Breastfeeding Support Breastfeeding Peer Counselor	Monday 9:30 a.m.—6:00 p.m. Tuesday--Friday 8 a.m.--4:30 p.m. Call for appointment Tuesday Call for appointment	Saline County Health Unit 1612 Edison Avenue Benton, AR	Free benefit with WIC participation	501-303-5650 Jennifer Arthur WIC Breastfeeding Peer Counselor 501-565-9311

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Saline	Saline Memorial Hospital	Prepared Childbirth/Breastfeeding Class	Monthly, 2 nd Tuesday 7:00 p.m.	Saline Memorial Hospital 1 Medical Park Dr Benton, AR	Free	Megan or Lauren OB Department 501-776-6300 Registration information available on website tanya@serenitybreastfeedingsupport 501-725-1275
		Breastfeeding Support Group	Monthly, 1 st Friday 10 a.m.	Conference room 3 in the Health Education Building at Saline Memorial Hospital, Benton, AR	Free	
Saline	Serenity Breastfeeding Support	In-home Breastfeeding Consults; Telephone Support	Call for appointment	Benton and surrounding areas	Call for cost information	Tanya Smith tanya@serenitybreastfeedingsupport 501-725-1275
Scott	Scott County Health Unit	Breastfeeding Class	Every other Wednesday 2:30 p.m.	Scott County Health Unit 316 Featherston, Waldron, AR	Free benefit with WIC participation	479-637-2165
		Breastfeeding Support	Call for appointment			
Searcy	Searcy County Health Unit	Beginning Breastfeeding Class	Friday Call for schedule	Searcy County Health Unit 742 Airport Road Marshall, AR	Free benefit with WIC participation	870-448-3374
Searcy	Ozark Opportunities	Healthy Families Arkansas-Ozark Mountains— Breastfeeding support, guidance, education, and home visits	Monthly group meetings Weekly home visits for participants	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 Class (English)	English--most Thursdays 10:30 a.m.	Sebastian County Health Unit 3112 South 70 th Fort Smith, AR	Free benefit with WIC participation	479-452-8600
		Breastfeeding Class (Spanish)	Spanish--most Mondays at 1:00 p.m. Call for dates			
		Breastfeeding Support	Call for appointment			

Arkansas Breastfeeding Community Resources –updated 5-11-2020

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COUNTY	WHO	WHAT	WHEN	WHERE - CITY	COST	CONTACT
Sebastian	Ft. Smith WIC Clinic	Breastfeeding Class Breastfeeding Support	Mondays 2:00 p.m. Monday—Friday Call for appointment	Fort Smith WIC Clinic 6601 Phoenix Avenue, Suite A Fort Smith, AR	Free benefit with WIC participation	479-478-3062
Sebastian	Baptist Health— Fort Smith	Breastfeeding Basics Class	Monthly Call for schedule	First Floor of the Hospital 1001 Towson Avenue Fort Smith, AR 72901	Call for information	Baptist Health 1-888-227-8478
Sebastian	Mercy Medical Health System	Breastfeeding Class	Monthly, 4 th Tuesday 6 p.m.--8:30 p.m.	Mercy Medical Sicard Education Room 7301 Rogers Avenue Fort Smith, AR	Free Register online or call for information	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
Sevier	Sevier County Health Unit	Breastfeeding Support	Call for appointment	Sevier County Health Unit 304 N. 4 th Street De Queen, AR	Free benefit with WIC participation	870-642-2535
Sevier	Judy Young	Private Lactation Counselor	Call for appointment	De Queen, AR	Free	Call or text 870-584-2707

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Sharp	New Beginnings Pregnancy Center	Breastfeeding Class	Call for schedule	23 W. Main Street Ash Flat, AR	Free	Lynn Barber or Laura Lute 870-994-5433
St Francis	St. Francis County Health Unit	Breastfeeding Peer Counselor	Monday – Friday 8 – 4:30	413 N Division Forrest City, AR	Free benefit with WIC participation	Jennifer Geter WIC Breastfeeding Peer Counselor 870-633-1340
Union	Union County Health Unit	Breastfeeding Support	Call for an appointment	Union County Health Unit 301 American Road El Dorado, AR	Free benefit with WIC participation	870-863-5101
Van Buren	Van Buren County Health Unit	Breastfeeding Support	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 (Books available in Lending Library)	Monday--Thursday 8 a.m.—4:00 p.m. 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— Breastfeeding support, guidance, education, and home visits	Monthly group meetings Weekly home visits for participants	Inside the Van Buren County Health Unit 526 Quality Drive Clinton, AR	Free	Melissa Smyth, Brandi Grillot, and Alex Churches Ragland (Breastfeeding Peer Counselor) 870-448-6488
Van Buren	Van Buren 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	Call ahead for information/appointment prior to donating your milk.	Van Buren County Health Unit 245 Quality Drive Clinton, AR	Free	Call 1-866-810-0071 to sign up for the program, then call 501-745-2485 Vanessa Martin or Teresa Gates

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Washington	WIC Springdale WIC Clinic	Breastfeeding Class Breastfeeding Support	Call for schedule Monday--Friday Call for an appointment	Springdale WIIC Clinic 1772 West Sunset Springdale, AR	Free benefit with WIC participation	479-927-3270
Washington	Washington County Health Unit	Breastfeeding Class Breastfeeding Support	Call for schedule Monday--Friday	Washington County Health Unit 3270 Wimberly Drive Fayetteville, AR	Free benefit with WIC participation	479-521-8181
Washington	Washington Regional Medical Center	Breastfeeding Class	Monthly, 4th Tuesday 6 p.m.--8:00 p.m.	WRMC Johnelle Hurst Center for Women 3215 N. Northhills Blvd. Fayetteville, AR	\$20 for breastfeeding class	Tonia Squires tsquires@wregional.com 479-463-5141 479-463-1619 Call or Register online: Wreginal.com
Washington	Willow Creek Women's Hospital	Breastfeeding Class Outpatient Lactation Consults Breastfeeding Support Group	Call for schedule Call for schedule Monthly, 2 nd Wednesday	Willow Creek Women's Hospital Johnson, AR	Free (insurance may be filed)	Dana Arrieta Melissa Cleaveland Mary Beth Green 479-684-3210
White	La Leche League of Searcy	Mother to Mother Support	Monthly, 3rd Tuesday 7 p.m. Monthly, 1 st Tuesday 10 a.m.	Searcy, AR (call for location)	Free	Mona 501- 268-7623 April 501-827-0323 Catrina 501-827-7186 LLL of Searcy on Facebook

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White	Unity White County Medical Center	Breastfeeding Class Private Lactation Consults	Monthly, 3 rd Monday 6 p.m.--8:30 p.m. Call to register Call to schedule	Unity White County Medical Center 3214 E. Race Street Searcy, AR	\$10 for classes Call for cost information (private consults)	Marsha Pound 501-380-1277
Yell	Yell County Health Unit--Danville	Breastfeeding Class	Monthly, 1 st and 3 rd Thursday 9 a.m.	Yell County Health Unit 1309 Hwy 10 East Danville, AR	Free benefit with WIC participation	479-495-2741
Yell	Yell County Health Unit- Dardanelle	Breastfeeding Class	Monthly, Tuesdays 9 a.m. Call for schedule	Yell County Health Unit 719 North 5 th Street Dardanelle, AR	Free benefit with WIC participation	479-229-3509