

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | 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 Health Medical Center | 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 any 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 | Kristen Brickey, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | Tuesday, Wednesday, Friday 9 a.m.—2:45 p.m. | 1616 S Madison DeWitt, AR | Free benefit with WIC participation | Kristen Brickey WIC Breastfeeding Peer Counselor 870-946-2934 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|----------|---|---|---|--|--|--|
| Arkansas | Kristen Brickey, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | Thursday 8 a.m.—3:30 p.m. | 1602 North Buerkle Stuttgart, AR | Free benefit with WIC participation | Kristen Brickey WIC Breastfeeding Peer Counselor 870-673-1609 |
| Arkansas | La Leche League | Mother to Mother Breastfeeding Support | Monthly, 2 nd Wednesday 9 a.m.—10 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 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 | Call for appointment Tuesday | 206 Bucher Drive Mountain Home, AR | Free benefit with WIC participation | 870-425-3072 |
| Baxter | LPMG Lactation Clinic | Private Consults for breastfeeding complications | Call for appointment Monday—Thursday 8:30 a.m.—4 p.m. Friday 8:30 a.m.—11:15 a.m. | 405 Buttercup Drive Mountain Home, AR | Call for prices | 870-701-0816 Dr. Candy Lincoln clincoln@lpmgclinic.com Caroline Stevens, RN |
| 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 4-week Prepared Childbirth Education Class | Cyrece Engelberger 479-338-2072 May also register online at www.Mercy.net |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|--------|---|---|---|---|--|---|
| 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 pamobr@gmail.com |
| Benton | Benton County Health Unit | Breastfeeding Class | Call for schedule | Benton County Health Unit— Rogers 1200 West Walnut Street 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 | Call for appointment Monday—Thursday | Ozark Community Hospital Clinic 1101 Jackson St. Southwest Gravette, AR | Billed to your insurance | Ashley Stone, APRN, IBCLC 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 | Starla Carter, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | 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 |
| 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|---------|--|--|--|---|-------------------------------------|---|
| 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 | Starla Carter, 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 |
| Chicot | Kathy James, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | Monthly 2 nd and 4 th Tuesday 8:30 a.m.—4 p.m. | Available by phone, text or clinic visit | Free benefit with WIC participation | Kathy James WIC Breastfeeding Peer Counselor Clinic: 870-265-2236 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|-----------|--|--|---|--|-------------------------------------|---|
| Clark | Clark County Health Unit | Breastfeeding Support | Call for appointment | Clark County Health Unit 605 South 10 th Street Arkadelphia, AR | Free benefit with WIC participation | 870-246-4471 |
| 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) | Call for schedule Monthly | Columbia County Health Unit 207 South 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 Morrliton, AR | Free benefit with WIC participation | 501-354-4652 |
| Craighead | Craighead County Health Unit | Breastfeeding Peer Counseling and Support | Monday – Friday 8 a.m.—4:30 p.m. | Craighead County Health Unit 611 E Washington Suite B Jonesboro, AR | Free benefit with WIC participation | Sharde Thomas WIC Breastfeeding Peer Counselor 870-933-4585 |
| Craighead | NEA Memorial Baptist Hospital | Breastfeeding and Prenatal Class (combined) | Call for schedule | 4800 East Johnson Avenue 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|------------|---|---|---|---|-------------------------------------|---|
| 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 |
| Crittenden | Cathy Durham, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | Monday, Wednesday, Thursday, and Friday 8 a.m.—4:30 p.m. Tuesday 9:30 a.m.—6 p.m. | Crittenden County Health Unit 901 North 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 | Angie Whatley Private lactation consultant | Private breastfeeding consults in your home | Call for appointment | West Memphis | \$45 per hour | Angie Whatley 870-636-5231 |
| 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 | Kathy James, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | 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 | Kathy James, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | 1 st & 3 rd 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|----------|---|--|--|---|---|--|
| 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 | Cassie Bailey-Tackett, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | Monday—Thursday 8:30 a.m.—4 p.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 |
