

BREASTFEEDING RESOURCES



WIC Breastfeeding Peer Counselors:

- ♥ are WIC breastfeeding mothers, just like you.
- ♥ receive extensive training on the benefits of breastfeeding and basic breastfeeding skills.
- ♥ are just a phone call away.



WIC Lactation Consultant:

- ♥ is a professional, with advanced certification, to provide assistance to breastfeeding mothers.
- ♥ services are free to WIC mothers.



Breast Pump Program:

- ♥ Pumps are available to WIC clients for various reasons.
- ♥ A Breastfeeding Peer Counselor or Nutritionist will help you determine which breast pump best meets your needs.



To Access These Resources

Call your Breastfeeding Peer Counselor Cell Phone:

NORTHEAST	832-474-6671
MAGNOLIA	713-852-7417*
NORTHWEST	713-515-7962*
SUNNYSIDE	713-540-3736
ALIEF	713-540-2498*
ACRES HOMES	713-742-1465 [†] *
DENVER HARBOR	713-515-5090*
NORTHSIDE	713-515-0273*
AIRLINE	713-540-7164*
SOUTHWEST	713-516-0043*
LA NUEVA CASA	713-494-9608*
BRAESNER	832-244-3562
ALDINE	713-494-9157
SHARPSTOWN	713-557-3709*

[†]This is the clinic number.

*Bilingual peer counselor.



**For after hours breastfeeding support,
call the City of Houston Breastfeeding Helpline at:**

713-306-9573

**MON – FRI 6:00 pm – 7:30 pm
SAT & SUN 10:00 am – 7:30 pm**

For Other Breastfeeding Resources Visit:

WIC

www.breastmilkcounts.com

or

**The Lactation Foundation
1-877-550-5008
www.lactationfoundation.org**



To schedule a WIC appointment call: 832-393-5427

This institution is an equal-opportunity provider.