

Breastfeeding Resources



WIC Breastfeeding Peer Counselors

Who is Your WIC Breastfeeding Peer Counselor?

A peer counselor is a WIC mother just like you. She lives in your community and has breastfed her own baby. She has been carefully selected by WIC to help give new mothers information about feeding their babies. She is here to give you support to meet your own goals for feeding your baby.

WIC Breastfeeding Peer Counselors are available at the following locations:

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| 1. Northeast WIC | 713-633-7985 |
| 2. Northwest WIC Site | 713-932-1274 |
| 3. Alief WIC Site | 281-568-1192 |
| 4. West Montgomery WIC | 713-742-1465 |
| 5. Denver Harbor | 713-670-2150 |
| 6. Northside WIC Site | 713-742-1300 |
| 7. Airline WIC Site | 713-742-1548 |
| 8. Southwest WIC | 713-995-4937 |
| 9. Braesner WIC Site | 713-772-7080 |
| 10. Gulfgate WIC Site | 713-495-3723 |
| 11. Aldine Community WIC Site | 281-986-4851 |



Breastfeeding Numbers

- City of Houston Helpline 713-306-9573
Monday – Friday 6:00pm – 7:30 pm
Saturday & Sunday 10:00 am – 7:30 pm
- La Leche League – Houston 713-383-2819
- Statewide Lactation Support Hotline 1 800-514-6667
Monday – Thursday 9:00 am – 4:00 pm
Friday 9:00 am – 4:00 pm
- National Women’s Health Information Center 1 800-994-9662
Monday – Friday 8:00 am – 5:00 pm
TDD 1 888-220-5446

Breastfeeding Internet Resources

- Texas Department of Health Breastfeeding Promotion
www.dshs.state.tx.us/wichd/bf/bfhelp.shtm
- La Leche League Houston
www.LLLHouston.org/gethelp.html
- National Women’s Health Information Center
www.4women.gov/breastfeeding
- Fathers Supporting Breastfeeding Food and Nutrition Services, USDA
www.fns.usda.gov/wic/fathers/supportingbreastfeeding.htm

If you are interested in becoming a WIC Breastfeeding Peer Counselor call Sara Garcia, WIC Breastfeeding Coordinator, at 713-798-0874 or email at Sara.Garcia@CityofHouston.net