| Faulkner | Conway Regional Medical Center | Breastfeeding Support Group Breastfeeding Class Telephone support Out-patient appointment | Monthly, last Saturday 10 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 https://www.conwayregional.org/services/group-women's-services/lactation-services |
| 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 | Trenise, Breastfeeding Peer Counselor | Breastfeeding Peer Counseling and Support | 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 | Trenise, Breastfeeding Peer Counselor | Mommy Milk 101 Support Group | 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|--------------|---|---|---|---|-------------------------------------|---|
| 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 p.m. | Hot Springs, AR | Free | Call 1-866-810-0071 to sign up for the program, then call 501-463-4965 |
| Greene | Leisa Huskey, Breastfeeding Peer Counselor | 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 |
| 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 | Taylor Tosh, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Monday—Friday 7:45 a.m.—4 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|--------------------|---|--|---|---|-------------------------------------|--|
| 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 |
| 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 | Leisa Huskey, Breastfeeding Peer Counselor | Breastfeeding Support | Tuesday, Thursday, and Friday Call for appointment | Lawrence County Health Unit 1050 West 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 |
| Logan County-North | 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 |
| Logan County-South | South Logan County Health Unit-Booneville | Breastfeeding Class Breastfeeding Support | Monthly, 1 st Wednesday Call for appointment | South Logon County Health Unit 721 West 1 st Street Booneville, AR | Free benefit with WIC participation | 479-675-2593 |
| Lonoke | Kim Helmbeck, Breastfeeding Peer Counselor | 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 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|---|--|---|--|--|--|--|
| Lonoke | Lonoke County Health Unit-Lonoke | Breastfeeding Support | Monday – Friday 8 a.m.—4:30 p.m. | Lonoke County Health Unit- Lonoke 306 North 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 |
| 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 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 | Tiffany Martin, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Monday and Wednesday 8 a.m.—1 p.m. Friday 8 a.m.—12 p.m. Call for appointment | Mississippi County Health Unit- Osceola 720 West Lee Street Osceola, AR | Free benefit with WIC participation | Tiffany Martin WIC Breastfeeding Peer Counselor 870-563-2521 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|-------------|---|--|---|---|--|---|
| Mississippi | Tiffany Martin, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Tuesday and Thursday 8 a.m.—1 p.m. Call for appointment | Mississippi County Health Unit- Blytheville 1299 North 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 West 1st Street N Prescott, AR | Free benefit with WIC participation | 870-887-2004 |
| 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 | Brooke Bourland Roberts, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Call for appointment | Phillips County Health Unit 110 Shirley Hicks Drive West Helena, AR | Free benefit with WIC participation | Brooke Bourland Roberts WIC Breastfeeding Peer Counselor 870-572-9028 |
| 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 Drive Murfreesboro, AR | Free benefit with WIC participation | 870-285-3154 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|----------|-----------------------------|---|--|---|--|---|
| Poinsett | Poinsett County Health Unit | Breastfeeding Support | Monday—Friday 8 a.m.—4:30 p.m. | Poinsett County Health Unit-- Trumann 1204 West 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 |
| 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 1:30 p.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 West 10th Street Suite 300 Little Rock, AR | Free for anyone | WIC Breastfeeding Helpline 1-800-445-6175 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|---------|---|--|---|---|--|---|
| Pulaski | Baptist Health— Little Rock | Breastfeeding Class 501-202-1717 "Expressly for You"- Outpatient support, retail, pump rental and purchase Infant weight checks Arkansas Breastfeeding Helpline | Monthly Call for schedule Monday—Friday 8:30 a.m.—5 p.m. | Higginbotham Outpatient Center, 2 nd Floor 9500 Kanis Rd Little Rock, AR | Call for cost information Free Free | Jessica Donahue 501-202-7378 expresslyforyou.com 501-202-7378 |
| 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 | Amy Robertson, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Monday—Friday 8 a.m.—4:30 p.m. | Pulaski County Health Unit— West Little Rock 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— North Little Rock 2800 Willow Street North Little Rock, AR | Free benefit with WIC participation | 501-791-8551 |
| Pulaski | Kimberly Hull, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Monday–Friday 8 a.m.—4:30 p.m. Call for appointment | Pulaski County Health Unit— Pulaski Central 3915 W. 8th Street Little Rock, AR | Free benefit with WIC participation | Kimberly Hull WIC Breastfeeding Peer Counselor 501-280-3100 |
| Pulaski | Pulaski County Health Unit – Southwest Little Rock | Breastfeeding Support | Monday-Friday 8 a.m.—4:30 p.m. Call for appointment | Pulaski County Health Unit— Southwest Little Rock 8901 Dailey Drive Little Rock, AR | Free benefit with WIC participation | 501-565-9311 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|---------|---|--|---|---|-------------------------------------|---|
| Pulaski | Unity Birth and Lactation Services, LLC | In-Home Visits; Personalized Breastfeeding education and support; doula services | 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 | 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 |
| 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 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; 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 | Jennifer Arthur, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Tuesday, Thursday, Friday 8:30 a.m.—2 p.m. Call for appointment | Saline County Health Unit 1612 Edison Avenue Benton, AR | Free benefit with WIC participation | Jennifer Arthur WIC Breastfeeding Peer Counselor 501-303-5650 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|-----------|--------------------------------|---|--|---|-------------------------------------|---|
| 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 Breastfeeding Support | Every other Wednesday 2:30 p.m. Call for appointment | Scott County Health Unit 316 Featherston, Waldron, AR | Free benefit with WIC participation | 479-637-2165 |
| 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 Call for schedule | 110 Ruff Street 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) Breastfeeding Class (Spanish) Breastfeeding Support | English--most Thursdays 10:30 a.m. Spanish--most Mondays at 1:00 p.m. Call for dates Call for appointment | Sebastian County Health Unit 3112 South 70 th Fort Smith, AR | Free benefit with WIC participation | 479-452-8600 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|-----------|------------------------------------|--|---|--|--|---|
| Sebastian | Fort 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 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 North 4 th Street De Queen, AR | Free benefit with WIC participation | 870-642-2535 |
| Sevier | Judy Young | Private Lactation Counselor | Call for appointment | DeQueen, AR | Free | Call or text 870-584-2707 |
| Sharp | New Beginnings Pregnancy Center | Breastfeeding Class | Call for schedule | 23 West Main Street Ash Flat, AR | Free | Lynn Barber or Laura Lute 870-994-5433 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|------------|--|---|---|--|-------------------------------------|--|
| St Francis | St. Francis County Health Unit | Breastfeeding Peer Counselor | Monday – Friday 8 a.m. – 4:30 p.m. | 413 North 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 | Vanessa Breedlove, Breastfeeding Peer Counselor | Breastfeeding Peer Counselor | Monday—Thursday 8 a.m.—4 p.m. Call for an appointment | Van Buren County Health Unit 526 Quality Drive Clinton, AR | Free benefit with WIC participation | Vanessa Breedlove Clinic: 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 p.m. Call for appointment | Van Buren County Health Unit 526 Quality Drive Clinton, AR | Free benefit with WIC participation | Vanessa Breedlove WIC Breastfeeding Peer Counselor Clinic: 501-745-2485 |
| 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 Dr 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 |
| Washington | WIC Springdale WIC Clinic | Breastfeeding Class Breastfeeding Support | Call for schedule Monday--Friday Call for an appointment | 614 East Emma Avenue Suite 100 Springdale, AR | Free benefit with WIC participation | 479-927-3667 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|------------|------------------------------------|---|---|--|--|--|
| 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 p.m. | WRMC Johnelle Hurst Center for Women 3215 North Hills Blvd. Fayetteville, AR | \$20 for breastfeeding class | Tonia Squires tsquires@wregional.com 479-463-5141 479-463-1619 Call or Register online: Wregional.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, 3 rd 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 |
| 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 East Race Street Searcy, AR | \$10 for classes Call for cost information (private consults) | Marsha Pound 501-380-1277 |

Arkansas Breastfeeding Community Resources –updated 07-20-2021

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 | COST | CONTACT |
|---------------|-------------------------------------|---------------------|--|---|--|----------------|
| 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 Call for schedule | Yell County Health Unit 719 North 5 th Street Dardanelle, AR | Free benefit with WIC participation | 479-229-3509 |